Journal Homepage: - www.journalijar.com

INTERNATIONAL JOURNAL OF ADVANCED RESEARCH (IJAR)

Article DOI: 10.21474/IJAR01/17708
DOI URL: http://dx.doi.org/10.21474/IJAR01/17708

RESEARCH ARTICLE

"KNOWLEDGE AND PRACTICE REGARDING ANEMIA AND ITS PREVENTION AMONG MOTHERS OF ADOLESCENT GIRLS IN THE SELECTED COMMUNITY AREA, DEHRADUN, UTTARAKHAND"

Aarushi Tiwari[1], Anita Kaintura[1], Bhavna Saini[1], Manvi Pegwal[1], Mohd. Mudassir[1], Neha[1], Priya Rajput[1], Pawan Kumar[1], Saakshi Kandwal[1], Shivangi Gwari[1] and Ms. Amrita Swaroop Shekhar[2]

1. Nursing Students, Himalayan College Of Nursing, Swami Rama Himalayan University, Dehradun, Uttarakhand, India.
2. Nursing Tutor, Himalayan College Of Nursing, Swami Rama Himalayan University, Dehradun, Uttarakhand, India.

Manuscript Info

Manuscript History
Received: 15 August 2023
Final Accepted: 18 September 2023
Published: October 2023

Abstract

Aim: To identify the knowledge and practice regarding anemia and its prevention and to find out the association between the level of knowledge of mothers of adolescents girls with selected socio-demographic profiles.

Materials and Methods: A quantitative research approach with descriptive research design was used for the study . Total 105 mothers of adolescents girls were selected by random sampling technique in Premnagar Doiwala Dehradun.

Results: The data interpreted that mothers of adolescents' girl (40%) had good knowledge, (50.4%) had average and (9.6%) had poor knowledge regarding anemia & its prevention among adolescents girls. The Study Findings also revealed that interpretation that the mothers of adolescents girls (37.1%) have good practice and (62.9%) have average practice regarding anemia and its prevention among adolescents girls. The findings suggested that significant association found between knowledge score of mothers of adolescents girls regarding anemia & its prevention with their selected socio-demographic variable its included age of mothers, religion, educational status of mother at the level of significant $p \leq 0.05$. The present study findings depicted that significant association found between practice score of mothers of adolescents girls with socio-demographic variable like of no. of children at the level of significant $p \leq 0.05$.

Conclusion: The study concluded that out of 105 participants majority of mothers of adolescents girls had average knowledge regarding anemia and its prevention. Hence there is need to educate the mothers of adolescents girls about anemia and its prevention because the adolescence girls are at higher risk of anemia the reason may be inadequate intake of food , loss of blood during menstruation and worm infestation etc.

Corresponding Author:- Ms. Amrita Swaroop Shekhar
Address:- Nursing Tutor, Himalayan College Of Nursing, Swami Rama Himalayan University, Dehradun, Uttarakhand, India.

Introduction:-

Anemia is condition in which blood not synthesis enough amount of red blood cells as usual , if a person have anemia his body doesn't get enough oxygen rich blood as per body requirement.[1]

According to WHO and UNICEF :
Anemia is a major nutritional global problem affecting approximately 30% i.e. 1500 million people all over the world.[2]

The average human adult has more than 5litres of blood in their body. Blood carries oxygen and nutrients to living cells and takes away waste products. Every second d 2-3 millions RBCs are produced in the bone marrow and released into the circulation. Anemia is the deficiency in size or number of red blood cells or amount of hemoglobin they contain causing inadequate amount of oxygen to body tissues , hence leading to fatigue , headache, dry and pallor skin, weakness, dizziness ,delayed or poor growth development.

According to Oxford University press the prevalence of anemia in 2019 was 22.8% in all ages globally. Globally 54.1% of anemia cases were mild 42.5% were moderate , and 3.4% were severe.[3]

In India as per the fifth round of National Family Health Survey (NFHS-5, 2019-21) at least 67% of children (6 months-5 years) have anemia as compared to 58.6% in the last survey conducted in 2015-16. Among women its prevalence has increased from 53% in 2015-16 to 57% in 2019-21. In men, it has increased from 23% to 25%. [4]

In Uttarakhand, the prevalence rate of anemia according to recent data the age group of 15-49 years the anemic males were 45.4% and females were 57.1% which is quite high NFHS-4 data. [5]

Materials and Methods:-

Ethical issues:
The study was carried out after receiving permission by the ethics committee of organization .

Study Design and Setting:
In the present study ,descriptive research design was adopted to assess the knowledge and practice of mothers of adolescents girls regarding anemia and its prevention.

The study was done in the village Premnagar Doiwala Dehradun .Total 105 mothers of adolescents girls were selected by random sampling technique.

