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A Study to Assess the Effectiveness of Planned Teaching Programme on Knowledge Regarding Iron Deficiency Anemia among GNM Nursing Students in Selected College of Nursing, Lucknow, U.P.

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ABSTRACT

Anemia is a blood disorder blood carries oxygen, Nutrients and other essential components. it is also helps in regulate body temperature, fights infection and get-ride of infection. Anemia in women of reproductive age is the most common condition. women of younger age are more concern about their on health and much carefully about their expected babies in terms of nutritional facts as compared to the elder ladies. Socioeconomic factors like poverty social neglected diet and Nutrition related factors, lack of personal hygiene, lack of awareness contributed to the burden of anemia. Anemia can be treated and prevented. Effective diet management, proper medication awareness, poor media accountability, adequate training of health workers help in control and prevention of anemia among reproductive age women.

A pre- experimental study was conducted to assess the effectiveness of planned teaching program on knowledge regarding iron deficiency anemia among GNM students and convenient sampling technique was used to select the sample in this study.

Result of the study shows, based on the data collected from 30 samples knowledge on iron deficiency anemia among reproductive age women. In pre-test majority of sample are Hindu (90%) Unmarried (80%) had 12th pass (66.6%), monthly income <15000(56.6%), belongs to Joint family 73.3%), having previous knowledge regarding Anemia, Locality is (80%), educated having small family with No. of child (86.6%).

Conclusion In pre-test majority of sample having poor knowledge (73%), In post-test majority of population had average knowledge, (60%). There is no association have found between pre-test knowledge score with their demographic variables. Hence in this study statistical hypothesis is accepted.

KEYWORDS: *iron deficiency Anemia, Planned teaching programme, knowledge, GNM nursing students*

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INTRODUCTION

Anemia is a global public health problem affecting both developing and developed countries at all age.

According to WHO-"Anemia is defined as hemoglobin levels <12.0gm/dl in women and <13.0gm/dl in men. Adolescents, transitional phase of growth and development between childhood and adulthood. The WHO define an adolescence as any person between ages 10-19."

Anemia in adolescents and younger adult can have negative effect on their cognitive performance and

growth. If pregnancy occurs during adolescence iron deficiency anemia can't only increase maternal morbidity and mortality but increase the incidence of poor birth out comes in the infant (lbw & prematurity).

There as on for the high morbidity and mortality rates among women can be that the manifestation of iron deficiency anemia among in reproductive age may not be noticeable easily in the beginning as it is like an iceberg. But Paleness, fatigue low blood pressure can be manifested later. IN severe case, there will be shortness of breath and chest pain, which is an evidence of inadequate perfusion and oxygenation of the major organ. These factors can worsen the health conditions of women and lead to various secondary health problems such as lung disease, cardiovascular disease and heart attack, ultimately death. Whereas severe anemia is closely related to risk of high mortality even mild anemia carries health risks and reduces capacity to work.

Women are at risk of iron deficiency anemia because of the blood loss from their period and higher blood supply demands during pregnancy. Women have hormonal changes in the body during the different stages of life, like adolescents, pregnancy, lactation and menopause. During all these phases demands for iron and calcium is increased. If this increased demand is not full fill they tend to suffer from iron deficiency anemia and softening of bones.

The prevalence of iron deficiency anemia among adolescents girls constantly high knowledge because most of the adolescent girls have an intension to maintaining slim structure. An influence of junk food and fast food will reduce the intake of dietary iron rich food.

To prevention of iron deficiency anemia, teenage girls and young women need to be aware of the condition. education & motivation can bring in awareness and it is hoped that other females will be also be more inclined to eat iron rich food and fruits that are iron sources, practice home based method of food fortification and monthly bleeding.

The study was condition on women of reproductive age in a rural area should that 55.6% of the participants had in adequate knowledge and 44.2% had adequate knowledge on prevention of iron deficiency anemia.

