

ASSESS THE LEVEL OF KNOWLEDGE ON IRON DEFICIENCY ANEMIA AND ITS PREVENTION AMONG B.SC NURSING STUDENTS

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ABSTRACT

A study on Iron deficiency anemia and its prevention among B.Sc Nursing students at selected Nursing College Bengaluru. The aim of this study is to assess the level of knowledge on Iron deficiency anemia and its prevention. Descriptive design was adopted & the total population of the present study comprised of B.Sc Nursing Students, Bengaluru. 100 B.Sc Nursing Students were selected by using convenient sampling method through non-probability sampling approach. Majority 72(72%) of respondents had moderate knowledge on Iron deficiency anemia and its prevention, the pretest mean score was 11.5; SD 1.63 and Mean percentage was 54.8. The knowledge on iron deficiency anemia and its prevention was significantly associated with Age, Class of study, occupation of the father, place of residence, dietary pattern, previous knowledge related to Iron deficiency anemia and its prevention, source of health information and not significantly associated with Gender, Religion, Education of the father, & Family income at 5% ($P < 0.05$).

Keywords: Knowledge, Anemia, information seeking.

Introduction

Anemia is a deficiency in the number of erythrocytes (Red blood cells [RBC]), the quantity of hemoglobin (Hb), and/or the volume of packed RBCs. It is a prevalent condition with many disease causes such as blood loss, impaired production of erythrocytes or increased destruction of erythrocytes because RBCs transport oxygen (O₂), erythrocyte disorder can lead to tissue hypoxia¹.

Anemia is a major health problem throughout the world, in that iron deficiency anemia is one of the commonest forms of anemia. The prevalence of iron deficiency anemia is higher in developing countries like India, especially affecting adolescents. Adolescence is also a sensitive period, particularly for girls. Most of them are having poor access to proper health care, nutrition and education. Adolescence is a time of intense physical growth. Girls typically start puberty around age 10-12².

Materials & Methods

Descriptive design is adopted for the present study. Setting is a physical location in which data collection takes place in a study. Based on the geographical proximity, feasibility of conducting the study and availability of the samples, the present study was conducted in R V College of Nursing, Bengaluru. The total population of the present study comprised of B.Sc. Nursing Students, Bengaluru and 100 B.Sc. Nursing Students studying in selected Nursing College, Bengaluru were selected as samples using convenient technique.

Objectives of the Study

1. To assess the existing level of knowledge regarding iron deficiency anemia and its prevention among B.Sc Nursing Students and their perception in selected college, Bengaluru.
2. To find an association between the pretest knowledge score iron deficiency anemia and its prevention among B.Sc Nursing Students and their perception in selected college, Bengaluru. And selected demographic variables.

Research Hypothesis

H1: There will be significant association between pretest knowledge scores of B.Sc Nursing Students regarding Iron deficiency anemia & its prevention and selected demographic variables.

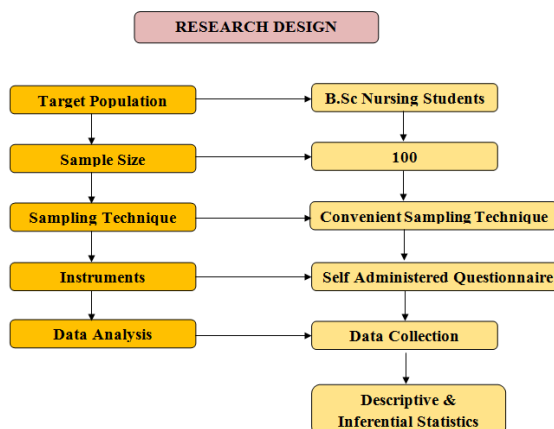


Figure : Schematic Representation of Research Design

Table 1.1: Frequency and percentage distribution selected demographic variables of B.Sc Nursing Students

N = 100

Sl. No.	Demographic Variable	Group	
		n	%
1.	Age (in years)		
	a. 18 years	38	38
	b. 19 years	22	22
	c. 20 years	26	26
2.	d. 21 years & above	14	14
	Gender		
	a. Male	16	16
	b. Female	84	84
3.	Religion		
	a. Hindu	56	56
	b. Muslim	04	04
	c. Christian	40	40
4.	d. If other	0	0
	Class of study		
	a. 1 st year B.Sc (N)	39	39
	b. 2 nd year B.Sc (N)	33	33
	c. 3 rd year B.Sc (N)	18	18
	d. 4 th year B.Sc (N)	10	10

5	Educational status of the father		
	a. No formal education	07	07
	b. Primary school	18	18
	c. Secondary school	30	30
	d. PUC	22	22
6	e. Degree and above	23	23
	Occupation of Father		
	a. Coolie	18	18
	b. Agriculture	23	23
	c. Private employee	41	41
7	d. Government Employee	18	18
	Income of the family/month		
	a. <10000	17	17
	b. 10001-15000	23	23
	c. 15001-20000	20	20
8	d. 20001 and above.	40	40
	Dietary pattern		
	a. Vegetarian	38	38
	b. Non- Vegetarian	0	0
9	c. Mixed	62	62
	Source of Health information		
	a. Television.	40	40
	b. Radio.	11	11
	c. Friends and relatives.	32	32
	d. Health personal.	17	17
	e. Any other sources (specify).	00	00

Section 2: Over all aspect wise knowledge scores of Respondents:

Table - 2: Frequency and distribution of B.Sc nursing students according to level of knowledge on Iron deficiency anemia & its prevention among students and their perception. N-100

Level of Knowledge	Category	Respondents	
		Frequency(f)	Percentage (%)
Inadequate	<50% Score	06	06.0
Moderate	50-75% Score	72	72.0
Adequate	>75% Score	22	22.0

The above Table shows that majority 72(72%) of respondents had moderate knowledge, 22 (22%) of respondents had adequate knowledge, 6 (6%) of respondents had inadequate knowledge on Iron deficiency anemia & its prevention and their perception among students.

