Assess the knowledge regarding ill effects of untreated anemia among adolescent girls in NTR Nagar, Nellore

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Abstract

Anemia is a common hematopoietic disorder it develops when there are not enough healthy red blood cells in the body. This condition can be detected when there is below normal level of Hb in blood. As a result body does not get enough oxygen rich blood and leads to anemia. The present cross sectional study was conducted to find out the level of knowledge regarding ill effects of untreated anemia among adolescent girls in NTR Nagar, Nellore. The sample size was 100 adolescent girls. Samples were selected by using Non probability convenient sampling technique. Structured questionnaire was used to collect data from the subjects. The Results explored that majority of adolescent girls had inadequate knowledge 75 (75%) followed by moderately adequate knowledge 23 (23%) and 2(2%) had Adequate knowledge. This study concluded that adolescence girls require awareness programs to obtain the knowledge regarding nutritional status and exemplary health.

Keywords: Ill effects, Untreated Anemia, Adolescent girls

Introduction

Anemia happens when the number of healthy red blood cells in your body is too low. Red blood cells carry oxygen to all of the body’s tissues, so a low red blood cell count indicates that the amount of oxygen in your blood is lower than it should be. Many of the symptoms of anemia are caused by decreased oxygen delivery to the body’s vital tissues and organs. The nutritional requirements of adolescent are included primarily by normal event of puberty and spurt of growth. Puberty is an anabolic period with increase in height and weight, alteration in body composition resulting from increased lean body mass, change in quantity, and distribution of fat enlargement of many organ systems. Adolescent are particularly securable to iron deficiency. Iron is used for hemoglobin and myoglobin synthesis during the rapid period of growth, when blood volume and muscle mass are increasing.

Objectives:
- To assess the knowledge regarding ill effects of untreated anemia among adolescent girls
- To associate the level of knowledge regarding the ill effect of untreated anemia among adolescent girls with their socio demographic variables.

Materials and Methods

Research approach: Quantitative approach

Research design: Descriptive Research Design

Research setting: Based on the feasibility, the investigator selected adolescence girls residing at NTR Nagar Nellore

Sampling technique: Non probability convenient sampling technique

Sampling size: Sample size of the present study consist 100 adolescent girls
Plan for data analysis: The data was analyzed in terms of objectives of the study by using descriptive and inferential statistics. Frequency and Percentage distribution of socio demographic variables. Mean and Standard Deviation. Chi-Square was done to find the association between the level of knowledge and socio demographic variables.

Results
Section I: Frequency and percentage distribution of level of knowledge among adolescent girls. In relation to age majority of adolescent girls 44(44%) are between 17-18 years. In context to standard of education 35(35%) of adolescent girls are studying intermediate. Related to source of information, 50(50%) adolescent girls got information from mass media.

Section II: Percentage distribution of level of knowledge regarding ill effects of untreated anemia among adolescent girls.

Section III: Mean and standard deviation of knowledge regarding ill effects of untreated anemia among adolescent girls

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<thead>
<tr>
<th>Criteria</th>
<th>Mean</th>
<th>Standard deviation</th>
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<tbody>
<tr>
<td>Level of Knowledge</td>
<td>10.73</td>
<td>3.56</td>
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Section IV: Association between the level of knowledge and socio demographic variables of adolescent girls.

The socio demographic variables like source of information shows significant with level of knowledge and other socio demographic variables like age and standard of education has shown non significant association with level of knowledge.

Conclusion: The study findings concluded that adolescence girls had inadequate knowledge regarding ill effects of untreated anemia. Hence adolescence girls requires education and awareness programs to obtain the knowledge regarding nutritional status and exemplary health.

Reference