Material and methods

Design

A pre experimental research design was used to assess the effectiveness of planned teaching program on knowledge regarding iron deficiency anemia among GNM Nursing Students.

Sample

A total of 30 GNM nursing students were selected through convenient sampling technique who met inclusion criteria. Subjects who were not willing to participate in study or with any known psychiatric illness were excluded from the study.

Tools

Various tools used to collect the data were:

Self- structured questionnaire regarding knowledge

Total number of questions were 30.

Data collection schedule and procedure

Ethical permission

Permission to conduct the study was taken from the Principal of Dr. Achal Singh Yadav Institute of Nursing and Paramedical science Lucknow.

Procedure of data collection

A separate class room was allotted to the researcher for making the atmosphere conducive for interviewing the participants. Participants were fulfilling the inclusion criteria were enrolled in the study. Participants were informed about the purpose of the study, possible risks, benefits and confidentiality of their information before conducting interview. Written informed consent was obtained from the study participants. After making participants comfortable, they were interviewed by using various tools i.e. socio-demographic profile, and Self-Structured Questionnaire.

Data analysis

Analysis of data was done in accordance with the objectives laid down for the study using descriptive and inferential statistics in SPSS software version 20.0, Mann-Whitney for two groups and Kruskal-Wallis for more than two groups and spearman's correlation were used to analyze the data.

Result:

Findings of the study revealed that-

majority of sample are Hindu (90%) most of them are Unmarried (80%) had 12thpass (66.6%),.majority of sample family income are <15000(56.6%), majority of sample belongs to Joint family 73.3%, having previous knowledge regarding Anemia, having small family with No. of child (86.6%)

In pre- test majority of sample having poor knowledge (73%), In pos-ttest majority of population had average knowledge, (60%) To find out the effectiveness of Planned teaching programme regarding anemia among reproductive age women paired t-test used & obtain value was(5.152).It shows that it is greater than table value (2.04), hence PTP was effective.

DISCUSSION AND CONCLUSION

Nursing can be described as both an art and science: a heart and mind. At its heart, lies a fundamental respect for human dignity and an intuition for a patient's need. This is supported by the mind, in the form of rigorous core learning. The present study was conducted to assess the effectiveness of planned teaching program on knowledge regarding iron deficiency anemia among GNM nursing students in a selected college of Lucknow following conclusion was drawn from the present study.

The study reveals that the majority of sample are Hindu (90%) most of them are Unmarried (80%) had 12thpass (66.6%),.majority of sample family income are <15000(56.6%), majority of sample belongs to Joint family 73.3%, having previous knowledge regarding Anemia, having small family with No. of child (86.6%) In pre- test majority of sample having poor knowledge (73%), In post-test majority of population had improve their knowledge and they had average knowledge,(60%) which shows planned teaching program was effective.

The study also depict that there was no significant association between knowledge score with selected demographic variables.

Table no.1. Frequency and percentage distribution of socio demographic characteristics of GNM nursing students.

N=300

S. no.	Demographic question	Frequency	Percentage
1.	**Age –** A- 18 to 25 year B- 25 to 30 year C- Above 30 year	 A-28 B-1 C-1	 A-93.3% B-3.3% C- 3.3%
2.	**Marital status–** A- Married B- Unmarried C- Widow D- Divorced	 A-6 B-24 C- 0 D- 0	 A-20% B-80% C-0.0% D-0.0%
3.	**Number of children–** A- No children B-1child C- 2child D- More than 2child	 A- 26 B- 3 C- 1 D- 0	 A-86.6% B-10% C-3.3 D-0.0%
4.	**Area of living–** A- Rural B- Urban C- Slum D- Tribal area	 A-23 B-6 C-0 D-1	 A- 76.6% B- 20% C-0.0% D-3.3%
5.	**Type of family–** A-Joint family B- Nuclear family C- Extended D- Beanpole family	 A-22 B-8 C-0 D-0	 A-73.3% B-26.6% C-0.0% D-0.0%
6.	**Income of parents –** A-Rs-15000 B-Rs-25000 C-Rs-35000 D-Above Rs-45000	 A-17 B-7 C-2 D-4	 A-86.6% B-23..3% C-6.6% D-13.3%
7.	**Religion of family–** A- Hindu B-Muslim C-Christian D- Other	 A-27 B-3 C-0 D-0	 A-90% B-10% C-0.0% D-0.0%

