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A STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON PREVENTION OF ANAEMIA AMONG ANTENATAL WOMEN ATTENDING MATERNITY HOSPITAL SKIMS, SOURA SRINAGAR KASHMIR.

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ABSTRACT

Anaemia is a global public health problem affecting both developing and developed countries with major consequences on human health as well as social and economic development. Despite anaemia having been identified as a global public health problem for several years, no rapid progress has been observed, and the prevalence of the disease is still high globally. This study was conducted to evaluate the effectiveness of structured teaching program on prevention of anaemia among antenatal women; to find out the association between pre test knowledge score of antenatal women on prevention of anaemia with their selected demographic variables like Age, Educational status, Occupation, Type of family, Monthly income.

Methodology: Pre experimental one group pre test post test design was adopted for fifty antenatal mothers who were selected by convenience sampling technique at Maternity Hospital SKIMS, Soura Srinagar Kashmir to evaluate the effectiveness of structured teaching programme on prevention of anaemia. Structured interview schedule was used for data collection.

Results: The present study revealed that antenatal women had inadequate knowledge regarding prevention of anaemia and after structured teaching programme, their knowledge improved. The study also revealed that there was significant association between pre test knowledge of antenatal women on prevention of anaemia and their selected demographic variables i.e., Age, Educational status, Type of Family and Monthly income whereas no significant association was found between pre test knowledge of antenatal women on prevention of anaemia and their occupation.

Conclusion: The present study revealed that antenatal women had inadequate knowledge regarding prevention of anaemia and after implementing structured teaching programme, their knowledge improved significantly. So, awareness should be created through appropriate nutritional counselling during antenatal visits and through media.

Keywords: Antenatal women, Pregnancy, Anaemia, Menstruation, Prevalence.

1. INTRODUCTION

The fight against anaemia seems to be a daunting task across the globe especially in developing countries. Anaemia's devastating effects could take a significant toll on national economies. It is estimated that 58% of pregnant women in developing countries are anaemic; anaemia is the cause of 20% maternal deaths; and further to that 50% of all maternal deaths are linked to anaemia[1,2]. Anaemia is considered as harmful and compelling as epidemics of infectious diseases.[2] Anaemia can generally affect all but the worst affected are infants, school-age children, and women of reproductive age.[2,3] An eight-country study claims that women recognize most of the consequences of anaemia in pregnancy.[1] According to WHO, about 50% of pregnant women in low and middle income countries and 25% in higher income countries are anaemic. The prevalence rate of anaemia in India is higher when compared to other developing countries.[4] In 1993, World Bank ranked anaemia as the eighth leading cause of disease in girls and pregnant women in developing countries.[5] Pregnancy is a period of a significant increase in iron requirement, and hence the risk of suffering from anaemia is higher than in non-pregnant state. Although iron requirements are reduced in the first trimester because of the absence of menstruation, they rise steadily thereafter from approximately 0.8 mg per day in the first month to approximately 10 mg per day during the last 6 weeks of pregnancy.[6] Anaemia affects over two billion people globally, among whom over 40 million are pregnant women, where iron deficiency is thought to be the most common cause of anaemia and it accounts for 75% - 95% of cases.[7] Despite anaemia having been identified as a global public health problem for several years, no rapid progress has been observed, and the prevalence of the disease is still high globally.[8] Maternal knowledge of anaemia is important because of its potential to encourage women to take iron supplements during pregnancy and after childbirth, affecting the iron status of both the mother and the child.[9]

2. RESEARCH HYPOTHESIS

H_1: There is a significant difference between pre test and post test knowledge scores of antenatal mothers on prevention of anaemia .

H_2: There is a significant association between pre test knowledge score of antenatal mothers on prevention of anaemia and their selected demographic variables.

3. METHODOLOGY

Pre experimental one group pre test and post test design was adopted for 50 antenatal mothers who were selected by convenience sampling technique at Maternity Hospital SKIMS, Soura to evaluate the effectiveness of structured teaching programme on prevention of anaemia. Structured interview schedule was used for data collection. The tool consisted of three sections. Section I consisted of socio demographic data. Section II consisted of 25 questions related to knowledge regarding prevention of anaemia and Section III consisted of 17 checklist questions to assess the knowledge on prevention of anaemia. Charts were used for structured teaching programme and after that post test was conducted.

4. RESULTS

Table 1: Age wise distribution of participants (n=50)

Age in years	Frequency %age
16-20	23.5%
21-25	34.9%
26-30	29.9%
31-35	11.7%

Table 2: Education wise distribution of Participants (n=50)

Education	Frequency %age
Illiterate	13.9%
Primary	21.3%
Secondary	30.5%
Higher Secondary	26.3%
Graduate and above	8%

Table 3: Occupation wise distribution of Participants (n=50)

Occupation	Frequency %age
Housewife	62.8%
Employed	9.7%
Self-employed	15%
Other	12.5%

Table 4: Family wise distribution of Participants (n=50)

Type of family	Frequency distribution
Small	19.1%
Nuclear	56.3%
Joint	24.6%

Table 5: Income wise distribution of Participants (n=50)

Monthly income (in Rs)	Frequency Distribution
<10,000	31.6%
10,000-30,000	50.4%
>30,000	18%

Table 6: Effectiveness of structured teaching programme on prevention of anaemia among antenatal women.

Knowledge score	Mean	N	Standard deviation	't'value	'p'value	Significance
Pre test knowledge score	44.74	50	10.182	23.849	0.00	**
Post test knowledge score	74.50	50	7.149			

** =significant at 0.01 level

* = significant at 0.05 level

NS = Not Significant

Table-6 show that t-value is 23.849 and there is a significant improvement in knowledge on prevention of anaemia at p <0.01 level. So, the above results show that there is significant difference in pre-test and post-test knowledge scores among antenatal women. So H_1 hypothesis is accepted.

Table-7: Association of demographic variables with pre-test knowledge scores among Antenatal Women on prevention of Anaemia.

Demographic variables	Chi-Square χ 2	'P' value
Age	27.652	0.00**
Educational status	50.00	0.00**
Occupation	0.092	0.955 (NS)
Type of Family	12.604	0.002**
Monthly Income	16.74	0.001**

NS= Not significant

* =Significant at 0.05 level

**=Significant at 0.01 level

Table-7 show that there is significant association between pre test knowledge score of antenatal women on prevention of anaemia and their selected demographic variables i.e., Age, Educational status, Type of Family and Monthly income whereas no significant association between pre test knowledge score of antenatal women on prevention of anaemia and occupation is found. So H_2 hypothesis is partially accepted

5. **CONCLUSION** :

The present study revealed that antenatal women had inadequate knowledge regarding prevention of anaemia and after implementation of structured teaching programme knowledge had improved among them. So, awareness should be created through appropriate nutritional counselling during antenatal visits and through media. Continuous education and awareness programme regarding anaemia is necessary among the pregnant women in order to prevent risk factors of anaemia and mitigate the adverse effect of anaemia in pregnancy. Early detection and management strategies should be adopted to prevent anaemia. The study suggests that weekly supplementation of iron and folic acid to women of reproductive age can prevent anaemia and related complications in pregnancy. It is possible to reduce the prevalence of anaemia by improving level of knowledge of pregnant women, as well as changing attitudes through provision of health education programmes that constitute an important approach to increase awareness about anaemia in terms of exposure, risk factors, essential nutrition ingredients and the importance of taking iron supplementation effectively.

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