

A Study To Assess The Knowledge Regarding Factors Influencing Iron Deficiency Anemia Among Adolescent Girls in Selected Govt High Schools of Cherthala

Mrs. Rajasree

Assistant Professor
KIMS College of Nursing
Trivandrum.

Abstract- Iron deficiency is the most common single cause of anemia worldwide, accounting for about half of all anemia cases. It is more common in women than men. Estimates of iron deficiency world wide range very widely, but the number almost certainly exceeds one billion persons globally. This study was taken up to assess the level of knowledge regarding factors influencing iron deficiency anemia among adolescent girls. In this study non-experimental research approach and a descriptive research study design is used. The data was collected from 160 samples from selected Govt High schools, Cherthala. The data obtained was analyzed using chi-square test. This study reveals 42.5% of adolescent girls having poor knowledge regarding factors influencing iron deficiency anemia, 53.8% having average knowledge and 3.8% having poor knowledge regarding factors influencing iron deficiency anemia. There is an association between the level of knowledge and demographic variables such as Age ($X^2 = 6.298$) and there is no association between the knowledge level of emotional status and coping strategies and the demographic variables such as religion ($X^2 = 0.791$), type of family ($X^2 = 1.672$), food habits ($X^2 = 3.128$), education of father ($X^2 = 7.584$), education of mother ($X^2 = 5.183$), occupation of father ($X^2 = 6.039$), occupation of mother ($X^2 = 6.046$), number of siblings ($X^2 = 2.214$), monthly income ($X^2 = 1.104$), deworming ($X^2 = 2.057$), menstrual pattern ($X^2 = 0.106$) at 0.05 level.

INTRODUCTION

Adolescence is a time of increased iron demands because of the expansion of blood volume and increase in muscle mass. The incidence of iron deficiency among adolescents to be rising (K, Yamauchi, M, Yamamoto, M, Maeda, 2000)
Health is a dynamic state of wellness which exists on a continuum and ranges from a high level of wellness to a high level of illness (K K Gulani, 2008)

NEEDS AND SIGNIFICANCE OF STUDY

Iron deficiency and iron deficiency anemia are considered as the major public health problems and the most common nutritional deficiency around the world due to their high prevalence, effects on development and growth, resistance to infections and association with the mortality of infants younger than 2 years.

Anemia is one of the major nutritional deficiencies among females especially adolescent girls. During the field experience, the investigator found that most of the adolescent girls have the signs and symptoms of anemia, for this the investigator selected this study.

STATEMENT OF THE PROBLEM

“A Study To Assess The Knowledge Regarding Factors Influencing Iron Deficiency Anemia Among Adolescent Girls in Selected Govt High Schools of Cherthala”

OBJECTIVES

- To assess the level of knowledge regarding the factors influencing iron deficiency anemia among adolescent girls by using a structured questionnaire
- To determine association between knowledge regarding factors influencing anemia and selected demographic variables
- To prepare a self instructional module on factors influencing iron deficiency anemia.

HYPOTHESIS

- H1: There will be a significant level of factors influencing iron deficiency anemia among adolescent girls
- H2: There will be a significant association between factors influencing iron deficiency anemia and selected demographic variables.

METHODOLOGY

Research Approach

Non experimental research approach is used for this study

Research Design

A descriptive research study design is used for the present study to assess the knowledge regarding factors influencing iron deficiency anemia among adolescent girls by using structured questionnaire.

Variables

Demographic Variable:

The characteristics and attributes of the study subjects are considered demographic variables.

In this study, the demographic variables are age, religion, type of family, education and occupation of parents

Setting of the study

Research setting for the study is Government HSS, Cherthala

Population

Population of the study comprises of adolescent girls

Sample and Sampling Technique

Sample consists of 160 Adolescent girls and Simple random sampling technique is used in this study.

Sampling Criteria

Inclusion Criteria

Inclusion criteria give researchers a site of inclusive standards to screen potential participants.

In this study inclusion criteria were,

- Adolescent girls who are studying in 8th and 9th standard of selected Govt HSS, Cherthala
- Adolescent girls who are willing to participate in the study
- Adolescent girls who are between the age group of 13-15 years.

Exclusion Criteria

Exclusion criteria are those characteristics that disqualify prospective subjects from inclusion in the study. In this study exclusion criteria were,

- Adolescent girl who are unwilling to participate in the study.
- Adolescent girls who are absent in the class during the time of data collection.