8.	**Hemoglobin level–** A- Normal Hb level(12.3-15.3g/dl) B- Severe anemia(<7.0g/dl) C- Moderate anemia(7.0-9.9g/dl) D- Mild anemia(10.0-11.9g/dl)	 A-24 B-1 C-2 D-3	 A-80% B-3.3% C-6.6% D-10%
9.	**Occupation of the parents** Labour Self Employed Private Job Government Job	 A-0 B-0 C-27 D-3	 A-0.0% B-0.0% C-90% D-10%
10.	**Education of the Head of the family.** A- Graduate B- Illiterate C- Primary School Eduacation D- Secondary School Education	 A-0 B-1 C-9 D-20	 A-0.05 B-3.3% C-30% D-66.6%

Section -2 table no.2. Finding related to knowledge score deferences in pre-test and post- test regardingiron deficiency anemia among GNM Nursing students.

N=30

Category	Pretest		Post test	
	Frequency	Percentage	Frequency	Percentage
Poor	22	73%	0	0
Average	8	26.6%	18	60%
Good	0	0	12	40%

The above table shows In pretest majority of sample had poor knowledge regarding anemia among GNM nursing students 73 % (22), followed by average knowledge 26.6% (8) and no one have good knowledge. And in post- test majority of sample had average knowledge 60% (8), and no one have poor knowledge.

Table no. 3- To find out association between pre-test knowledge score and demographic variable of a sample.

S. no.	Demographic Variables	Poor	Average	Good	Obtained Value	Table Value	Degree of Freedom	Inferential
1.	**Age-**				0.598	9.49	4	NS
	18 to 25year	21	7	0				
	25 to 30year	1	1	0				
	Above 30 year	0	0	0				
2.	**Marital status-**				1.126	12.59	6	NS
	Widow	0	0	0				
	Unmarried	16	8	0				
	Married	6	0	0				
	Divorced	0	0	0				
3.	**Number of children-**				2.3997	12.59	6	NS
	No children	19	7	0				
	1children	3	0	0				
	2 children	0	1	0				
	More than 2	0	0	0				
4.	**Area of living-**				9.197	12.59	6	NS
	Rural	20	3	0				
	Urban	2	4	0				
	Slum	0	0	0				
	Tribal	0	1	0				
5.	**Types of family-**				13.045	12.59	6	NS
	Joint family	20	2	0				
	Nuclear family	2	6	0				
	Extended family	0	0	0				
	Beanpole family	0	0	0				

6.	**Income of parents-**				7.324	12.59	6	NS
	Rs-15000	15	2	0				
	Rs-25000	5	2	0				
	Rs-35000	1	1	0				
	Above Rs-45000	1	3	0				
7.	**Religion of family-**				0.244	12.59	6	NS
	Hindu	22	5	0				
	Muslim	0	3	0				
	Christian	0	0	0				
	Other	0	0	0				
8.	**Hemoglobin level-**				0.754	12.59	6	NS
	Normal Hb level	18	6	0				
	Severe anemia	1	0	0				
	Moderate anemia	1	1	0				
	Mild anemia	2	1	0				
9.	**Occupation of the Parents-**				6.966	12.59	6	NS
	Labour	0	0	0				
	Self Employed	0	0	0				
	Private Job	22	5	0				
	Government Job	0	3	0				
10.	**Education of the Head of family**				8.791	12.59	6	NS
	Graduate	0	0	0				
	Illiterate	0	1	9				
	Primary School Education	0	0	3				
	Secondary School Education	0	17	0				

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