VOLUME - 12, ISSUE - 07, JULY - 2023 • PRINT ISSN No. 2277 - 8160 • DOI : 10.36106/gjra

Original Research Paper

Nursing

A STUDY TO ASSESS THE LEVEL OF KNOWLEDGE ON THE PREVENTION OF IRON DEFICIENCY ANAEMIA AMONG ADOLESCENT GIRLS IN ST. THERESE'S CONVENT G.H.S.S, NEYYATTINKARA.

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ABSTRACT

The present study aimed to assess the level of knowledge on the prevention of iron deficiency anaemia among adolescent girls of St. Therese's Convent G.H.S.S, Neyyattinkara. The objectives of the study were to assess the level of knowledge on the prevention of iron deficiency anaemia among adolescent girls and to find out the association between the level of knowledge on the prevention of iron deficiency anaemia among adolescent girls with their selected demographic variables. The nursing theory used was Health Promotion Model. The methodology selected was a descriptive quantitative approach. The sample consisted of 30 adolescent girls from XII students, chosen by a simple random sampling technique. The study was conducted at XII classroom of St. Therese's Convent G.H.S.S, Neyyattinkara. The data was obtained by using demographic variables and a questionnaire. The data was analyzed by descriptive and inferential statistics. The mean value of the test score was 12. The result of the study revealed that there was an average level of knowledge on the prevention of iron deficiency anemia among adolescent girls. There was no significant association found between the level of knowledge and demographic variables. The study concluded that there was a significant level of knowledge on the prevention of iron deficiency anemia among adolescent girls.

KEYWORDS :

INTRODUCTION

"Everybody is a book of blood: whenever we are opened, we are red"-Clive Barke

Blood is a body fluid that delivers necessary substances such as nutrients and oxygen to the cells and transports metabolic waste products away from those same cells. Hemoglobin is the principal determinant of the colour of blood in our body. Anaemia is a hematological disorder and is the most common disorder of the blood. According to World Health Organization (WHO), the hemoglobin level should be 12g/dl for adolescent girls. When the haemoglobin level is less than 12g/dl is considered iron deficiency anaemia. WHO graded the haemoglobin level 10g/dl is considered as mild iron deficiency anaemia, haemoglobin between 7g/dl to 10g/dl is considered moderate iron deficiency anaemia and haemoglobin less than 7g/dl is considered severe iron deficiency anaemia. Total body iron in adolescent girls is 2.3 kg.

Periodic deworming should be encouraged every six months once, and maintaining hygienic practices like hand washing, and wearing regular footwear practices while going to the toilet should be encouraged. Weakly iron supplementation for adolescent girls prevents iron deficiency anemia and its complications such as myocardial infarction. Iron supplementation should be given. If mothers are aware of iron deficiency anemia, and its treatment and prevention, that itself controls iron deficiency anemia among adolescent girls.

MATERIALS AND METHODS

The research approach selected for the study is quantitative research approach and the design selected for the study is descriptive research design. This study was conducted in St.Therese'e Convent G.H.S.S, Neyyattinkara. The sample of the study comprises of 30 adolescent girls. simple random technique is used for the study. Written permission will be obtained from the principal of St.Therese's Convent G.H.S.S, Neyyattinkara. and consent will be obtained from adolescent girls. simple random technique will be used to select 30 subjects.

The investigator will introduce herself to the participants and objectives of the study will be explained to them. Structured questionnaire will be distributed to the adolescent girls to identify the knowledge on the prevention of iron deficiency anaemia among adolescent girls.The data obtained were analyzed by using descriptive and inferential statistics.

RESULTS

Sample Characteristics

- Majority of the samples 83% belong to the aged group 17-18 years and 17% belong to 15-16 years.
- The majority of the samples 83%belongs to a rural group and the minority of the samples is urban (17%)
- The majority of the samples are Hindu 57% and 13% were Christians. belongs to 97% belongs to the mixed class and 3% high class.
- Out of 30 samples, the majority of the samples 90% belong to mixed dietary patterns and 7% were belongs to non-vegetarians and 3% belong to vegetarians.
- Out of 30 samples, 73% belongs to literate educational status and 27% belonged to illiterate.

Level of knowledge on prevention of iron deficiency anaemia among adolescent girls

- From the data, 63% had average knowledge and 37% had average knowledge.

Association between the level of knowledge on prevention of iron deficiency anaemia and selected demographic variables

- The chi-square test was employed to find out the association between the level of knowledge on the prevention of iron deficiency anemia and selected demographic variables. No significant association was found between the level of knowledge on the prevention of iron deficiency anemia and selected demographic variables.

DISCUSSION

- The present study focused on to access the level of knowledge regarding prevention of iron deficiency anemia among adolescent girls from the study, it was revealed that there is an average knowledge on prevention of iron deficiency anemia among 63% adolescent girls and 37% have adequate knowledge.
- After analyzing the data, that the study finding depicts that majority of the adolescent girls have average knowledge.

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