Original Research Article

Prevalence of anaemia and knowledge of adolescent girls regarding anaemia

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Abstract

Anemia is a common problem among adolescence. Girls are more likely to be the victims of anemia due to various reasons. The present study was conducted to assess the prevalence and knowledge regarding anemia among adolescence girls. The study was conducted among 100 students studying in higher secondary Schools of Thiruvananthapuram corporation. The tools used were WHO hemoglobin Colour Scale for estimation of hemoglobin and Interview Schedule to assess the socio demographic variables and knowledge regarding anemia. Study findings revealed that prevalence of anemia among adolescent girls was 40%. Among the study group, 51% had poor knowledge, 38% had average knowledge and 11% had good knowledge regarding anemia. Statistically significant association was not found between prevalence of anemia and knowledge of adolescent girls.

Keywords: Prevalence, Anemia, Adolescent girls, Knowledge.

Introduction

Adolescence in girls has been recognized as special period of transition from girlhood to womanhood. Adolescent girls constitute one fifth of the female population in the world. Nutritional anemia is a global problem of immense health significance affecting persons of all age and economic group.

During young age iron plays a vital role for growth and development. A daily diet supplying one mg of iron is required as same amount of loss occurs every day. Hence the children have the greater risk of developing anemia. Anemia affects nearly two billion people, of which 90% are from the developing countries. In developing regions of the world, the prevalence of anemia among children has been estimated as 59% and 14% in developed countries.

Need and significance of the study

Adolescence of both sexes are particularly vulnerable to developing anemia because of rapid growth, weight gain, and blood volume expansion and in girls additionally because of onset of menstruation. In girls, middle adolescence growth happens earlier (during 12-15 years) than in boys (during 13-16 years).

Girls are more likely to be the victims of the anemia due to various reasons. In a family with limited resources, the female child is more likely to be neglected. The added burden of menstrual blood loss normal or abnormal precipitates crisis too often. Nurses are primary care providers can play a vital role in reducing the incidence of anemia among adolescent girls through assessment and health education programme. The present study was planned to highlight the problem of anemia in adolescent girls.

Statement of the problem

A study to assess the prevalence of anaemia and knowledge of adolescents regarding anaemia.

Objectives of the study

1. To estimate the prevalence of anaemia among adolescent girls.
2. Assess the knowledge of adolescent girls regarding anemia.

Assumption

Anaemia is common among adolescent girls

Materials and Methods

Study approach

Quantitative approach.

Setting

Higher secondary schools of Thirvananthapuram corporation.

Population

Adolescent girls of higher schools.

Sample

Adolescent girls of a higher secondary school of Thiruvananthapuram corporation.

Sample size

100

Inclusion criteria

Adolescent girls who were present on the day of data collection.

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Table 1: Distribution of girls based on prevalence of anaemia

Anaemia				Total
Present		Absent		
Frequency	Percentage	Frequency	Percentage	
40	40	60	60	100

From the above table it is clear that prevalence of anaemia in adolescent girls is 40%

Table 2: Distribution of girls based on knowledge regarding anemia

Knowledge	Frequency	Percent
Poor	51	51.0
Average	38	38.0
Good	11	11.0
Total	100	100.0

The above table reveals that 51% of adolescents were having poor knowledge and only 11% were having good knowledge regarding anaemia.

Table 3: Association between prevalence of anaemia and knowledge regarding anemia

Knowledge	Anemia				Total		χ^2	df	p
	Present		Absent						
	N	%	N	%	N	%			
Poor	17	33.3	34	66.7	51	100.0	1.927	1	.165
Average/good	23	46.9	26	53.1	49	100.0			
Total	40	40.0	60	60.0	100	100.0			

From the above table, it's clear that statistically significant association was not found between prevalence of anaemia and knowledge of adolescent girls regarding anaemia.

Exclusion criteria
1. Adolescent girls with haematological disorders.
2. Adolescent girls who were not willing to participate in the study.

Tools: The tools used were WHO haemoglobin colour scale for the estimation of haemoglobin and an interview schedule to assess the knowledge.

Data collection process: Data collection started after getting permission from the concerned authorities.

Ethical clearance was also obtained. Before collecting data consent was obtained from the participants. Hb estimation by WHO colour coding and other details were collected by using the interview schedule.

Results
1. In the study 40% of girls were in 11th standard, 60% of girls were in the 12th standard.
2. 86% of students were from urban area and 14% were from rural area.
3. Majority of the students (83%) were from nuclear family, 9% of students were from joint family and 8% were from extended nuclear family.
4. Regarding parent's occupation; 49% of student's fathers were daily wages and 53% of student's mothers were unemployed.
5. Among the 100 samples, 72% of students were from a family with two children and only 9% were single child in their family.
6. Majority of the students (73%) were non vegetarians.
7. Majority of the girls (94%) consume green leafy vegetables in their diet
8. 67% of students include dates & jaggery in their food occasionally
9. 60% of girls had 5-7 days of menstruation and 27% had less than 4 days of menstruation
10. 88% of girls were not taking Fe/Folic acid, only 12% of girls taking Fe/Folic acid tablets weekly.

Conclusion
Anamia is prevalent among adolescent girls and it is the responsibility of health care professionals to take preventive measures for the same.

Source of Funding
None.

Conflict of Interest
None.

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