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# A Study to Assess the Knowledge Regarding Prevention of Anemia among Women's in Narayana Medical College Hospital, Nellore

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**Abstract:** *Introduction: The deficiency of anemia is mainly seen in women. In the world wide, anemia is the second leading cause of disability and there one of most serious global public health problem. Anemia affects about 486 million in women. Anemia can be prevented by eating more green leafy vegetables such as spinach and dried fruits. They have to eat more iron fortified foods and eat foods that help body absorb iron like orange juice, Straw berries, broccoli a other fruits and vegetables with vitamin C. The heart must work harder to make up for the lack of red blood cells or hemoglobin. Early detection of anemia in pregnant women is reflected in the vision of making pregnancy initiative. primary care policies and programme should coordinate with health care system. Methods: A Descriptive design was adopted for this study. The study was conducted in selected hospital, Nellore district. 60 samples were selected by using Random sampling technique by means of lottery method. Structured questionnaire were used to assess the knowledge regarding prevention of Anemia among women, which consists of 30 items. Results: The study results shows that with regard to level of knowledge, 52(86.7%) women had inadequate knowledge, 8(13.3%) had moderately adequate knowledge about prevention of anemia Conclusion: The study concluded that majority of women in the Narayana hospital were had inadequate knowledge. So there is a need to improve knowledge and availability of information and practice about prevention of anemia among the women may help to reduce the mortality and morbidity among patients under anemia.*

**Key words:** *prevention of Anaemia, Women, Knowledge*

## I. INTRODUCTION

In Present era anemia is the main problem which affects women. Anemia is a deficiency in the size or number of erythrocytes or the amount of hemoglobin they contain limits the exchange of oxygen and carbon dioxide between the blood and the tissue cell. The Etiology of anemia is most common cause of anemia is deficiency of nutrients required for the synthesis of red blood cells, such as iron, vitamin B12 and folic acid. The rest is the result of a variety of conditions such as hemorrhage, genetic abnormalities, chronic disease, drug toxicity, and so on. It may affect over half of preschool children and pregnant women in developing countries. It is not a specific disease state but a sign of an underlying disorder and a condition of a lower than normal level of hemoglobin reflects fewer than normal red blood cells within the circulation. Anemia can be prevented by eating more green leafy vegetables such as spinach and dried fruits. They have to eat more iron fortified foods and eat foods that help body absorb iron like orange juice, Straw berries, broccoli a other fruits and vegetables with vitamin C. Nutrition is the combination of dynamic process by which the consumed food is utilized for nourishment for structural and functional efficiency of every cell of the body, it helps to sustain the body and keep it healthy. The nutritional status of children is of vital importance in their growth and development, in the promotion of health and in the restoration of health following illness or injury (HARIKA, 2016). In the world wide, anemia is the second leading cause of disability and there one of most serious global public health problem. Anemia affects about 486 million in women. Anemia controlling measures are taking rest periods between activities of daily living, avoiding excessive work load or heavy lifting, asking for assistance while performing strenuous activities and also increasing time for routine care. Early detection of anemia in pregnant women is reflected in the vision of making pregnancy initiative. primary care policies and programme should coordinate with health care system. Intervention which have been shown to impact on anemia include improving nutrition and iron status and treating malaria infections

## II. OBJECTIVES

- A. To assess the knowledge regarding prevention of anemia among women's
- B. To associate the knowledge regarding prevention of anemia with their selected socio demographic variables.

### III. MATERIALS AND METHODS:

A Descriptive design was adopted for this study. The study was conducted in selected hospital, Nellore district. 60 samples were selected by using Random sampling technique by means of lottery method. Structured questionnaire were used to assess the knowledge regarding prevention of Anemia among women, which consists of 30 items.

#### A. Sample Size

60 samples were selected by using random sampling technique by means of lottery method.

Data were obtained by the following methods:

- 1) Through questionnaire method by interviewing the samples for assessing their sociodemographic variables.
- 2) Structured questionnaire were used to assess the knowledge regarding prevention of Anemia among women.

#### B. Ethical Clearance

There was no drug administration or invasive procedure involved in the study. A written Permission was obtained from the institutional authority and ethical committee. Written informed consent was obtained from samples who participated in the study and Confidentiality and anonymity of the subjects was maintained throughout the study (harika, 2015).

### IV. RESULTS

Table 1: Distribution of Demographic Variables among women (N=60)

S.no	Demographic Variables	Women (N=60)	
		f	%
1	Age in years		
	a) 20-25 yrs	7	11.7
	b) 26-30 yrs	11	18.3
	c) 31-35 yrs	27	45
	d) 35- 40 yrs and above	15	25
2	Education		
	a) Illiterate	4	6.6
	b) Primary	31	51.7
	c) Secondary	19	31.7
	d) Graduate	6	10
3	Occupation		
	a) House wife	60	100
	b) others	-	-
4	Family Income		
	a) <Rs. 5000/-	29	48.3
	b) Rs.5000-7000/-	24	40
	c) Rs.7001-Rs.9000/-	5	8.3
	d) Rs.9000/- and Above	2	3.4
5	Diet Pattern		
	a) Vegetarian	21	35
	b) Non Vegetarian	29	48.3
	c) Mixed Diet	10	16.7
6	Type of family		
	a) Sedentary	5	8.3
	b) Moderate work	50	83.4
	c) Heavy work	5	8.3
7	Place of residence		
	a)Rural	27	45
	b)Urban	33	55

8	Source of information		
	a)Health professionals	34	56.7
	b)Mass media	16	26.6
	c)Friends/relatives	10	16.7

Table 2: Level of Knowledge regarding prevention of anemia among women (N=60)

S.NO	Level of Knowledge	f	%
1	Inadequate	52	86.7
2.	Moderately Adequate	8	13.3
	Total	60	100

Table no.2 Shows that regarding the level of knowledge, 52(86.7%) women had inadequate knowledge, 8(13.3%) had moderately adequate knowledge.