Study tool:
The tools for data collection are divided into three parts:
Section: A Socio- Demographic profile of mothers of adolescents girls
Section: B Knowledge checklist to assess the knowledge of mothers of adolescents girls regarding anemia and its prevention
Section: C Practice checklist to assess the practice of mothers of adolescents girls regarding anemia and its prevention

Result:-

SECTION:A Data analysis
Table no:01:- Frequency and percentage distribution of socio-demographic characteristics of mothers of adolescents girls. N=105.

S.NO	Demographic variable	Frequency	Percentage
1.	**Age Of Mother**		
	30-37	29	27.62%
	38-44	59	56.19%
	45-52	17	16.19%
2.	**Religion**		
	Hindu	87	82.9%
	Muslim	07	6.7%

	Sikh	11	10.4%
3.	**Type Of Family**		
	Nuclear Family	63	60%
	Joint Family	42	40%
4.	**Educational status of mother**		
	No formal education	07	6.7%
	Primary education	38	36.1%
	Secondary education	39	37.2%
	Post Graduate	21	20%
5.	**No. of children**		
	1 children	8	7.6%
	2 children	69	65.7%
	3 children	28	26.7%
6.	**Occupation of mother**		
	Working	6	5.7%
	Housewife	99	94.3%
7.	**Number of adolescent girl**		
	1 adolescent girl	77	73.3%
	2 adolescent girl	23	22%
	3 adolescent girl	5	4.7%
8.	**Age of father**		
	32-41	31	29.5%
	42-50	66	62.8%
	51-60	8	7.7%
9.	**Occupation of father**		
	Govt.	6	5.7%
	Private	99	94.3 %
10.	**Family income per month (in Rs)**		
	5000-30,000	86	82%
	31,000- 55,000	17	16.1%
	56,000-80,000	02	1.9%
11.	**Age of adolescents**		
	11-14	35	33.3%
	15-17	70	66.7%
12.	**Education status of adolescents**		
	Primary Education	41	39.1%
	Secondary Education	64	60.9%
13.	**Age of Menarche**		
	11-13	89	84.7%
	14-15	16	15.3%
14.	**Flow during Menses**		
	Normal flow	91	86.6%
	Heavy flow	14	13.4%
15.	**Pain During Menstruation**		
	Yes	48	45.7%
	No	57	54.3%
16.	**Dietary habit**		
	Vegetarian	50	47.6%
	Non-vegetarian	55	52.4%
17.	**Iron supplement**		
	Yes	19	18.1%
	No	86	81.9%
18.	**Previous knowledge**		

	Yes	46	43.8%
	No	59	56.2%

TableNo.1 Depicts the frequency and percentage distribution of socio-demographic characteristic of mothers of adolescent girls, which show that out of 105 mothers of adolescent girls (28%) were in the age group 30-37years, (56%) were in the age group of 38-44years and (16%) were in the age group of 45-52years.

Section: B Knowledge checklist to assess the knowledge of mothers of adolescents girls regarding anemia and its prevention

Table no: 02:- Mean ,median and standard deviation of knowledge score of mothers of adolescents girls regarding anemia and its prevention. N=105

Variable	Range of obtained score	Mean ±SD	Median	Mode	Mean percentage
Knowledge score	10-27	20.39±3.48	21	21	19.41%

