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RESEARCH ARTICLE

Impact of Structured Teaching Program on Prevention of Anaemia among Adolescent Girl

Sushma Kumari, Pooja Rani

Nursing Tutor, SMVDCoN, Kakryal, Katra

Abstract

Introduction: Anemia is a condition in which the number of red blood cells or the amount of hemoglobin is low. Red blood cells contain hemoglobin protein that it enables them to carry oxygen from the lungs and deliver it to all parts of the body.

Methodology: A study conducted to assess the effectiveness of structured teaching programme on knowledge regarding prevention of anemia among adolescent girls in a selected school of Distt, Reasi. During the study, 55 adolescence girls were selected for them pretest is administered for assessing knowledge. After evaluation pretest score was showing lower knowledge regarding prevention of anemia then structured teaching program on knowledge of prevention from anemia administered after one week post test conducted by using same questionnaire this time girls shows increased knowledge regarding prevention of anemia and they are following healthy food habits for the prevention of anemia. Results showing adequate knowledge various methods are used for measuring the variables such as mean, mode, and standard deviation for significance of demographic variables chi square test were used there is no significant demographic variables.

Result: In pre test, majority 94.5 % of adolescent girl had average level of knowledge, 3.6 % of the adolescent girl had poor level of knowledge and only 1.8 % of the adolescent girl had excellent level of knowledge. In post test, majority 96.3 % of adolescent girl had excellent level of knowledge, 3.6 % of the adolescent girl had average level of knowledge and 0 % of the adolescent girl had poor level of knowledge.

Discussion: The results shows that in pre test out of 55, 94.5 % of adolescent girl have average level of knowledge regarding prevention of anemia and in pre test result shows that 96.3% of adolescent girl had excellent level of knowledge regarding prevention of anemia.

Keywords- Anemia, Adolescent Girl, Prevention of Anemia.

1 INTRODUCTION

Anemia is a condition in which the number of red blood cells or the amount of hemoglobin is low. Red blood cells contain hemoglobin protein that it enables them to carry oxygen from the lungs and deliver it to all parts of the body. When the number of red blood cells is reduced or the amount of hemoglobin in them is low, the blood cannot carry an adequate supply of oxygen. An inadequate supply of oxygen in the tissues produces the symptoms of anemia

(Gupta and Kochar, 2009). Adolescence has been defined by the world health organization as the period of life spanning the ages between 10 to 19 years (WHO, 2017).

This is the formative period of life when the maximum amount of physical, psychological, and behavioral changes take place. That is a vulnerable period in the human life cycle for the development of nutritional anemia, which has been constantly neglected by public health programmers. During adolescence, (i.e. 10-19 years of age, anemia is estimated to be the greatest nutritional problem. Anemia in adolescents and young adults can have negative effects on their cognitive performance and growth.

2 MATERIALS AND METHODS

A Quasi experimental research approach was adopted for the study. The study was conducted in the selected school of district Reasi that was Govt. High School, Panthal. Researcher's familiarity with setting and availability of required sample were also considered while selecting the study group. The target population is school children with the age group of 13-19 years in the selected school of village Panthal . In the present study 55 sample were selected by using stratified sampling technique. Interview schedule with self structured knowledge questionnaire to assess the knowledge regarding prevention of helminthic diseases among school children. This section consist of 20 questions to assess the knowledge of students regarding prevention of helminthic diseases.

Knowledge of subjects was graded as given below.

Level of Awareness	**Score**
Poor	0-13
Average	14-26
Excellent	27-39

Demographic variables were collected by using interview technique. For descriptive research design, demographic variable, self structured knowledge questionnaire was collected. Data was collected from 100 school children with the age group of 14-17 year. After the data collection, informational booklet on preventive measures of helminthic diseases were provided to the students. Data collection procedure terminated by thanking the students for their co-operation.

