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Research Article

Assess the Effectiveness of Structured Teaching Programme on Knowledge Regarding Iron Deficiency Anemia

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Abstract

Abstract: The study was conducted in 2021, has a pre-experimental research design. The population of the study includes 30 samples of reproductive-age women present in the Kudwa village. The present study aimed to determine the iron deficiency anemia in reproductive-age women in selected community areas.

Objectives: To evaluate the effectiveness of a structured teaching program on knowledge regarding iron deficiency anemia among reproductive-age women (18-49 years) in selected community areas.

Methods: The investigator selected a pre-experimental (one-group pre-test, post-test) research design. The questionnaire method was developed by the investigator, which consisted of sections: section A on demographic variables and section B on questionnaire use to assess the level of pre-test and post-test knowledge regarding iron deficiency anemia among reproductive-age women (18-49 years) at Kudwa HAL Munshiganj.

Results: The result shows that Pre-test level of knowledge regarding iron deficiency anemia in that majority of them 19 (72%) belongs to moderate knowledge and 11 (28%) belongs to inadequate knowledge, and in post-test level of knowledge regarding iron deficiency anemia in that majority of them 11 (52%) belongs to moderate knowledge 19 (48%) belongs to adequate knowledge.

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KEYWORDS: Iron Deficiency Anemia, Structured Teaching Programme, Reproductive Age Women, Knowledge Assessment

1. INTRODUCTION

According to the World Health Organization (WHO), the threshold hemoglobin level for anemia is less than 120 g/L for non-pregnant women and 110 g/L for pregnant women age 15 years and above. Anemia is a global public health problem, with major consequences for human health as well as adverse impacts on social and economic development.

Problem Statement

A study to assess the effectiveness of a structured teaching programme on knowledge regarding iron deficiency anemia among reproductive-age women (18-49) at selected community areas.

2. OBJECTIVES

1. To assess the pre- and post-test knowledge regarding iron deficiency anemia among reproductive-age women at selected community areas.
2. To evaluate the effectiveness of the structured teaching programme on knowledge regarding iron deficiency anemia among reproductive-age women at selected community areas.
3. To associate pretest knowledge regarding iron deficiency anemia among reproductive-age women with their selected demographic variables.

HYPOTHESIS

H1 -There will be a significant difference b/w the pretest and posttest knowledge regarding iron deficiency anemia in reproductive-age women at the selected community area.

H2 -There will be an association b/w pre-knowledge regarding iron deficiency anemia among reproductive-age women with their selected demographic variables.

3. METHODOLOGY

Research approach: Quantitative research approach.
Research design: Pre-experimental one-group pretest-posttest design was used for this study.
Population: All reproductive-age women are considered the population in a kudwa HAL Munshiganj.
Settings: The study was conducted at Kudwa HAL Munshiganj.
Sample: Those who are fulfilling the inclusive and exclusive criteria.
Sample size: 30 women from Kudwa HAL, Munshiganj.
Sample techniques: Nonprobability –Purposive sampling techniques were used.

Description of tools

Section A- Demographic variables are age, religion, education status, occupational status, and sources of information.
Section B- Knowledge quaternaries was used, which consists of 25 multiple choice questions.

4. RESULTS

Results are discussed under four sections
SECTION A: Demographic variables
SECTION B: To assess the knowledge regarding iron deficiency anemia among reproductive-age women.
SECTION C: To evaluate the effectiveness of a structured teaching program on knowledge regarding iron deficiency anemia among reproductive-age women.
SECTION D: Assess knowledge regarding iron deficiency anemia among reproductive-age women with their selected demographic variables.

Objective 1: A study to assess the effectiveness of structured teaching program on knowledge regarding iron deficiency anemia among reproductive-age women [18-49 years] in a selected community area.

Table 1: Demographic Profile

S. No.	Demographic variables	No.	%
1.	**Age in years**		
	A) 18-23 years	20	66.6%
	B) 24-28 years	08	27.2%
	C) 29-33 years	01	3.4%
	D) 33 above	01	3.4%
2.	**Religion**		
	A) Hindu	30	100%
	B) Muslim	00	0%
	C) Others	00	0%
3.	**Marital status**		
	A) Married	10	33.3%
	B) Unmarried	20	66.6%
4.	**Educational status**		
	A) Nonformal education	01	3.3%
	B) primary	04	13.3%
	C) Secondary	14	46.6%
	D) Graduate and above	11	36.6%
5.	**Monthly income**		
	A) Below 10,000	11	36.6%
	B) 10,000-15,000	13	43.3%
	C) 15,000-20,000	04	13.3%
	D) Above 25,000	02	6.6%
6.	**Dietary pattern**		
	A) Vegetarian	30	100%
	B) Non vegetarian	00	0%
7.	**Sources of information**		
	A) Mass media	17	56.6%
	B) Professional and health workers	01	3.3%
	C) Friends and neighbors	09	30%
	D) No information	03	10%

Section B: To assess the knowledge regarding iron deficiency anemia among reproductive-age women.

