



AN INTERVENTIONAL STUDY TO ASSESS THE EFFECTIVENESS OF SELF-INSTRUCTIONAL MODULE ON KNOWLEDGE REGARDING ANEMIA AMONG ADOLESCENT GIRLS

Public Health

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ABSTRACT

Anemia is a major public health problem affecting 50% of Indian adolescents. It is a preventable disease. Various interventions are there to tackle anemia but still, it is prevalent. The knowledge regarding Iron deficiency anemia and its prevention among the adolescents is necessary to reduce its impact as it may help either to prevent or to diagnose and treat early. Thus, helps to build a healthy and active future generation. This study intended to assess the knowledge level regarding Iron deficiency Anemia and its prevention before and after intervention. The Health Education Intervention can be highly effective in improving the knowledge level regarding anemia and its prevention among adolescents. It can contribute to their knowledge level and adopting the necessary changes can contribute to the prevention of disease. It is a good approach to be practiced for all major preventable diseases.

KEYWORDS

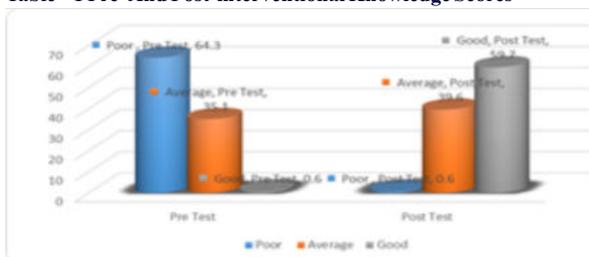
Anemia, Intervention, Health Education, Pre-test, post-test, Adolescent girls

INTRODUCTION

Anemia is one of the country's most serious problems among adolescents, with more than half suffering from the disease caused by a lack of mineral iron in the body (Hindustan Times, October 27, 2017). The world's adolescent population is 1.2 billion, with India having the world's largest adolescent population of 243 million. According to Dr. Susan Sawyer, Adolescents who give prime importance to nutrition, quality education, and physical and mental health will reap benefits in their adulthood. Adolescent children are the nation's future, constituting a significant demographic and economic force. Health education is a collection of learning experiences designed to help individuals and communities improve their health by increasing knowledge or changing attitudes. The purpose of health education on anemia among adolescent girls is to positively influence their health behavior. Iron deficiency anemia is a major health problem in developing countries. Based on extensive literature and investigator experience, it is believed that it is critical to provide adolescent girls with adequate knowledge about iron deficiency anemia and its prevention. The knowledge will help them in changing their dietary habits and avoiding iron deficiency anemia.

According to the World Health Organization, iron deficiency is the most common and widespread nutritional disorder in the world. According to the latest National Family Health Survey-III report 2005-2006, 55.8 percent of adolescent girls are anemic, specifically Iron deficiency anemia accounting for an average of 64 million girls at any point of time. The hemoglobin count in most of the adolescent girls in India is less than the standard (12 g/dl) accepted worldwide. Therefore, it is recommended that adolescent girls must be screened to detect and check the influencing factor of anemia. Follow-ups for risk factor modification should be conducted for High-Risk Adolescent girls. They must be counselled on how to change their lifestyles through proper diet, self-care, regular exercise, and weight gain. It is necessary to provide health education at home and in schools, which may aid in the elimination of risk factors as early as possible. Health-care providers and policymakers should play a critical role in prioritizing the prevention of anemia and its associated risk factors. The ultimate challenge is to meet the goal and achieve the global nutrition targets of reducing anemia in women of reproductive age by half. In the long run, these measures will make a significant contribution to developing countries' economic growth, health, wealth and well-being.

Table – 1 Pre- And Post-interventional Knowledge Scores



Pair 1	Mean	Std. Deviation	Mean difference	t value
Pre-Score	11.29	5.898	(-) 16.383	(-) 24.567
Post-Score	27.68	6.120	With SD 8.276	

CASE STUDY

One group pre-test post-test research design was adopted for the study with an intervention including Health Education classes with power point presentation, distribution of brochures, interactive sessions, group discussions etc. Thus, it was helpful to assess whether the intervention contribute to their knowledge level. The mean knowledge Score was 11.29 before intervention and 27.68 after intervention. The knowledge level regarding Anemia and its prevention among Adolescent girls improved with intervention. The t value for the mean knowledge score for pre and post intervention was -24.567 with p value <0.05. Cohen's d calculated to find the effect size was 1.9 meaning the intervention was highly effective.

CONCLUSIONS

The present study revealed the significance of Health Education Intervention in the knowledge level regarding Anemia among adolescent girls. Adolescents are the transforming age group where life changing decisions are taken and are highly receptive to acquire new knowledge. Adolescence is the productive age group which is going to build the future of a nation. So, it is wise to teach them the right information, as they will transfer it to the coming generations too. Similar study can be replicated on a large sample to generalize the findings.

Future Scope

1. Health Educational Interventional programmes on common preventable diseases like Iron deficiency Anemia can be implemented in various educational institutions or can be added in the curriculum.
2. WIFS programme compulsorily for adolescent girls and boys of age group 10-19 years of age and their purpose need to be addressed.
3. Information and counselling for improving dietary intake among adolescents can be made available in every school.
4. Screening of target groups especially adolescents at the time of High school entry.
5. Health Education classes on Menstruation and all apart from the curriculum and the stigma surrounding reproductive health need to be addressed.

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