



A STUDY TO ASSESS THE KNOWLEDGE AND ATTITUDE ON PREVENTION OF ANEMIA AMONG PREMARITAL WOMEN IN SELECTED AREA AT GUNTUR

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ABSTRACT

A study to assess the knowledge and attitude on prevention of Anemia among premarital women in selected area at Guntur.” Introduction: Anemia is a major public health problem among women, particularly in developing countries like India. Premarital women are at higher risk due to poor nutritional practices and lack of awareness, which may lead to adverse maternal and fetal outcomes in the future. **Objectives:** To assess the knowledge of pre-marital women regarding prevention of Anemia, To determine the attitude of pre-marital women towards prevention of anemia., To find the association between the knowledge of pre-marital women and selected demographic variables (such as age, education, occupation, socioeconomic status, dietary habits, etc.) and to find the association between the attitude of pre-marital women and Selected demographic variables. **Material and Methods:** A quantitative descriptive research design was adopted to assess the knowledge and attitude regarding prevention of anemia among 60 premarital women aged 18–25 years in a selected area of Guntur, Andhra Pradesh. Non-probability purposive sampling technique was used. Data were collected using a structured questionnaire and attitude scale and analyzed using descriptive and inferential statistics. **Results:** The findings revealed that 46.66% of participants had moderate knowledge, 33.33% had adequate knowledge, and 20% had inadequate knowledge, with a mean score of 2.13 ± 0.18 . Regarding attitude, 53.66% had a strongly positive attitude and 46.33% had a neutral attitude, with a mean score of 16.25 ± 2.57 . No significant association was found between knowledge and attitude with selected demographic variables at the 0.05 level of significance. **Conclusion:** The study concludes that although most premarital women had moderate knowledge and a positive attitude towards anemia prevention, there is still a need to improve awareness through health education programs. Early intervention can help in reducing the burden of anemia and improving future maternal health outcomes.

KEYWORDS

Anemia, Premarital Women, Knowledge, Attitude, Prevention, Women's Health.

INTRODUCTION

Health is a vital component of human well-being, and women's health plays a crucial role in the overall development of families and society. Among various health problems, anemia is one of the most common nutritional disorders affecting women, particularly in developing countries like India. According to the World Health Organization, a significant proportion of women of reproductive age suffer from anemia, mainly due to iron deficiency. Premarital women are especially vulnerable due to menstrual blood loss, poor dietary habits, and lack of awareness. Anemia can lead to fatigue, reduced work capacity, poor cognitive performance, and serious complications during pregnancy such as maternal mortality, preterm birth, and low birth weight. Despite various national health programs, anemia continues to be a major public health challenge. Therefore, improving knowledge and attitude regarding anemia prevention among premarital women is essential to ensure better maternal and child health outcomes.

NEED FOR THE STUDY

Anemia remains a major public health concern globally and in India, contributing significantly to morbidity and mortality, especially among women. As highlighted by the World Health Organization, anemia affects physical and cognitive performance and increases the risk of adverse pregnancy outcomes. In India, the prevalence of anemia among women is alarmingly high. According to National Family Health Survey (2021), more than half of women of reproductive age are anemic, with Andhra Pradesh showing a high prevalence rate.

Premarital women form a high-risk group, as their health status directly influences future reproductive outcomes. Lack of awareness, poor dietary practices, and inadequate health-seeking behavior contribute to the persistence of anemia. Identifying gaps in knowledge and attitude among this group is essential for planning effective health education and preventive strategies. Hence, this study is necessary to assess knowledge and attitude regarding anemia prevention among premarital women and to promote early interventions.

MATERIAL AND METHODS

A quantitative research approach with a descriptive research design was adopted to assess the knowledge and attitude regarding prevention of anemia among premarital women. The study was conducted at Mangaldas Nagar Primary Health Centre (PHC), Guntur, Andhra Pradesh. The population comprised premarital women aged 18–25 years. A total of 60 participants were selected using a non-probability purposive sampling technique.