3 RESULT

Table 1. FREQUENCY AND PERCENTAGE DISTRIBUTION OF SUBJECTS ACCORDING TO THEIR SOCIO DEMOGRAPHIC VARIABLES

N=55

S.No.	**Demographic Variables**	**Options**	**Frequency**	**Percentage**
1.	Age	a) 13 - 15 years b) 16 - 19 years	a) 7 b) 48	a) 12.5% b) 87.3 %
2.	Types of family	a) Nuclear b) Joint c)Extended	a) 33 b) 22 c) 0	a) 60% b) 40% c) 0%
3.	Educational Status	a) 11th b)12th	a) 28 b) 27	a) 51% b) 49%
4.	Occupation of father	a) Govt.job b) Private job c) Buss.Man d) Farmer	a) 11 b) 14 c) 10 d) 20	a) 20 % b) 25.4% c) 18.1 % d) 36.3 %
5.	Occupation of Mother	a) Govt.job b) Private job c) House wife d) Buss.Women	a) 5 b) 0 c) 48 d) 2	a) 09 % b) 0 % c) 87.2 % d) 3.6 %
6.	Monthly family income	a) Below 5,000 b) 5,000 - 10,000 c) 10,000 - 15,000 d) Above 15,000	a) 25 b) 17 c) 06 d) 07	a) 45.4% b) 32 % c) 11 % d) 12 %
7.	Religion	a) Sikh b) Muslim c) Christian d) Hindu	a) 00 b) 02 c) 00 d) 53	a) 0 % b) 3.6 % c) 0 % d) 96.3 %

Table 2. KNOWLEDGE SCORE (PRE TEST) REGARDING PREVENTION OF ANAEMIA AMONG ADOLESCENT GIRL

N=55

PRE TEST KNOWLEDGE SCORE			
Level of knowledge	**Score**	**Frequency**	**Percentage**
Poor	0-13	2	3.6
Average	14-26	52	94.5
Excellent	27-39	1	1.8

TABLE 3: KNOWLEDGE SCORE (POST TEST) REGARDING PREVENTION OF ANAEMIA AMONG ADOLESCENT GIRL

N=55

POST TEST KNOWLEDGE SCORE			
Level of knowledge	**Score**	**Frequency**	**Percentage**
Poor	0-13	0	0
Average	14-26	2	3.6
Excellent	27-39	53	96.3

TABLE 4: ASSOCIATE THE PRE TEST KNOWLEDGE SCORE WITH SOCIO DEMOGRAPHIC VARIABLES.

S.No	**Variable**	**POOR**		**GOOD**		**EXCELLENT**		**Total**	**Chi square**
Age									
		f	%	f	%	f	%		
1	13-15	0	0	5	9%	2	3.60%	7	18.5376
2	16-19	2	3.6	46	83.6	0	0	48	
		2		52		2		**55**	
Type of family									
		f	%	f	%	f	%		
1	Nuclear	1	1.8	31	56.3	1	1.8	33	1.7319
2	Joint	1	1.8	20	36.3	1	1.8	22	
		2		51		2		**55**	
Educational status of respondent									
		f	%	f	%	f	%		
1	10th	0	0%	0	0%	0	0%	0	4.1526
2	11th	1	1.8	25	45.5	2	3.6	28	
3	12th	1	1.8	26	47.2	0	0%	27	
		2		51		2		**55**	
Occupation of father									
		f	%	f	%	f	%		
1	Govt job	0	0%	11	20%	0	0%	11	20.3575
2	Private job	0	0%	14	25.4	0	0%	14	
3	Business	1	1.8	9	16.3	0	0%	10	
4	Farmer	1	1.8	18	32.7	1	1.8	20	
		2		52		1		**55**	

