

Knowledge regarding anemia during pregnancy among antenatal mothers



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Abstract:- Pregnancy is a unique, exciting and often joyous time in a woman's life as it highlights the woman's amazing creative and nurturing powers while providing a bridge to the future. This study is aimed to assess the knowledge regarding anemia during pregnancy among antenatal mothers.

A Quantitative research approach and descriptive design are adopted to conduct the study among 50 antenatal mothers selected by non - probability convenient sampling technique at NMCH, Nellore. Data was collected by using structured questionnaire. The study revealed that majority of antenatal mothers 54% had satisfactory knowledge, 38% had poor and 8% has good knowledge score. Study concluded that mothers to be educated regarding anaemia.

INTRODUCTION: Pregnancy is a unique, exciting, and often joyous time in a woman's life as it highlights the woman's amazing creative and nurturing powers while providing a bridge to the future. The lack of nutritional and other factors may cause many of the problems during the antenatal period. One of the major problems that can be detected in antenatal mothers in developing countries such as India is anemia during pregnancy. Anemia is defined as decrease in Hb levels to below the normal range of 13.5 gm/dl (men), 11.5 gm/dl (women), and 11.0 gm/dl (children and pregnant women). Anemia is a wide spread public health problem associated with an increased risk of morbidity and mortality, especially in pregnant women. It has multiple causes, both nutritional (vitamin and mineral deficiencies) and nonnutritional that frequently co-occur. It is assumed that the most common contributing factors are iron deficiency, folic acid deficiency, and vitamin B₁₂ deficiency. Anemia resulting from iron deficiency is considered one of the top ten contributors to the global burden of disease. In developed countries, it is estimated that approximately 2% of women are anemic; in developing world, this figure may be as high as 50% and this contributes to the high rate of maternal

mortality. The unavailability of nutritious food, food taboos, and eating and cooking customs all play a part. In order to prevent anemia, mothers must not only understand the problem but also anemia social circumstances that give rise to.

Statement of the problem: "A study to assess the knowledge regarding anemia during pregnancy among antenatal mothers in Narayana Medical College Hospital, Nellore."

Objectives:

1. To assess the knowledge regarding anemia during pregnancy among antenatal mothers in Narayana Medical College Hospital, Nellore.
2. To associate the level of knowledge of antenatal mothers with their selected socio demographic variables.

Methodology:

Research approach: A quantitative research approach.

Research design: Descriptive research design was adopted for the study.

Setting of the study: The study was conducted in Narayana Medical College Hospital, Nellore.

Target population: The target population of the study includes all the antenatal mother.

Accessible population: The accessible population of the study is the antenatal mothers in Narayana Medical College Hospital, Nellore.

Sample: Sample of the study was the antenatal mothers in Narayana Medical College Hospital, who fulfill sampling criteria.

Sample size: Sample size was 50 antenatal mothers.

Sampling technique: Non probability purposive sampling technique was adopted.

Description of the tool:

Part-A: It consists of socio demographic variables which includes age, gravida, education, type of family, occupation, monthly income and source of information.

Part-B: Structured questionnaire was related to knowledge on anemia during pregnancy.

Data collection procedure: After obtaining formal permission from the medical superintendent, the sample were informed about the nature and the purpose of the study and informed consent was obtained. Data was collected for a period of four weeks by administering structured questionnaire.

Data analysis: The study sample consisted of 50 antenatal mothers. About 40% of antenatal mothers belong to the age group of 19-22 years, and majority (56%) of antenatal mothers belong to gravid 2 and above. Maximum percentage (58%) of antenatal mothers had high school education. About 58% of the participants belonged to a nuclear family. Most of the antenatal mothers (78%) were housewives. Nearly (62%) of the samples had income Rs. 5001-10000. Most of the mothers (64%) had information about anemia from health workers.

Figure 1: Bar diagram showing level of knowledge of antenatal mothers on anemia during pregnancy.

The data presented in the diagram shows that the majority of the antenatal mothers (54%) had satisfactory knowledge, 38% had poor knowledge and 8% had good knowledge about anemia during pregnancy.

Association between knowledge regarding anaemia among antenatal mothers and their selected socio-demographic variables.

The chi-square values of demographic variables such as age, gravida, type of family, education, occupation, monthly family income, and source of information, regarding anemia during pregnancy among antenatal mothers were not significant at 0.05 level of significant. Thus, it is concluded that there was no association between knowledge score and selected demographic variables.

Discussion: In this present study, results revealed that majority of antenatal mothers (54%) had satisfactory knowledge on anemia during pregnancy, 38% had poor knowledge, and 8% had good knowledge score. The mean percentage of knowledge score of antenatal mothers on anemia during pregnancy was 29.9%.

Conclusion: Early detection and management strategies should be adopted to prevent anemia. Research studies should be conducted to assess the needs of pregnant women. The main focus of research studies should be behavior modification of individual. The approach of primordial prevention should be adopted, which involves preventing anemia and spread of risk factors and lifestyle modification through health education programs conducted by the nursing personal both in hospital and community.

References:

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