

## A Study to Assess the Knowledge Regarding Iron Deficiency Anemia among Reproductive Age Women in Selected Community Thrissur

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### ABSTRACT

Anemia is a major public health problem in reproductive age women because of their high requirement for iron during pregnancy, lactation, menstrual bleeding, and nutritional deficiency during their reproductive cycle. Even though the world health organization aims for a global reduction of anemia by 50% among women of reproductive age by 2025, with the current situation it is unlikely to achieve this goal. Considering this fact, a descriptive study was conducted to assess the knowledge regarding iron deficiency anemia among women of reproductive age and to associate the level of their knowledge with their selected demographic variables and to prepare and distribute information booklet related to iron deficiency anemia. The sample population were 100 women of reproductive age selected through a purposive sampling technique, who met the inclusion and exclusion criteria. The data was collected using knowledge rating scale and demographic profiles. The setting of the study was Nadathara panchayat, Thrissur. The collected data was analyzed using descriptive and inferential statistics. The study revealed that 38% of them had inadequate knowledge whereas 62% of them had adequate knowledge regarding iron deficiency anemia. Analysis showed that there was significant association between education and level of knowledge regarding iron deficiency anemia among the subjects. This study concluded that majority were having adequate knowledge regarding iron deficiency Anemia. The study helped the women of reproductive age identify their level of knowledge regarding iron deficiency anemia; it's signs and symptoms, diagnostic measures, management and ways to practice healthy life style with the help of information booklet that was distributed.

**KEYWORDS:** reproductive age women; knowledge; iron deficiency anemia

### INTRODUCTION

To keep the body in good health is a duty... otherwise we shall not be able to keep our mind strong and clear.”

Anemia is one of the world's most widespread health problems. It affects more than 2 billion people worldwide and one-third of the world's population. WHO (2008) defines anemia is a condition in which the hemoglobin (Hb) content of the blood is lower

than normal as a result of deficiency of one or more essential nutrients.

### NEED AND SIGNIFICANCE OF THE STUDY

Iron deficiency and iron deficiency anemia are major global health problems and contribute substantially to the global burden of disease. Although any individual can be affected by iron deficiency, it particularly affects children, premenopausal women, and people

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in low-income and middle-income countries (LMICs).

### Statement of the study

A study to assess knowledge regarding iron deficiency anemia among reproductive age women in selected community, Thrissur.

### Objectives of the study

- To assess the knowledge on iron deficiency anemia among reproductive age women
- To associate the knowledge on iron deficiency anemia among reproductive age women with their selected demographic variables.
- To prepare and distribute information booklet related to iron deficiency anemia.

### Hypothesis

- H1 – There is a significant association between level of knowledge among women of reproductive age regarding iron deficiency anemia with their selected demographic variables.
- H0 – There is no significant association between level of knowledge among women of reproductive age regarding iron deficiency anemia with their selected demographic variables.

### Methodology

**Research Approach:** In this study quantitative research approach was used.

### Methods of data collection

Data collection procedure are the means of gathering information to address the research problem. To conduct this study in Nadathara grama panchayath, a formal written permission was obtained from the college authorities and also from Nadathara grama panchayath president. The data was collected between 12/10/2022 to 15/10/2022. Firstly, investigators establish a good rapport with subjects and started to gather data from the subjects who met inclusion criteria. Informed consent was obtained from respondents individually. A total of 100 samples were taken, demographic data was collected initially followed by a structured questionnaire. The samples were advised to answer the questions and return the tool after 15 minutes. After collecting data an information booklet regarding iron deficiency anemia was distributed among the subjects.

**Research Design:** In this study descriptive research design was used

**Demographic variables:** In this study the demographic variables are age, gender, marital status, type of family, number of siblings, birth order, place of stay, monthly income of the family, place of residence, educational status of father, educational status of mother, occupation of father, occupation of mother, year of study, hobbies/interest.

**Population:** The sample population consisted of women of reproductive age (14-50 years).

**Targeted population:** Women of reproductive age from a rural area of Thrissur

**Accessible population:** 100 women of reproductive age (14-50) years from Nadathara grama panchayath.

**Sampling technique:** The samples were collected through Nonprobability purposive sampling technique.

**Sample size:** The sample size of study consisted of 100 women of reproductive age (14 - 50) years from ward 12 and 13 of Nadathara grama panchayath.

### Sample criteria

#### Inclusion criteria

##### Women of reproductive age:

- Were of age group between 14-50 years
- Who in Nadathara grama panchayath
- Who were willing to participate in study
- Who could read and write Malayalam

#### Exclusion Criteria:

- Women who were not of reproductive age
- Women who lived outside the ward 12 and 13 of Nadathara grama panchayath.

### Description and scoring:

**Part 1:** This part consists of demographic variables such as age, education, employment, marital status, menstrual disorder, hemoglobin checking and source of information regarding iron deficiency anemia.

**Part 2:** It consist of 22 knowledge-oriented questionnaires regarding iron deficiency anemia. Each correct response was given 1 mark and maximum score was 22.

Adequate knowledge: 12-22

Inadequate knowledge: 0-11

**RESULT FINDINGS:****Table 1: Association between the level of knowledge over the iron deficiency anemia among the reproductive age women with their selected demographic variables such as age, education and occupation**

n=100					
Sl. No.	Demographic Variable	Inadequate Knowledge	Adequate Knowledge	$\chi^2$	Table Value
1. Age					
	a) 14-20	4	2		
	b) 21-30	20	20		
	c) 31-40	16	16	5.553	7.82
	d) 41-50	9	23		
2. Education					
	a) Primary	10	6		
	b) Secondary	14	15		
	c) Graduate	11	29	7.945	7.82
	d) Postgraduate and above	4	11		
3. Occupation					
	a) Student	7	8		
	b) Homemaker	22	37		
	c) Employee	3	9	1.491	7.82
	d) Unemployed	6	8		

**Table 2: Association between the level of knowledge over the iron deficiency anemia among the reproductive age women with their selected demographic variables such as Marital status and spacing between children.**

Sl. No.	Demographic Variable	Inadequate	Adequate	$\chi^2$	Table Value
1 Marital status					
	a) Married	56	36	0.537	7.82
	b) Unmarried	7	6		
	c) Divorced	0	0		
	d) Widow	0	0		
2 Spacing between children					
	a) Not applicable	19	18		
	b) Below 2 years	5	6	5.827	7.82
	c) 2 years	8	3		
	d) More than 2 years	30	11		

**DISCUSSION**

**Objective 1:** To assess the knowledge on iron deficiency anemia among women of reproductive age. The results showed that more than 62 (62%) of the subject had adequate knowledge whereas 38 (38%) had inadequate knowledge regarding iron deficiency anemia.

**Objective 2:** To associate the knowledge of the subjects with their selected demographic variables. The study reveals that there's a significant association between the level of knowledge regarding the iron deficiency anemia, among the subjects and their selected demographic variables

**CONCLUSION**

The present study reveals that more than 62 (62%) of the subject had adequate knowledge whereas 38 (38%) had inadequate knowledge regarding iron deficiency anemia. The study reveals that there's a significant association between the level of knowledge regarding the iron deficiency anemia, among the subjects and their selected demographic variables.

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