The main variables of the study were knowledge and attitude regarding anemia prevention, while demographic variables included age, education, occupation, income, family type, dietary habits, religion, caste, and area of residence. Data were collected using a structured questionnaire to assess knowledge and a rating scale to assess attitude. The collected data were analyzed using descriptive statistics such as frequency, percentage, mean, and standard deviation, and inferential statistics using chi-square test to determine the association between variables at a 0.05 level of significance.

Table 4.1: Frequency and percentage distribution of socio demographic variables of the pre-Marital women N=60

S.NO	SOCIO DEMOGRAPHIC VARIABLES	FREQUENCY (F)	PERCENTAGE (%)
1.	Age		
	A.18–20	41	68.33%
	B. 21–23	10	16.66%
	C.24–26	9	15%
	D. Above 26	0	0%
2.	Educational status		
	A. Primary	0	0%
	B. Secondary	5	8.33%
	C. Higher secondary	30	50%
	D. Illiterate	25	41.66%
3.	Occupation		
	A. Student	30	50%
	B. Homemaker C. Unemployed	10	16.66%
	D. Employed	15	25%
		5	8.33%
4.	Religion		
	A. Hindu	34	56.66%
	B. Christian	19	31.66%
	C. Muslim	5	8.33%
	D. Others	2	3.33%
5	Types of family		
	A. Nuclear	46	76.66%
	B. Joint	14	23.33%
6.	Income of the family per month		
	A. Rs 47,438 and above	5	8.33%
	B. Rs 23,674 - 47,347	14	23.33%
	C. Rs 17,756 – 23,673	22	36.66%
	D. Rs 11,837- 17,755	17	28.33%

	E.Rs 7,102 – 11,836	2	3.33%
	F. Rs 2391 – 7,101	0	0%
	G. Less than 2390	0	0%
7.	Dietary pattern		
	A. Vegetarian	9	15%
	B. Non-vegetarian	15	25%
	C. Mixed	36	60%
8.	Previous history of menstruation		
	A. Regular	54	90%
	B. Irregular	6	10%
9.	Anemia prevalence		
	A. Urban areas	13	21.66%
	B. Rural areas	21	35%
	C. High-income groups	19	31.66%
	D. Males	7	11.66%
10.	what is the source of intimation		
	A. Family members, friends and peers.	14	23.33%
	B. Newspapers and books.	25	41.66%
	C. Television and mass media.	21	35%
11.	What is the caste		
	A. SC	11	18.33%
	B. ST	17	28.33%
	C. OBC	27	45%
	D. General	5	8.33%
12.	What is the area of residence		
	A. Urban	48	80%
	B. Rural Section	12	20%

Table 4.1 shows the requery and percentage distribution of socio demographic variables of the pre marital women Regarding age, majority (68.33%) of the premarital women are in the age group of 18-20 years, while 16.66% of them were in age group of 21-23 years.

Regarding education, the majority, 50% of them, were studying in Higher secondary education, while 41.66% of them were illiterate and 8.33% were studying secondary education and none of them in primary education Regarding occupation, most 50% of them Students and 25% are unemployed while 16.66% of them Homemaker and 8.33 of them employed Regarding religion, the majority of 56.66 of them Hindu While 31.66% of them Christian and 5% of them Muslim and 2% of them others.

Regarding type of family, the majority 76.66% nuclear family and 23.33% joint family.

Regarding the income of the family majority, 36% of families earn Rs 17,756-23,673 per month while 17% of families earn Rs 11,837-17,755 per month ,23.33% of families earn Rs 23,674-47347 per month, and 8.33% of families earn Rs 47,438 and above per month, 2% of families earn Rs 7,102-11,836 and none of families earn below 7,101.

Regarding diet, the majority 60% followed a mixed diet, while 25% followed a non-veg diet and 15% followed a veg diet.

Regarding previous history of menstruation, the majority 90% of women regular and 10% of women irregular.

Regarding anemia prevalence the majority of 35% are rural areas and 31.66% are high incomes groups and 21.66% are urban areas and 11.66% are males.

Regarding source the majority of 41.66% are news papers and books and 35% are television and mass media.