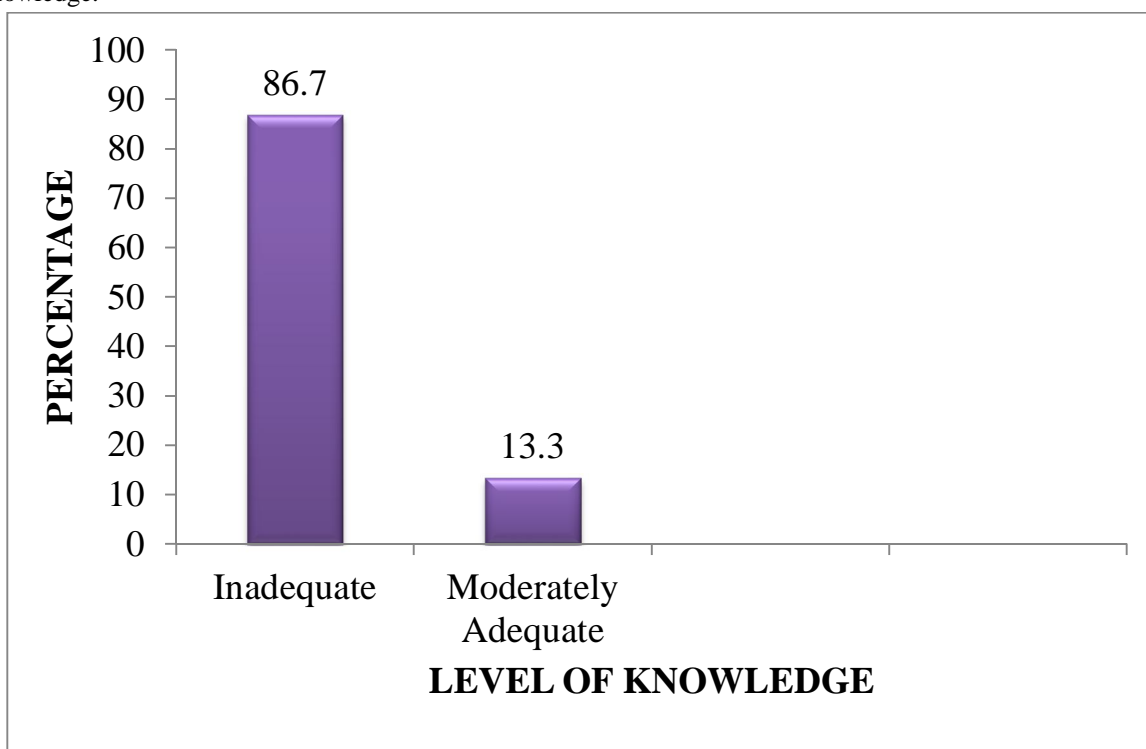


Fig.1 Percentage distribution of women based on level of knowledge regarding prevention of anemia

Table.no-3-Distribution of mean and standard deviation of level of knowledge scores

CRITERIA	MEAN	STANDARD DEVIATION
Level of knowledge	11.71	2.59

Table.no-3 Shows that with regards to level of knowledge scores the mean value is 11.71 and the standard deviation is 2.59

## V. DISCUSSION

The aim of the present study was to assess the knowledge regarding prevention of anemia



## Findings Of The Study Based On Objectives

### A. Findings related to level of knowledge regarding prevention of anemia

Table no.2 Shows that regarding the level of knowledge, 52(86.7%) women had inadequate knowledge, 8(13.3%) had moderately adequate knowledge.

Mloger breighaput (2013) conducted a descriptive study to assess the knowledge on prevention of anemia among the women in USA. The study aimed at the knowledge of women about the prevention of anemia. The data were collected through postal questionnaire from 176 women selected by stratified sampling technique. The result shows that 51% of women have updated knowledge on prevention of anemia. The study concluded that women had knowledge about prevention of anemia.

### B. Findings related to Association between the levels of knowledge of women with their selected socio demographic variables.

There is a significant association between the level of knowledge and the socio demographic variables like Age, family income, place of residence Type of diet, at P=0.001 level.

J.L.William (2009) conducted a cross sectional study on relation between anemia and excess adiposity, inflammation, diet and poverty status of women in Malaysia. The study aimed at theto find out the relationship between anemia and excess adiposity and poverty status of women. The data were collected through written questionnaire from 130 women who were selected by stratified sampling technique. This result shows that poverty and excess adiposity will increase the prevalence rate of anemia among women. The study concluded that there a association between anemia and excess adiposity, inflammation, diet and poverty status of women

## VI. CONCLUSION

The study concluded that majority of women in the Narayana hospital were had inadequate knowledge. So there is a need to improve knowledge and availability of information and practice about prevention of anemia among the women may help to reduce the mortality and morbidity among patients under anemia.

## VII. RECOMMENDATIONS

On the basis of the findings of the study, recommendations are

- A. Similar study can be conducted on different settings.
- B. The study can be conducted to a large number of samples to generalize the findings.
- C. Health teaching can be conducted to the sample to improve the knowledge about anemia.
- D. The study can be conducted among Nurses at different age group

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