



The present study was aimed to assess the knowledge on anemia among adolescent girls in selected settings of Mysuru

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BACKGROUND

Anaemia is described as a low quantity of purple blood cells. In a ordinary blood test, anaemia is mentioned as a low haemoglobin or haematocrit. Haemoglobin is the principle protein in purple blood cells. It consists of oxygen, and can provide it all through body. In anaemia, haemoglobin degree might be low too. If it's miles low sufficient, tissues or organs might not get sufficient oxygen. Symptoms of anaemia like fatigue or shortness of breath occur due to the fact the organs are not getting what they want to paintings the manner they should. Anaemia is a critical worldwide public fitness trouble that specially impacts younger youngsters and pregnant girls. WHO estimates that 42% of youngsters much less than five years of age and 40% of pregnant girls international are anaemic. ^[1]

WHO oversees numerous programmes throughout all WHO Regions to assist lessen the superiority of anaemia via remedy and prevention. These pointers, regulations and interventions purpose to boom nutritional diversity, enhance toddler feeding practices and enhance the bioavailability and consumption of micronutrients via fortification or supplementation with iron, folic acid and different nutrients and mineral. Social and behavior alternate communicate techniques are used to alternate nutrition-associated behaviours. Interventions to deal with the underlying and fundamental reasons of anaemia have a take a observe problems along with sickness control, water, sanitation and hygiene, reproductive fitness and root reasons along with poverty, loss of schooling and gender norms.

In 2016, WHO commenced a five-yr task to check its worldwide pointers for haemoglobin cut-offs used to outline anaemia with the purpose to offer evidence-knowledgeable tips on assessing anaemia in people and populations ^[2].

Statement of the Problem

The present study was aimed to assess the knowledge on anemia among adolescent girls in selected settings of Mysuru.

Objectives

1. To assess the knowledge of anaemia among adolescent girls in Nadanahalli Rural Community, Mysuru.
2. To determine the association between the level of the knowledge on Anemia with their selected personnel variable.

Hypothesis

H1: There will be a significant association between the knowledge score on anemia with their selected demographic variable of adolescent girls.

H0: There will not be a significant association between the knowledge score on anemia with their selected demographic variable of adolescent girls.

Methodology

Research approach: Descriptive research approach was used for this study.

Research Design: Descriptive research design was selected for this study.

Setting: Setting refers back to the region wherein the look at turned into conducted. This study was conducted in Nadanahalli village of Varuna PHC, Mysuru.

Population: The target population was Adolescents Girls of selected rural areas under Varuna PHC, Mysuru.

Sample: Adolescent girls of select edrural areas of Varuna PHC, Mysuru.

Sample Size: 30 adolescent Girls

Sampling Techniques: Convenience sampling Technique was used to select the sample.

Criteria for the Selection of Sample

Inclusion Criteria

- (i) Adolescent Girls in selected rural areas of Varuna PHC, Mysuru.

- (ii) Adolescent Girls willing to participate in the study.
- (iii) Adolescent Girls who were available at the time of data collection.

Exclusion Criteria

- (i) Adolescent Girls who is not willing to participate in the study.

Data Collection Instrument

In this study, the tool consisted of interview scheduled to assess the knowledge of adolescent Girls on anemia.

Development of the Tool

Selection of the Tool: Interview schedule was selected for the study to assess the knowledge of adolescent girls.

Development of the Tool: The tool was developed on the basis of the objectives of the study. The following steps had been followed with inside the improvement of the tool.

Description of the Tool

The interview time table turned into designed with parts.

Part1: Part one consisted of items pertaining to the demographic variables

Part2: Part two consisted of 30 items pertaining to Anemia.

RESULTS

1. To assess the knowledge of anaemia among adolescent girls in selected settings of Mysuru.

Knowledge	Noof items	Range Min	Max	Mean	SD	Mean% of Knowledge
	30	19	28	24.17	5.07	80.56

2. To determine the association between the level of the knowledge on anaemia with their selected personnel variable. The selected personal variable such as age, and educational status were found to have significant association with level of knowledge 0.05 level.

CONCLUSION

The majority of diabetic patients demonstrated moderate knowledge on anemia only a few adolescent girls had adequate knowledge. The overall mean knowledge scores of the adolescent girls were 24.17 with SD 5.07. Out of many variables, age, training have been located to be massive with the information of 0.05 levels.

Recommendations

The following advice have been made primarily based totally at the effects of the present study

- (i) A large scale study can be conducted to generalize the findings.
- (ii) A large scale study can be conducted to assess the attitude and practice on anaemia.

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Conflict of Interest

None.

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