Original Research Paper

Nursing

A STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME REGARDING THE IMPORTANCE OF DIET FOR PREVENTING IRON DEFIVIENCY ANEMIA AMONG ADOLESCENT GIRLS IN GOVERNMENT H.S.S. BALARAMAPURAM

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ABSTRACT The present study was aimed to assess the level of knowledge on importance of diet for prevention of iron deficiency anemia in adolescent girls of Govt.H.S.S Balaramapuram. The Nursing theory used was Health promotion model. The methodology selected was quantitative approach which is descriptive in nature and descriptive research design was used in the study. The present study was aimed to assess the level of knowledge on importance of diet for prevention of iron deficiency anemia in adolescent girls of Govt.H.S.S Balaramapuram. We selected 40 samples for the study. pretest was conducted in 40 samples by using closed ended questionnaire.

INTRODUCTION

Adolescence is the age group between 12 to 18 years (Medline). Adolescence is derived from Latin word "adolescere" means to grow up. Adolescence is a period of second decade of life. They constitute over one fifth of India's population. Adolescence is a transitional stage of physical and psychological human development that generally occurs during the period from puberty to adulthood.

Numerous studies among adolescent girls have shown that prevalence of anemia ranges from 22-96.50% India. During adolescent period the risk of iron deficiency anemia appears to be more due to growth spurt and in girls it remains as such during their reproductive life.

Diet is the most important way to prevent and treat iron deficiency anemia. To prevent iron deficiency anemia in teens, they should be encouraged to eat iron rich foods and foods that enhance iron absorption. Iron rich foods are green leafy vegetables such as amaranth, spinach, drumsticks leaves, coriander leaves, radish leaves, vegetables such as beetroot, cereals like ragi, barley, corn, rice and legumes like Bengals gram, dhal, soya beans.

The whole challenges of iron deficiency anemia can overcome if all the parents understand and fulfill their roles. If mothers are aware of iron deficiency anemia treatment and prevention can controls iron deficiency anemia among adolescents girls.

MATERIALS AND METHODS

The research approach selected for the study is quantitative research approach and the design selected for the study is quasi experimental design. The research setting of the present study was Government Higher Secondary school Balarampuram. The sample selected for the present study was adolescent girls in Government Higher Secondary School Balarampuram. The sample selected for the study was 40 adolescent girls in Government Higher Secondary School Balarampuram. Convenient sampling technique is used for the study. We obtained permission from the principal of NIMS College of Nursing Neyyattinkara to conduct a research study at Government Higher Secondary School Balarampuram. We selected 40 samples by using 40 samples by using closed ended questionnaire. Then we had given structured teaching programme regarding importance of diet in prevention of iron deficiency anemia with the help of PowerPoint presentation, leaflets, charts, posttest was conducted on the same batch itself. The data is obtained and organized tabulated and analysed by using descriptive and inferential statistics.

RESULTS

Section 1: Level Of Knowledge On Importance Of Diet For Prevention Of Iron Deficiency Anemia Adolescent Girls Before Structured Teaching Programme.

Majority of sample have average level of knowledge on importance of diet of iron deficiency anemia (57.5%) have poor knowledge (32.5%) and very poor knowledge (10%).

Section 2: Level Of Knowledge On Importance Of Diet For Preventing Iron Deficiency Anemia In Adolescent Girls After Structured Teaching Programme

Majority of sample have average level of knowledge on importance of diet for prevention of iron deficiency anemia (57.5%) have average knowledge, (25%) have poor knowledge, (17.5%) have good knowledge.

Section 3:Association between the level of knowledge regarding importance of diet for preventing iron deficiency anemia in adolescent girls and selected demographic variables.

Chi-squares_test was employed to find out association between level of knowledge for importance of diet for preventing iron deficiency anemia in adolescent girls and the demographic variables.On analysis of data obtained from table: 6 indicate, demographic variable, religion, type of family, residence, and diet were not association with prevention of iron deficiency anemia. The obtained value of demographic variables such as education, occupation, type of family, source of information were higher than the table value. The calculated chi-square value is 5.45 which is significant at < 0.05 level.

Mean And Standard Deviation Of The Level Of Knowledge
Pre test

group	mean	Standard deviation
Adolescent girls	9	3.34

Post test

group	mean	Standard deviation
Adolescent girls	17.12	2.39

The above table shows that the level of knowledge before structured teaching programme and after the teaching programme was 9+/-3.34 and 17.12+/- 2.39 there was increase in level of knowledge after the structured teaching programme.

CONCLUSION

With the results which was based on the findings obtained from statistical analysis. The study was conducted to assess the effectiveness of structured teaching programme regarding the importance of diet for preventing iron deficiency anemia among adolescent girls. So H_1 was accepted and there is an significance association between level of knowledge on prevention of iron deficiency anemia among adolescent girls in there selected demographic variables.

DISCUSSION

The present study was focuses on to assess the effectiveness of structured teaching programme on level of knowledge

regarding the level of knowledge on importance of diet for prevention of iron deficiency anemia in adolescent girls of Govt.H.S.S Balaramapuram. The first objective of the study was to assess the level of knowledge on prevention of iron deficiency anemia among adolescent girls and the study results revealed that most of them have average knowledge 57.5% and 32.5% having poor knowledge on pretest. Most of them have average knowledge 57.5% and 17.5% under good knowledge on post test.

A cross sectional study was conducted by Lealem Gedefew, Tilahun Yemane (2012) regarding iron deficiency anemia among adolescent in selected schools in southwest Ethiopia. Questionnaire is administered to collect sociodemographic, socioeconomic and clinical data. The data was analyzed by using SPSS version 20 software for Windows. The result revealed that over all prevalence of anemia was 15.2% of which 83.9% comprised of mild anemia.

The second objective of the study was to find out the association between level of knowledge on prevention of iron deficiency anemia among adolescent girls with their selected demographic variable and the study revealed that there was no significant association between the test scores when compared to residence, religion, type of family and diet.

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