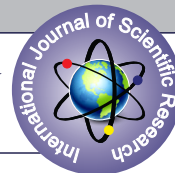


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A STUDY TO EVALUATE THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE REGARDING IRON & FOLIC ACID DEFICIENCY ANEMIA & ITS PREVENTION AMONG ANTENATAL MOTHERS IN SELECTED RURAL AREAS OF BASTAR DISTRICT, CHATTISGARH.

Nursing

Mr. Rachuri Heama Chand

Assistant Professor, Asram College Of Nursing, West Godavari, Eluru, Andhra Pradesh.

Mr. Palagani Nagaraju*

Assistant Professor, Scpm College Of Nursing And Paramedical Sciences, Haripur, Gonda, Uttar Pradesh. *Corresponding Author

ABSTRACT

Background: Pregnancy is a prominent event in a woman's life, able to transform her life forever. Pregnancy is a physiological state, which produces several normal and expected changes, in all the maternal organ systems. The nutrient demands of the embryo or the fetus developing in the uterus must be met in addition to those for maintenance of the adult women; this calls for quality nutrition both before and during pregnancy. The future health of the developing child depends to a larger extent on the nutritional foundation established in prenatal life. **Objectives:** 1) To assess the knowledge on Iron & Folic acid deficiency Anemia & its Prevention among Antenatal mothers 2) To develop and administer STP on Iron & Folic acid deficiency Anemia & its Prevention among Antenatal mothers. 3) To compare the knowledge on iron deficiency anemia of pre-test and post-test score among Antenatal mothers. **Material and methods:** Quantitative/experimental approach was considered as appropriate research approach for the present study. The sample of this study comprised of 60 Antenatal mothers who are residing in Bastar district, Chattisgarh. Non-Probability Convenient sampling technique was used to draw the sample.

KEYWORDS

Effectiveness, Evaluate, Structured Teaching Programme, Iron Deficiency Anemia, Folic acid Deficiency Anemia.

INTRODUCTION:

Pregnancy is a physiological state, which produces several normal and expected changes, in all the maternal organ systems. The nutrient demands of the embryo or the fetus developing in the uterus must be met in addition to those for maintenance of the adult women; this calls for quality nutrition both before and during pregnancy. The future health of the developing child depends to a larger extent on the nutritional foundation established in prenatal life. The selection of a diet to meet the needs of pregnancy requires careful choices of food and is not particularly complicated. One in every three women had anemia while one in every two had iron and folic acid deficiency, indicating that both folic acid and iron deficiencies constitute the major micronutrient deficiencies in Ethiopian women. Iron and folic acid deficiency is a serious public health issue due to its high potential negative consequences.

NEED FOR THE STUDY:

Iron deficiency anemia consumes emerged as a main public health problem in all countries. Over 30% of the world's population had anemia; 4.3%-20% and 30%-48% respectively in developed and developing countries are affected by iron deficiency anemia. Globally, it is estimated that roughly 38% of pregnant females, 29% non-pregnant women, and 29% of all females of reproductive age are diagnosed to have anemia. The prevalence of anemia in pregnant women varies significantly because of differences in socioeconomic situations, lifestyles, and health seeking performances across different nations.

OBJECTIVES OF THE STUDY

1. To assess the knowledge on Iron & Folic acid deficiency Anemia & its Prevention among Antenatal mothers.
2. To develop and administer STP on Iron & Folic acid deficiency Anemia & its Prevention among Antenatal mothers.
3. To determine the association between post-test knowledge with selected demographic variables.

HYPOTHESIS:-

- H₁ - There will be a significant difference between pre and post -test knowledge score among Antenatal mothers on Iron & Folic acid deficiency Anemia & its Prevention.
- H₂ - There will be a significant association between post-test knowledge score of Antenatal mothers regarding Iron & Folic acid deficiency Anemia & its Prevention with their selected demographic variable.

MATERIAL AND METHODS:**Research Approach**

Quantitative/experimental approach.