Maximum- 27, Minimum- 10

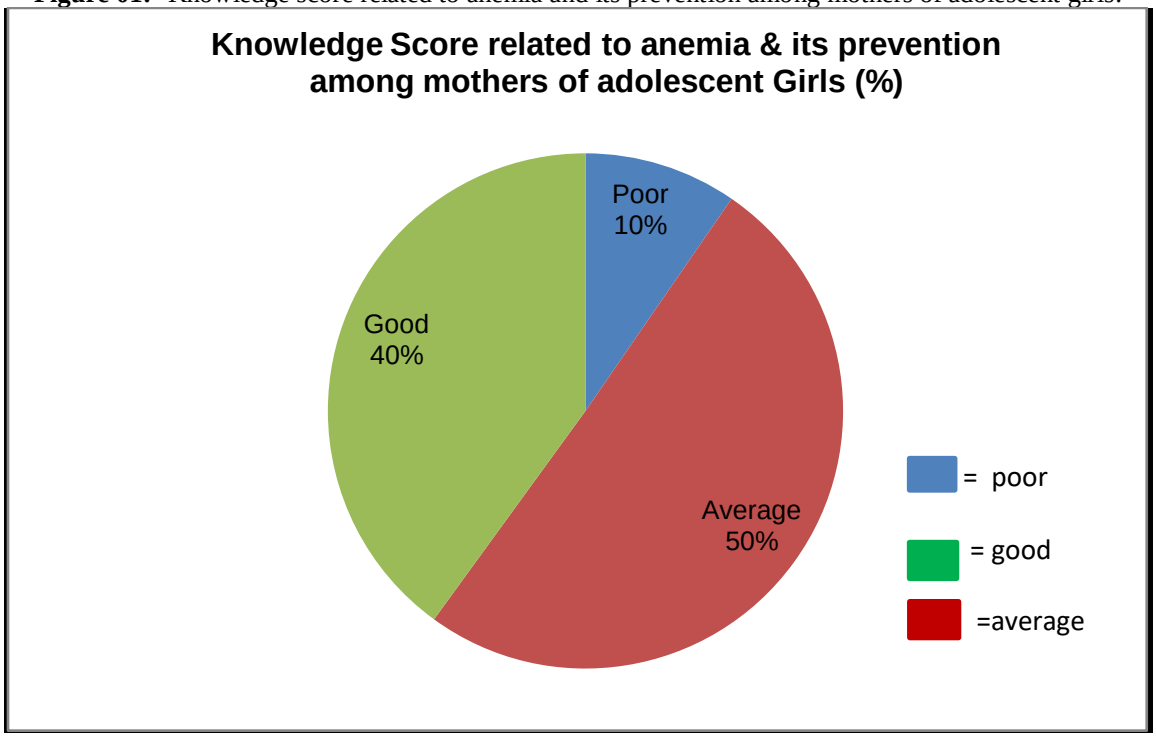
Table No:-2 Show that range of knowledge score was between (10-27), mean value was (20.39±3.48), mode value was (21), median value was (21) and standard deviation (SD) was (3.48) and mean percentage is 19.41%.

Table no 03:- Percentage distribution of knowledge score among mothers of adolescent girls regarding anemia and its prevention. N=105.

Score	Frequency	Knowledge	Percentage
10-15	10	Poor	9.6%
16-21	53	Average	50.4%
22-28	42	Good	40%

Table no: 03 Show that range of knowledge score was between (10-15) had poor knowledge (9.6%),and between (16-21) had average knowledge (50.4%) , and between (22-28) had good knowledge (40%).

Figure 01:- Knowledge score related to anemia and its prevention among mothers of adolescent girls.



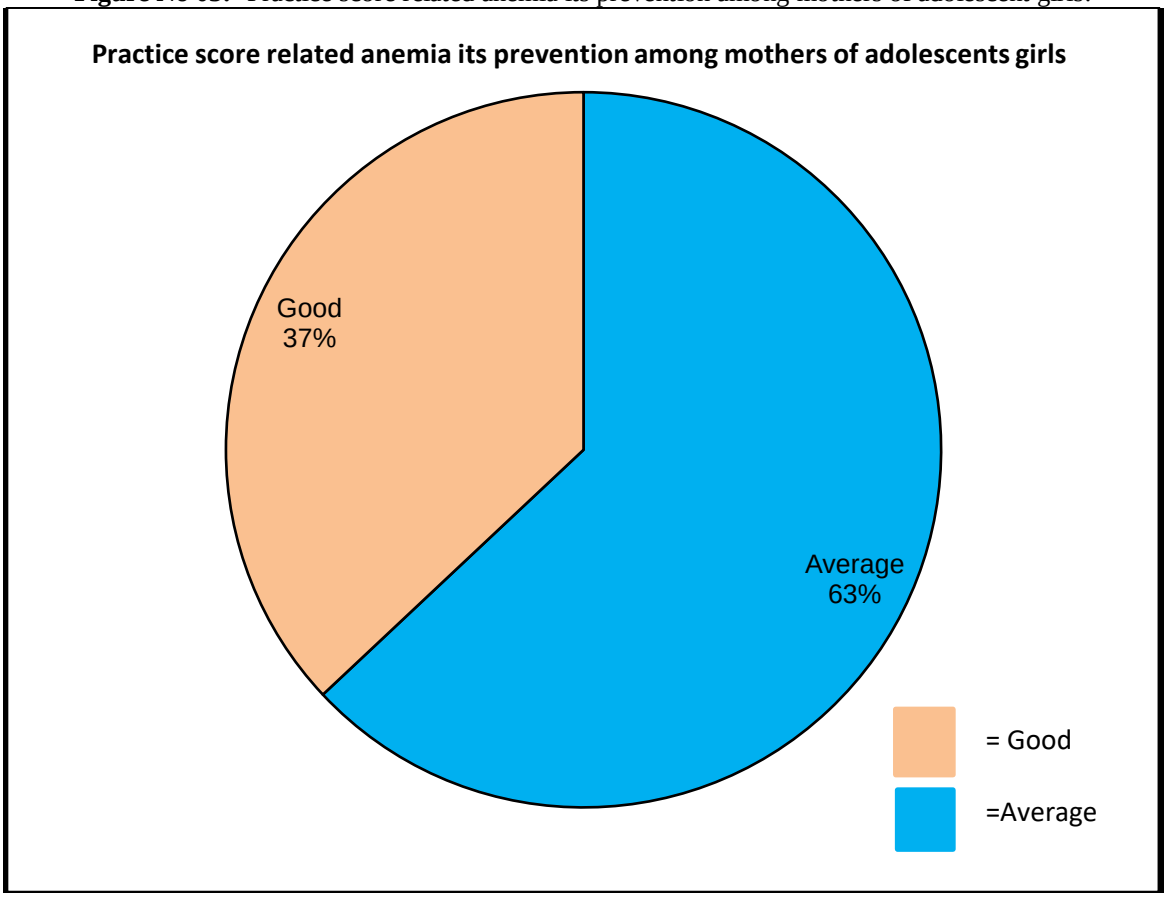
Section: C Practice checklist to assess the practice of mothers of adolescents girls regarding anemia and its prevention