Occupation of Mother									
		f	%	f	%	f	%		
1	Govt job	0	0	5	9	0	0	5	
2	Private job	0	0	0	0	0	0	0	10.7173
3	House wife	2	3.6	44	80	2	3.6	48	
4	Businesss	0	0	2	3.6	0	0	2	
		2		51		2		**55**	
Monthly family income									
		f	%	f	%	f	%		
1	Below 5000	1	1.8	24	0	0	0	25	
2	5000-10000	0	0	16	29	2	3.6	18	11.637
3	10000-15000	0	0	6	10.9	0	0	6	
4	Above 15000	0	0	6	10.9	0	0	6	
		1		52		2		**55**	
Religion									
		f	%	f	%	f	%		
1	Sikh	0	0	0	0	0	0	0	
2	Muslim	1	1.8	1	1.8	0	0	2	53.5042
3	Christian	0	0	0	0	0	0	0	
4	Hindu	1	1.8	50	90.9	2	3.6	53	
		2		51		2		**55**	

4 DISCUSSION

The study was conducted using a descriptive research design, subject were selected by stratified sampling technique. The sample size was 55.

The first objective of the study to assess the level of knowledge (pre test) regarding prevention of anaemia among adolescent girl. It revealed that majority 94.5 % of adolescent girl had average level of knowledge, 3.6 % of the adolescent girl had poor level of knowledge and only 1.8 % of the adolescent girl had excellent level of knowledge.

The second objective of the study to assess the level of knowledge (post test) regarding prevention of anaemia among adolescent girl. It revealed that majority 96.3 % of adolescent girl had excellent level of knowledge, 3.6 % of the adolescent girl had average level of knowledge and 0 % of the adolescent girl had poor level of knowledge.

The third objective of the study was to associate the pre test knowledge score with socio demographic variables: It reveal that in relation to age of adolescent girl, obtained chi-square value (18.5376) and the tabulated value (5.99) at statistically significant (p =0.05).So ,there is association between the age of adolescent girl with the knowledge regarding prevention of anaemia.

In relation to type of family, the obtained chi- square value (1.7319) and the tabulated value (5.99) at statistically significant (p=0.05). It can be concluded that the tabulated value is more than the calculated value. So, there is no association between the type of family with the knowledge regarding prevention of anaemia.

In relation to the educational status of respondent, the obtained chi-square value is (4.1526) and the tabulated value (9.49) at statistically significant (p=0.05). It can be concluded that the tabulated value is more than the calculated value. So, there is no association between the educational status of respondent with the knowledge regarding prevention of anaemia.

In relation to the occupation of father, the obtained chi-square value is (20.3575) and the tabulated value (12.59) at statistically significant (p=0.05). It can be concluded that the tabulated value is less than the calculated value. So, there is association between the occupation of father with the knowledge regarding prevention of anaemia.

In relation to occupation of mother, the obtained chi- square value (10.7173) and tabulated value (12.49) at statistically significant (p=0.05). It can be concluded that the tabulated value is more than the calculated value. So, there is no association between the occupation of mother with the knowledge regarding prevention of anaemia.

In relation to monthly family income , the obtained chi- square value(11.637) and tabulated value
(12.59) at statistically significant (p=0.05). It can be concluded that the tabulated value is more than the calculated value. So,there is no association between the income status of family with the knowledge regarding prevention of anaemia.

In relation to religion , the obtained chi- square value (53.5042) and tabulated value (12.59) at statistically significant (p=0.05). It can be concluded that the tabulated value is less than the calculated value. So, there is association between the religion with the knowledge regarding prevention of anaemia.

5 Conclusion

From the findings of the study following conclusion were drawn:

- It was concluded that in pre test majority 94.5 % of adolescent girl had average level of knowledge, 3.6 % of the adolescent girl had poor level of knowledge and only 1.8 % of the adolescent girl had excellent level of knowledge.

- In post test majority 96.3 % of adolescent girl had excellent level of knowledge, 3.6 % of the adolescent girl had average level of knowledge and 0 % of the adolescent girl had poor level of knowledge.

- There is association between demographic: age, occupation of father and religion.

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