Regarding caste, the majority of 45% are OBC and 28.33% are the ST and 18.33% are SC remaining 8.33% are General.

Regarding areas, the majority of 80% are urban 20% are rural section.

Table 4.2: Frequency and percentage distribution of the level of knowledge of pre marital Women N=60

Level of knowledge	Total score	Frequency (f)	Percentage (%)
Inadequate	0-12	12	20%
Moderate	13-18	28	46.66%
Adequate	19-25	20	33.33%

Table 4.2 reveals that the majority (46.66%) of the premarital women have Moderate knowledge while (33.33%) of them have adequate knowledge while 20% of them have inadequate knowledge.

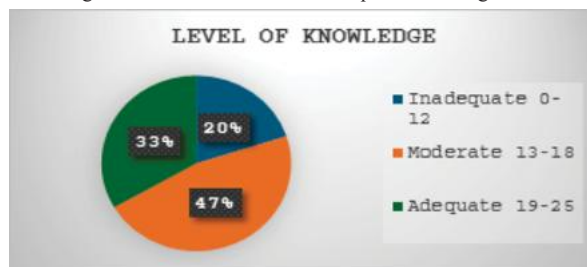


Table 4.4 Frequency and percentage distribution of the level of attitude of pre- marital women.N=60

Attitude Category	Scores	Frequency	Percentage
Strongly agree	80-100	32	53.66%
Agree	60-80	0	0%
Neutral	40-60	28	46.66%
Disagree	20-40	0	0%
Strongly disagree	0-20	0	0%

Table 4.4 reveals that the majority (53.66%) of the premarital women have strongly agree attitude while (46.33%) of them have neutral attitude while (0%) of them have negative attitude.

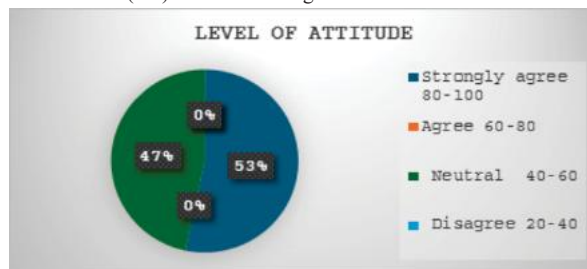


Table No: 4.6 To find the *Mean*, *Standard Deviation (SD)* and *correlation* of overall knowledge and attitude among pre-marital women regarding prevention of anemia N=60

SI. NO	Variables	Mean	Standard deviation	Correlation
1.	Level of knowledge	2.13	±0.18	r = 0.19
2.	Level of attitude	16.25	±2.57	weak positive correlation

To find out the correlation between the knowledge and Attitude of premarital women regarding prevention of anemia $r=0.19$ weak positive correlation.

DISCUSSION:

The study found that most premarital women had moderate knowledge and a positive attitude toward anemia prevention, indicating partial awareness but lack of complete understanding. These findings are consistent with reports from the World Health Organization and National Family Health Survey, which highlight high anemia prevalence due to poor awareness and nutrition.

No significant association was found between knowledge, attitude, and demographic variables, suggesting that knowledge gaps are common across all groups. Despite positive attitudes, moderate knowledge levels indicate a gap between awareness and actual understanding.

Overall, the study supports existing evidence that anemia remains a major public health issue and emphasizes the need for effective health education to improve knowledge and promote preventive practices among premarital women.

CONCLUSION

The study found that most premarital women had moderate knowledge

and a positive attitude toward anemia prevention. However, some participants still lacked adequate knowledge. No significant association was found between knowledge, attitude, and demographic variables. This indicates a need for improved awareness among all groups. Strengthening knowledge through health education at the premarital stage can help reduce anemia and improve future maternal health outcomes.

RECOMMENDATION

- Conduct regular health education programs on anemia prevention.
- Promote iron-rich diet and supplementation.
- Encourage early screening and regular health check-ups.
- Involve ASHA/health workers in community awareness.
- Include anemia education in schools and colleges.
- Conduct further research with larger samples.
- Promote behavioral change regarding diet and lifestyle.

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