Fig no. 02:- Percentage distribution of practice score among mothers of adolescent girls regarding anemia and its prevention **N=105.**

Score	Frequency	Practice	Percentage
10-18	66	Average	62.9%
19-28	39	Good	37.1%

Fig no: 02: Show that range of practice score was between (10-18) had average knowledge (62.9%),and between (19-28) had good knowledge.

Figure No 03:- Practice score related anemia its prevention among mothers of adolescent girls.



Discussion:-

The present study has been discussed in accordance with the Objectives. A descriptive study to assess the Knowledge and practice regarding anemia and its prevention among mothers of adolescent girls to find a association between the Knowledge Score and Socio-Demographic Variables and find association between practice score and socio-demographic variable.

The finding of the study shows that out of 105 participants majority of the mother (50.4%) have average knowledge. (40 %) have good knowledge and (9.6 %) have poor knowledge, while in practice score majority of mothers of adolescence girls (62.9%) have average practice score, (37.1%) have good practice score regarding anemia and its prevention.

The current study was supported by a study conducted by JYOTI (2021) to assess the prevalence and knowledge of anemia among adolescent girls of selected schools of Guru Gram, Haryana. Total 86 samples were collected using total enumerative sampling technique. Study result showed that majority 81% adolescent girls have poor level of knowledge followed by 19% adolescent girls have moderate level of knowledge regarding anemia.

The current study was supported by a study conducted by Johnson NIBA (2016) to assess the knowledge regarding prevention of iron deficiency anemia among adolescent girls in selected pre-university colleges of Mangalore. Total 105 samples were collected using non probability purposive sampling technique. The study result showed that majority 84% of study sample had moderately adequate knowledge, 11% had inadequate knowledge and 5% had adequate knowledge on prevention of iron deficiency anemia.

Conclusion:-

The study concluded that minimum mothers didn't had proper knowledge and practice but maximum mothers of adolescents girls had proper or adequate knowledge and practice regarding anemia and its prevention .

Recommendations:-

From the finding of the present study, it can be recommended as follows:

1. A similar study can be done with large sample size.
2. A comparatively study can be done in rural and urban area regarding anemia its prevention.
3. Experimental study can be done on effectiveness of teaching programme regarding anemia and its prevention among mothers of adolescents girls and their family members.

References:-

1. National Heart, Lung, and Blood Institute, Anemia. March 24, (2022) https://www.nhlbi.nih.gov/health/anemia
2. World Health Organization, Iron deficiency anemia. Assessment, Prevention and Control: A guide for program managers. World Health Organization, Geneva; (2001)

https://www.who.int/health-topics/anaemia#tab=tab_1

3. Gardner William, KASSEBUM Nicholas, Global, Regional, and National Prevalence of Anemia and Its Causes in 204 Countries and Territories, 1990–2019, May 2020

https://academic.oup.com/cdn/article/4/Supplement_2/830/5845051?searchresult=1

4. Mascarenhas. A, More Indians are anemic than before, 67% children under 5 affected: NFHS-5, May 16(2022). https://www.google.com/amp/s/indianexpress.com/article/lifestyle/health/more-indians-are- anaemic-than-before-67-pc-children-under-5-affected-nfhs-5-7914613/lite/
5. Kishore Surekha, Singh Mahendra A study to assess prevalence of anemia among beneficiaries of Anemia Mukt Bharat Campaign in Uttarakhand, March (2020) 26;9(3):1691-1694. https://pubmed.ncbi.nlm.nih.gov/32509673/