Section-3: Association between knowledge with demographic variables of B.Sc (N) students

Table - 3: Association of pre-test level of knowledge of B.Sc Nursing Students regarding Iron deficiency anemia & its prevention with Association between knowledge with demographic variables of B.Sc Nursing Students.
 N=100

Sl. No.	Demographic variable	sample(n)		knowledge level of Respondents				Chi square (χ^2 value)
				≤ Median		> Median		
		n	%	No. 48	%	No. 52	%	
1.	Age (in years)							12.67 df=3 S
	a. 18 years	38	38	21	58.33	15	41.66	
	b. 19 years	22	22	7	29.16	17	70.83	
	c. 20 years	26	26	12	40	18	60	
	d. 21 years & above	14	14	08	80	02	20	
2.	Gender							0.51 df=1 NS
	a. Male	16	16	9	56.25	7	43.75	
	b. Female	84	84	39	46.42	45	53.57	
3.	Religion							3.64 df=2 NS
	a. Hindu	56	56	31	53.44	27	46.55	
	b. Muslim	04	04	4	66.66	2	33.33	
	c. Christian	40	40	13	36.11	23	63.88	
	d. If other	0	0	00	00	00	00	
4	Class of study							8.61 df=3 S
	a. 1st year B.Sc (N)	39	39	15	42.85	20	57.14	
	b. 2nd year B.Sc (N)	33	33	23	62.16	14	37.83	
	c. 3rd year B.Sc (N)	18	18	7	29.16	17	70.83	
	d. 4th year B.Sc (N)	10	10	3	75	1	25	
5	Educational status of the father							2.6 df=3 NS
	a. No formal education	07	07	07	07	6	85.71	
	b. Primary school	18	18	18	18	00	00	
	c. Secondary school	30	30	30	30	1	33.33	
	d. PUC	22	22	22	22	16	57.14	
	e. Degree and above	23	23	23	23	25	40.32	

6	Occupation of Father							13.13 df=3 S
	a. Coolie	18	18	18	75	06	25	
	b. Agriculture	23	23	06	33.33	12	66.66	
	c. Private employee	41	41	09	45	11	55	
	d. Government Employee	18	18	15	39.47	23	60.52	
7	Income of the family/month							5.6 df=3 NS
	a. <10000	17	17	12	70.58	05	29.41	
	b. 10001-15000	23	23	11	47.82	12	52.17	
	c. 15001-20000	20	20	08	40	12	60	
	d. 20001 and above.	40	40	17	42.5	23	57.5	
8	Dietary pattern							3.87 df=1 S
	a. Vegetarian	38	38	26	40.62	38	59.37	
	b. Non-Vegetarian	0	0	0	0	0	0	
	c. Mixed	62	62	22	61.11	14	38.88	
9	Source of Health information							5.74 df=3 S
	a. Television.	40	40	14	29.16	19	36.53	
	b. Radio.	11	11	05	10.41	10	19.23	
	c. Friends and relatives.	32	32	11	22.91	19	36.53	
	d. Health personal.	17	17	18	37.5	03	5.7	
	e. Any other sources	00	00	00	00	00	00	

Note: S-Significant at 5% level ($p < 0.05$); NS- Not significant at 5% level ($p > 0.05$)

Results & Major Findings:

Research hypothesis-1

H₁: There is a significant association between pretest knowledge scores regarding Iron deficiency anemia & its prevention among B.Sc Nursing Students and their perception and selected demographic variables.

Null hypothesis- 1

H₀₁: There is no significant association between pretest knowledge scores regarding Iron deficiency anemia & its prevention among B.Sc Nursing Students and their perception and selected demographic variables.

The results of Chi-square analysis presented in the table 3.1, shows the outcomes of association between knowledge regarding Iron deficiency anemia & its prevention among B.Sc nursing students and their perception with selected demographic variables. The chi square test was carried out to determine the

association of knowledge regarding Iron deficiency anemia & its prevention among B.Sc nursing students and their perception with selected demographic variables such as Age, Gender, Religion, Class of study, Education of the father, Occupation of the father, Family income, Dietary pattern, source of Health information. The knowledge on Iron deficiency anemia & its prevention among B.Sc nursing students and their perception was significantly associated with Age ($\chi^2=9.82$, $df=3$), Class of study ($\chi^2=7.92$, $df=3$), occupation of the father ($\chi^2=9.7$, $df=3$), place of residence ($\chi^2=3.87$, $df=1$), source of health information ($\chi^2=5.74$, $df=3$) and not significantly associated with Gender, Religion, Education of the father, & Family income at 5% ($P < 0.05$).

Conclusion:

The findings of this study support the need for conducting an awareness programme regarding iron deficiency anemia and its prevention. The study proved that nursing students had moderate level of knowledge on iron deficiency anemia & its prevention. Hence, there is a need to create awareness among nursing students about iron deficiency anemia and its prevention.

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