Tools/Instruments

The tool used in the study is structured questionnaire. Tool consists of two sections,

Tool A: Structures questionnaire to collect socio - demographic data.

Tool B: Structured questionnaire is used to assess the knowledge regarding factors influencing Iron deficiency anemia

RESULTS

The findings of the study shows that 53.8% had average knowledge regarding factors influencing iron deficiency anemia whereas 43.4% had poor knowledge and 3.8% had good knowledge regarding factors influencing iron deficiency anemia, so providing a self instructional module could increase their knowledge.

The association was assessed by means of Chi-square test. The analysis shows that there is an association between the level of knowledge and demographic variables such as Age ($X^2 = 6.298, df=2$)

and there is no association between the knowledge level of factors influencing Iron deficiency anemia and the demographic variables such as religion ($X^2 = 0.791$), type of family ($X^2 = 1.672$), food habits ($X^2 = 3.128$), education of father ($X^2 = 7.584$), education of mother ($X^2 = 5.183$), occupation of father ($X^2 = 6.039$), occupation of mother ($X^2 = 6.046$), number of siblings ($X^2 = 2.214$), monthly income ($X^2 = 1.104$), deworming ($X^2 = 2.057$), menstrual pattern ($X^2 = 0.106$) at 0.05 level

RECOMMENDATIONS

On the basis of the findings of the study, the following recommendations have been made for further study.

- A study can be replicated on a larger sample so that the findings can be generalized for a larger population
- A study can be conducted to find out the effectiveness of instructional module regarding the same topic with an experimental and control group
- A comparative study may be conducted to find out the effectiveness between instructional module and planned teaching program regarding the same topic
- A similar study could be conducted for the adolescent girls regarding factors influencing iron deficiency anemia
- Development of manuals and audiovisual aids will help health care providers to educate the public

CONCLUSION

The main purpose of the study was to assess the level of knowledge regarding factors Influencing Iron Deficiency Anemia Among Adolescent Girls in Selected Govt High Schools of Cherthala

Non experiment approach was used in the study and the research design used is Descriptive research design.

In this study reveals that 53.8% had average knowledge regarding factors influencing iron deficiency anemia whereas 43.4% had poor knowledge and 3.8% had good knowledge regarding factors influencing iron deficiency anemia. The association was assessed by means of Chi-square test. The analysis shows that there is an association between the level of knowledge and demographic variables such as Age($X^2 = 6.298, df=2$)

and there is no association between the knowledge level of factors influencing Iron deficiency anemia and the demographic variables such as religion ($X^2 = 0.791$), type of family ($X^2 = 1.672$), food habits ($X^2 = 3.128$), education of father ($X^2 = 7.584$), education of mother ($X^2 = 5.183$), occupation of father ($X^2 = 6.039$), occupation of mother ($X^2 = 6.046$), number of siblings ($X^2 = 2.214$), monthly income ($X^2 = 1.104$), deworming ($X^2 = 2.057$), menstrual pattern ($X^2 = 0.106$) at 0.05 level

REFERENCES:

1. Suresh K Sharma, Nursing Research and Statistics, Second Edition, Elsevier publications. Page no: 39, 40, 138, and 470
2. Chaudhary M S, Dhage R V. A study of anemia among adolescent females in the urban area of Nagpur. 2008. Indian Journal of Community Medicine. 33(4), 243-245.
3. Ferrari M, Mistura L, Patterson E, Diaz E L, Stehle P, Manios Y, Yesudhas D, Srivastava A. 2011. Evaluation of iron status in European adolescents through biochemical iron indicators. European journal of Clinical Nutrition. 65, 340-349
<http://www.nature.com/ejcn/journal/v65/n3/abs/ejcn2010279>
4. Toteja G S, Singh, Dhilon B S, Ahmed F U, Saxena B N. 2006. Prevalence of anemia among pregnant women and adolescent girls in 16 districts of Ind. Food and nutrition bulletin. 27(4). 311-315. <http://www.ingentaconnect.com/content/nsinf/fnb/2006/00000027/0000004/art00005>
5. Sudhagandhi B, Sundaresan S, William E W, Prema A (2011). Prevalence of anemia in the school children of Kattankulathur, Tamilnadu, India. International Journal of Nutrition, Pharmacology, Neurological Diseases. 1(2). 184-188. <http://www.ijnpnd.com/article.asp?issn=2231>