Vital Sign Relation, Hemoglobin Level, and Consumption Pattern Source of Iron Nutrition with Learning Concentration

by Yuliati, Tutiek Rahayu, Tri Harjana

ABSTRACT

This study aims to determine: vital signs of respiratory frequency, heart rate, Hb levels and consumption patterns of iron (Fe) source of nutrients related to the concentration of learning of adolescents.

This study used cross-sectional study design study, conducted in June-September 2017. The sample of the study is the age group of teenagers namely Biology Education students FMIPA UNY aged 17-24 years. Sampling technique using purposive sampling. Nutrition conversion table, nutrition table, and food record of Nutri Survey computer application program, and Bourdon Wiersma concentration test. The analysis technique used descriptive statistics and correlation test using SPSS program.

The results of the study showed that: (1) female vital signs include heart rate, respiration and blood pressure are normal, respectively 84%, 40%, and 91,67% and men 90,01%, 55%, and 81,81%; (2) Hb blood level >12 mg / dl in women 37% and in men >13 mg/dl 100%; (3) consumption pattern of iron nutrient according to Nutritional Nutrition 96% female males and males 90,01%; (4) study concentration 45,71% middle category and 54,29% concentration less; and (5) there is correlation between vital signs in the form of respiration frequency, heart rate and consumption pattern of iron nutrient with study concentration, and there is no relation between vital sign blood pressure and Hb levels with study concentration.

Kata Kunci: *vital signs, Hb levels, iron consumption patterns, learning concentration*