



## A STUDY TO ASSESS THE AWARENESS AND PREVALENCE OF ANEMIA AMONG WOMEN IN SELECTED VILLAGES AT MORADABAD'

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**ABSTRACT** **Introduction:** WHO has estimated that prevalence of anemia among reproductive age women is 14% in developed and 51% in developing countries while it is 65-75% in India. It is one of the main reasons for morbidity, mortality in reproductive age and a key factor to low birth weight. Due to inadequate diet, poverty, pregnancy, lactation, poor access to health services women and poor educational level become an easy prey for anemia.

**Material and methods:** The descriptive cross sectional design study was carried out among 211 women by using convenient sampling technique. Sahli's instrument was used to check hemoglobin level in blood and structured awareness questionnaire was prepared to collect the data. The result was seen that level of awareness score of women showed that the majority i.e. 73% women had moderate awareness and followed by 14.6% in good and 12.4% in inadequate awareness. Over all mean awareness score was 8.54±2.83. The prevalence of anemia result revealed that out of 211 women 97 (47%) were mild anemic, 94(44.5%) were moderate anemic and remaining 11(5.3%) were severe anemic, 9 (4.2%) were having normal Hb in blood. There was no significant association found between awareness score and age in years, religion, marital status, educational, occupational and family income, types of family and source of information.

**KEYWORDS :** Anemia Prevalence, Awareness, Hemoglobin (Hb).

### INTRODUCTION

Anemia is a condition in which hemoglobin (Hb) concentration is lesser than normal reflecting presence of lower than normal RBC within circulation of oxygen delivered to body tissue. It is a dangerous health concern as its growth effects and reduces energy levels in the body and also leads to different health problems.

Anemia is one of the most widespread nutritional deficiency diseases and a focusing to major public health concern over the entire world and also affecting the entire age person with both genders.

Anemia is widespread in India 58.6% of children, 53.2% of non pregnant women and 50.4% of pregnant women were found to be anemic in 2016, as per the NFHS.

It is one of the most prevalent health issues among women within the reproductive age group. WHO has determined that prevalence of anemia including reproductive age women is 14% in developed and 5% in developing countries while it is 65 – 75% in India. In India the prevalence of anemia highly identified in all the age groups is higher as compared to other developing countries.

A survey study conducted by ICMR, Delhi to assess the prevalence of anemia among 30 cluster samples of pregnant mothers and adolescent girls are selected by using two stage sampling methods on the basis of probability proportional to size from 16 districts. The study result revealed that antenatal mothers 84.9% were anemic and 13.1% were severe anemic. Among adolescent girls 61.17% were moderate anemic. Overall prevalence anemia was 90.1% with 7.1% were severe anemic. The study suggested need for intervention program to female population about prevention and early remedy for iron deficiency and also micronutrients deficiency.

Iron deficiency anemia is one of the highest frequent anemias among reproductive age group of women. The reason for the high morbidity and mortality rates due to poverty, low standard of living, poor intake of nutrition, pregnancy, lactation and lack of knowledge regarding food dietary practice, low level of education in developing countries. The effect of anemia in women immense as the condition adversely affects both their productive and reproductive capabilities.

### OBJECTIVES OF THE STUDY

- To assess the awareness regarding anemia among women in selected villages at Moradabad
- To assess the prevalence of anemia among women in selected villages at Moradabad
- To determine association between the level of awareness of anemia with their socio-demographic variables.

### MATERIAL AND METHODS

Quantitative, descriptive cross sectional design study was carried to determine the prevalence of anemia and assess the awareness regarding anemia among 211 women selected by convenient sampling techniques.

Sahli's instrument was used to check the Hemoglobin level in blood and structured awareness questionnaire was prepared to collect the data. The study was approved by the institutional ethical committee. Written permission was taken from sarpanch of Bagarpur and informed consent permission was obtained from the women, who were residing in Bagarpur village, Moradabad. The data collection was conducted between 20-11-2017 to 06-12-2017 among 211 women in Bagarpur village, Moradabad.

### Data collection

#### The selection of tools consists

**Section A:** Demographic characteristics

**Section B:** Consists of 17 structured awareness questionnaire on anemia

**Section C:** The level of prevalence of anemia was estimated by using the Sahli's instrument to find the Hb level in blood.

**Section D:** Association between level of awareness score with their selected demographic variables.

### RESULT

The finding of the study was described and presented under the following sections.

#### Section A – The demographic characteristics of women

- The distribution of women according to their age shown majority 108 (51%) were in the age group of 30 – 39 years followed by 54 (26%) in 18 – 29 years, 43 (20%) in 40 – 49 years and 6 (3%) in 50 – 60 years.
- Regarding religion all of the women were belong to Hindu religion.
- Revealed that about marital status i.e. 178 (85%) were married and 33 (15%) were unmarried.
- References to the educational status, majority i.e. 94 (45%) were no formal education, 79 (37%) were primary education and 30 (14%) were secondary education and 8 (4%) were graduates.
- According to the occupational status majority 149 (71%) were house wife and 35 (17%) were working as farmers and manual labor and 27 (12%) were involved in business.
- About types of family, a majority 154 (73%) are in a joint family and 56 (26%) in nuclear family and 1 (1%) belongs to extended family.
- Divulged about family monthly income per month in rupees, a majority i.e. 103 (49%) were in the range of below 5000, 43 (20%)

were in the range of 5001 – 10000, 61 (29%) were in the range of 10001 to – 15000 and remaining 4 (2%) were income of above 15000.

- Regarding the source of information about anemia, 102 (48%) was known from health team members, 98 (46%) from relatives/peer, 10 (5%) from educational institution and 1 (1%) from journals.

### Section – B - Awareness of anemia among women

**Table: 1 - the level of awareness of anemia among women**

n= 211

level of awareness	Range	f	Percentage (%)
Inadequate	0 – 5	26	12%
Moderate	6 – 11	154	73%
Good	12 – 17	31	15%

The above table – 1 - Result showed that 75% women had moderate and followed by 14.6% in good and 12.4% in inadequate awareness regarding anemia.

**Table: 2 – Mean, Standard deviation of level of awareness of anemia among women**

Mean	Standard deviation	Level of awareness
8.54	2.83	Moderate

The above table: 2 - exhibited that overall mean  $\pm$  standard deviation of awareness score of women was 8.54 $\pm$ 2.83 respectively. While remainder possessed moderate level of awareness regarding anemia among women.

### Section – C – Prevalence of anemia among women

**Table: 3 - The level of Prevalence of anemia among women**

n= 211

Prevalence of anemia	Range of Hb	No of women	Percentage (%)
Normal Hb	Above 13.0 mg/dl	9	4%
Mild anemic	9.5 - 13.0 mg/dl	97	46%
Moderate anemic	8 - 9 mg/dl	94	45%
Severe anemic	Below 8 mg/dl	11	5%

The above table: 3 - result was found that out of 211, 97 (46%) of women were mild anemic, 95 (45%) were moderate anemic and remaining 11 (5%) were severe anemic and 9 (4%) of women have normal Hb in blood.

### Section D: Association between level of awareness score with selected demographic variables.

There was no significant association found between mean level of awareness with age in years, religion, marital status, educational status and occupational status, types of family, family income, source of information.

### CONCLUSION

The present study shows that women had moderate awareness regarding anemia and according to prevalence the mild anemia were found. There was no significant association found between mean level of awareness with their selected variables

**Conflicts of interests:** Nil

**Source of funding:** Self

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