

## The Study to Assess the effectiveness of Planned Teaching Programme regarding Knowledge and prevention of Anemia among Adolescent girls attending high schools in Pune city



### Education

**KEYWORDS :** Adolescents, Reality shows, Impact on personality.

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### ABSTRACT

*"Adolescence is an age when foundation for better life can be laid. Let us help youngsters to lay such foundation through sound health and nutrition education"*

#### Background of the study:

In world health report of World Health Organization (WHO) states that the world wide mortality rate of iron deficiency anaemia is 60,404,000 in 2005 (WHO, 2005).

To be well nourished and well developed is one of the rights of childhood. The responsibility of turning this right into a reality rest with the parents, shared by teachers and in fact of all those who are interested in the welfare of children as they are important assets. Better health and nutrition is one of the important factors responsible for increased growth. The influence of age on the requirements or influence of sex determines the nutritional need that once appears process through adolescence

Adolescence is often turbulent period in which they experience hormonal changes, physical maturation and frequent opportunities to begin planning for the future and to adopt healthy attitude and behaviour. Adolescent have to meet the challenge of growth while on other hand they have poor nutrition that hampers their growth and this when coupled with societal discrimination, makes them more vulnerable to these hazards.

Worldwide, Iron-deficiency anemia is a significant problem and especially in developing countries it is widespread yet the most neglected micronutrient deficiency disorder among children, adolescence girls, and pregnant women. Iron-deficiency anemia suppresses human productivity. Although a moderate degree of anemia may not affect every day work, it has massive impact on those engaged in heavy physical activities..

#### Statement of the Problem

"A study to assess the effectiveness of planned teaching programme regarding knowledge and prevention of anemia among adolescent girls attending high schools in pune city"

#### Objectives of the Study:

- To assess the existing knowledge of adolescent girls regarding prevention of anemia.
- To impart structured teaching programme regarding prevention of anemia on Adolescent girls
- To evaluate the effectiveness of structured teaching programme on the knowledge of adolescent girls regarding prevention of iron deficiency anemia.

#### Methodology:

Pre-Experimental design (One group-pre test-post test) was selected for the present study. The present study aimed to assess the knowledge regarding prevention of anemia among students in selected high schools in Pune City. A non probability convenient sampling technique was used. was used for the section of the representative samples for the study.

#### Settings and sample:

The study was conducted in selected schools of Pune city. The sample size selected for this study was 80 female students (11-16 years of age).

#### Tool and Technique:

The researcher prepared a self structured questionnaire as a tool to assess the Knowledge and prevention of anemia among the adolescent girls. The self structured questionnaire includes two sections, such as:

#### SECTION-A

This section includes items seeking information on demographic profile of sample such as Age, education, diet, physique, family income, No. of Siblings of the Adolescent.

#### SECTION-B

This section includes Self Structured questionnaires for the adolescent girls to assess the knowledge regarding iron deficiency anemia.

#### Validity and Reliability:

The content validity and reliability of the tool was obtained by experts in the field. Pilot study was conducted from 15th December to 20th December 2014. For the reliability of tool the scores were calculated using the split half method and the Reliability was found to be 0.85.

#### Data Gathering Process:

The data collection was scheduled for the month of March 2014. Before the data collection the investigator obtained consent from the sample and the tool was administered.

#### Major Finding of the Study:

The following are the major findings of the study

**Section I:** Frequency and percentage distribution of adolescent girls according to demographic variable.

Majority (90%) of the Adolescents girls who were samples of this study belonged to the group of 14-16 years only (10%) were in the age group of 11-13 years. Most (50%) adolescent girls were from 9th standard while (10%) of them were from 10th standard. It also showed that majority 43.8% preferred Non-vegetarian diet 42.5% of them were Vegetarian, and 13.8% of them were Eggitarian. 51.3% of the samples were well-nourished, 35% of them were under-nourished while 13.8% of them were obese. Majority of the sample (54%) belonged to income group of less than Rs. 5000. Most (43.8%) of the adolescents had one siblings while only 6.8% of the girls had more than two siblings.

**Section II:** Analysis of data related to knowledge of adolescent girls regarding prevention of anemia.

Majority (51.3%) of the adolescent girls had average knowledge (score 6-10) regarding iron deficiency anemia and its prevention 38.8% of them had poor knowledge (score 0-5) and 10% of them had good knowledge (score 11-15) regarding anemia and its prevention

**Section III:** Analysis of data related to the effectiveness of structured teaching program on the knowledge of adolescent girls re-

garding prevention of iron deficiency anemia.

In pre-test, Majority (51.3%) of the adolescent girls had average knowledge (score 6-10) regarding iron deficiency anemia and its prevention 38.8% of them had poor knowledge (score 0-5) and 10% of them had good knowledge (score 11-15) regarding anemia and its prevention whereas in post-test, majority (53.8%) of them had good knowledge (Score 11-15), most of them (45%) of them had excellent knowledge (score 16-20) and only few (1.3%) of them had average knowledge (Score 6-10) regarding prevention of anemia.

**Section IV:** Analysis of data related to the association between knowledge and demographic variables of adolescent girls.

The p-value corresponding to education was small (less than 0.05), hence the null hypothesis is rejected. Education was found to have significant association with knowledge of adolescent girls regarding prevention of anemia.

**Conclusion:**

The study significantly proved that there is a remarkable improvement in the knowledge of adolescent girls regarding prevention of anemia after structured teaching program.