" A STUDY TO ASSESS THE KNOWLEDGE REGARDING PREVENTION & MANAGEMENT OF IRON DEFICIENCY ANEMIA AMONG ADOLESCENT GIRLS IN SELECTIVE HIGHER SECONDARY SCHOOLS, BANGALURU."

By

Miss. POULOMI PODDER

Research Project Submitted To :

Smt. Nagarathnamma College Of Nursing, Bangaluru

ACHARYA INSTITUTES

Bachelor Of Science in Nursing

Under the Guidance of

Mrs. GINCY SAMUEL

Asst. Professor

Department of Medical Surgical Nursing

Smt. Nagarathnamma College Of Nursing

Dr. Sarvapalli Radhakrishnan Road

Soldevanahalli, Bangaluru-560107

2020

ABSTRACT

Background Study :

Anemia is one of the most important nutritional deficiencies affecting various social and socio-economic strata. It is more common in developing countries, with children and adolescents being at a significantly higher risk for the condition.

Anemia is a major public health problem worldwide. Adolescent girls are the most vulnerable group of population due to different reasons. A moderate degree of iron-deficiency anemia affects approximately 610 million people worldwide or 8.8% of the population. It is slightly more common in females (9.9%) than males (7.8%). Up to 15% of children ages 1- 3 years have iron deficiency anemia. Mild iron deficiency anemia affects another 375 million. Iron deficiency affects up to 52% of pregnant woman worldwide. In India, it is estimated that 52% of non-pregnant women of reproductive age are anemic. About 20% of maternal deaths are directly related to anemia and another 50% of maternal deaths are associated with it.

Objectives :

- To assess the knowledge of adolescent girls regarding prevention of iron deficiency anemia.
- To assess the knowledge of adolescent girls regarding management of iron deficiency anemia.
- To find out association between knowledge scores with selective demographic variables like age, education, family, etc.

Method :

Descriptive approach was used to collect data from 50 subjects selected by convenient sampling technique through non probability sampling approach consisting 2 sections.

Section : A : Demographic variable consisting of 6 items.

Section : B : Structured questionnaire for assessing knowledge level consisting of 30 items.

Result :

The majority of respondents 74% had inadequate knowledge on prevention and management of iron deficiency anemia.

Overall mean percentage of knowledge score is 26.66%.