Research Design

One group pre-test and post-test (pre experimental) design.

Sampling Technique

Convenient sampling technique was used this study.

INCLUSION CRITERIA

- 1) The study is limited to the selected Antenatal mothers only.
- 2) Antenatal mothers who are willing to participate in the study.
- 3) Mothers, who can write, read & communicate in Hindi, English.

EXCLUSION CRITERIA

- 1) Who are not co-operating with the study.
- 2) Who are not available during the study.
- 3) Antenatal mothers with complications or seriously ill.

Tools and technique

Part-I: consisted of 7 items related to demographic data of the subjects such as Age in years, Dietary pattern, Religion, Educational status, Type of the family, Family Income/month (Rs), Source of Information.

Part-II: Structured knowledge questionnaire consisting of 30 items on knowledge of Antenatal mothers regarding Iron & Folic acid deficiency Anemia & its Prevention. It consists of Pretesting and reliability of the tool was established prior to the pilot study. Pilot study was conducted among 6 Antenatal mothers. This gave a basis for the investigator to conduct the actual study. The actual study was conducted among 60 Antenatal mothers.

Data Collection Procedure:

Data collection is the gathering of information needed to address a research problem. The formal permission was obtained from the authorities selected rural area Bastar district, Chattisgarh. The data was collected from 60 Antenatal mothers were selected by using Convenient sampling technique. The sample was administered structure questionnaire personally by the investigator and they spent 30-45 minutes to answer questionnaires. All the samples were receptive and co-operative during data collection.

Data Analysis:

Descriptive statistics like frequency, mean, SD, mean percentage was used for description of demographic characteristics and assessment of knowledge. Inferential statics like paired t test was used to evaluate the effectiveness of planned teaching programme and chi-square test was used to find out the association between Knowledge with Demographic Variables.

Description of demographic characteristics of antenatal mothers:

the age group of Less than 25 years, 46.7% of subjects were in the age group of 26-30 years, and remaining 15% of the subjects were aged 31 years and above.

the 41.7% of the subject's had Vegetarian food and remaining 58.3% of them had mixed diet. Those majority 65% subjects belong to Hindu religion, 26.7% were Muslims and 8.3% were Christians.

Knowledge level of antenatal mothers regarding the Iron & Folic acid deficiency Anemia & its Prevention: that majority 60% of the subjects had moderate knowledge and 40% of them had inadequate knowledge in the pretest. After administration of structured teaching programme 63.3% of the subjects had adequate knowledge, 36.7% had moderate knowledge regarding importance of adequate nutrition during pregnancy in the post test.

Comparison of the pre-test and post-test knowledge score of antenatal mothers:

The table 10 it is evident that the obtained "t" value 13.984 is greater than the table value at the degrees of freedom 59 at 0.01 level of significance. Therefore, "t" value is found to be significant. Hence it is inferred that there is significant difference between the pre-test and post-test knowledge scores of antenatal mothers regarding the Iron & Folic acid deficiency Anemia & its Prevention.



Comparison of mean percentage of pre-test and post-test scores

Table 10: Comparison of pre- test and post -test knowledge scores of antenatal mothers

N = 60

Variable	Pre test		Post Test		Mean difference	t value	Inference
	Mean	SD	Mean	SD			
Knowledge	15.5	3.606	25.07	3.645	9.56	13.984	S

Recommendation

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

1. The study can be replicated on a large sample with a control group.
2. A comparative study may be conducted between urban and rural areas to find out the effectiveness of structured teaching programme regarding the same topic.
3. Similar study can be undertaken using other teaching strategies.

CONCLUSION

This study was conducted to assess the knowledge of Antenatal mothers regarding Iron & Folic acid deficiency Anemia & its Prevention in selected rural areas of Bastar district, Chattisgarh. Findings reveal that Antenatal mothers had moderate knowledge regarding Iron & Folic acid deficiency Anemia & its Prevention.

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