Table 2: To assess the pre-test level of knowledge regarding iron deficiency anemia

Level of knowledge	Score	No	No of percentage
Inadequate	Less than 50	11	28%
Moderate	50 to 75%	19	72%
Adequate	More than 75%	0	0%

Table 2 shows that in the pre-test assessment of the level of knowledge regarding iron deficiency anemia in the majority of them, 19 (72%) belong to moderate knowledge, and 11 (28%) to inadequate knowledge.

Table 3: To assess the post-test level of knowledge regarding iron deficiency anemia

Level of knowledge	Score	No	No. of %
In adequate	Less than 50%	0	0%
Moderate	50-75%	11	52%
Adequate	More than 75%	19	48%

Table 3 Shows that in the posttest assessment of the level of knowledge regarding iron deficiency anemia in the majority of them, 11 (52%) belong to moderate knowledge and 19 (48%) belong to adequate knowledge.

Section C: To evaluate the effectiveness of a structured teaching program on knowledge regarding iron deficiency anemia among reproductive-age women.

Table 4: Comparison between pre-test and post-test levels of knowledge regarding iron deficiency anemia among reproductive-age women

Level of knowledge	Pre-test		Post-test	
	No	%	No	%
Inadequate	11	28%	0	0%
Moderate	19	72%	11	52%
Adequate	0	0%	19	48%
Total	30	100%	30	100%

Table 4.1 Shows that in the pre-test assessment of level of knowledge regarding iron deficiency anemia in that pre-test majority of them 19 (72%) belongs to moderate knowledge and 11 (28%) belongs to inadequate knowledge and in post-test majority of them 19 (48%) belongs to adequate knowledge and 11 (52%) belongs to moderate knowledge.

Table 5: To find out the association between knowledge regarding iron deficiency anemia among reproductive-age women with their selected demographic variables.

Demographic variables	No	%	Inadequate		Moderate		Chi-square test
1. Age in year			**No**	**%**	**No**	**%**	**df=3**
a)18-23 years	20	66.6%	4	20%	16	80%	
b)24-28 years	8	27.2%	6	75%	2	25%	
c)29-33 years	1	3.4%	0	0%	1	100%	
d)33 above	1	3.4%	1	100%	0	0%	
2. Religion							**df=2**
a) Hindu	30	100%	11	36.7%	19	63.3%	
b) Muslims	0	0%	0	0%	0	0%	
c)others	0	0%	0	0%	0	0%	
3. Marital status							**df=1**
a) Married	10	33.3%	6	60%	4	40%	
b) Unmarried	20	66.6%	5	25%	15	75%	
4. Educational status							**df=3**
a) Non formal education	1	3.3%	1	100%	0	0%	
b) Primary	4	13.3%	4	100%	0	0%	
c)Secondary	14	46.6%	5	35.7%	9	64.3%	
d)Graduate and above	11	36.6%	1	9.01%	10	9.9%	
5. Income/month							**df=3**
a) Below 10,000	11	36.6%	4	36.4%	7	63.6%	
b)10,000-15,000	13	43.3%	5	38.5%	8	61.5%	
c)15,000-20,000	4	13.3%	2	50%	2	50%	
d)Above 25,000	2	6.6%	0	0%	2	100%	
6. **Dietary pattern**							**df=1**
a) Vegetarian	30	100%	11	36.7%	19	63.3%	
b) Non vegetarian	0	0%	0	0%	0	0%	
7. Source of information							**df=3**
a) Mass media-TV, Newspaper	17	56.6%	5	29.4%	12	70.6%	
b) Professional and health workers	1	3.3%	1	100%	0	0%	
c)Friends and neighbors	9	30%	4	44.4%	5	55.6%	
d)No information	3	10%	1	33.3%	2	66.7%	

Note: This table shows that iron deficiency anemia among reproductive-age women with selected demographic variables is significant at the level of p> 0.005.

Implication

The finding of the study has scope in the following areas.

Nursing practice

1. Nurses should periodically provide health education to the reproductive-age women regarding the management and prevention of iron deficiency anemia.
2. In-service education programs should be organized for nurses to provide knowledge on iron deficiency anemia.

Nursing Education

This study emphasizes improving knowledge regarding management and prevention of iron deficiency anemia among reproductive age women to increase their knowledge about the management and prevention of iron deficiency anemia.

Nursing Administration

Nursing administrative authorities should initiate possible mechanisms to enhance the knowledge regarding the management and prevention of anemia.

Nursing leader should approach to change in their practice.

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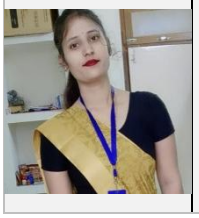

Ms. Shraddha Singh, a graduate of Indira Gandhi College of Nursing, Munshiganj, Amethi, has been working as a nursing tutor at Sultanpur Institute of Nursing and Paramedical Sciences, Sultanpur. She is currently pursuing a master's degree in pediatric nursing at the College of Nursing, LLRM Medical College, Meerut (UP). She seeks a professional environment where she can learn and grow in her field.