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A STUDY TO ASSESS EFFECTIVENESS OF HEALTH AWARENESS PROGRAMME ON KNOWLEDGE REGARDING MANAGEMENT OF ANEMIA AMONG ANTENATAL MOTHERS ATTENDING TERTIARY CARE HOSPITAL AT VADODARA

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ABSTRACT

Background of the study: Anemia in pregnancy is a main problem in both developed and developing countries. The commonest source of Anemia is nutritional deficit of iron with evidence signifying that up to 90% of maternal Anemia may be due to inadequate consumption of dietary iron; however, there are other causes which include worm infestation, HIV infection, and genetic disorders. **Objective**: This study has assess effectiveness of health awareness programme on knowledge regarding Anemia in antenatal mothers. **Material and method:** Pre experimental one group pre-test and post-test research design, and purposive sampling technique were adopted to achieve the goal of the study. The tool consists of two parts. First part consist demographic data of the sample and second part consist of structured knowledge questionnaires. The sample was 60 antenatal mothers taken from selected hospitals at Vadodara. **Results:** The collected data was tabulated and analyzed using descriptive and inferential statistics. In the pre-test mean score was 12.88±3.44 and post-test mean score was 21.93±1.86. The post-test level of knowledge mean score is significant graters than the pre-test knowledge means score. The 't' calculated value 20.59 is more than tabulated value 1.96 at 0.05 level

of significant. Therefore H1 was accepted. **Conclusion:** The 't' test was completed between pre-test and post test score indicate that there was improvement the level of knowledge among pregnant women. Hence it incanted that structured teaching programme was effective.

Keywords: Knowledge, Anemia, effectiveness, planned teaching programme, antenatal mothers

INTRODUCTION

Paleness in pregnancy is characterized by World Health Organization (WHO) as a haemoglobin focus beneath 11g/dl. Iron-lack paleness is the most widely recognized type of unhealthiest on the planet and is the eighth driving reason for sickness in young ladies and pregnant ladies in agricultural nations **[1-3]**. Ladies' wellbeing is vital to the endurance of the general public as they give starting to the new life on the earth and really focuses on all the relatives. Both created and emerging nations are impacted by frailty. It has been worldwide general medical condition with significant ramifications for human wellbeing **[4-6]**. It influences individuals of all age gatherings yet its commonness is more in pregnant ladies and small kids. As indicated by What Anemia's identity is, delegated gentle degree (Hb 9.0-11.0 g\dl), moderate (7.09.0 g\dl) and extreme (4.0-7.0 g\dl) **[7-9]**. All around the world, iron deficiency commonness is around 29% in nonpregnant ladies, 38% in pregnant ladies, and 43% in youngsters with the most noteworthy predominance in South Asia and Focal and West Africa. The commonest reason for paleness is lack of iron with proof proposing that up to 90% of maternal sickliness are

because of deficient admission of dietary iron. Notwithstanding, worm pervasions (hookworm and schistosomiasis), draining haemorrhoids, vitamin B6 and B12 lacks, human immunodeficiency infection (HIV) disease, and hereditary problems, for example, sickle cell frailty are different elements that cause sickliness in pregnancy. The four main strategies used today to prevent and treat Anemia are iron supplements, infection management, anti-helminthic medication usage to treat worm infestations, and in certain areas, the availability of staple foods enriched with iron. Pregnant women still experience a significant rate of Anemia despite these interventions. The findings of a study on women's perceptions of iron deficiency Anemia and its prevention and control in eight developing countries, according to **[10-12]**, showed that 50% of women in all of these countries consider symptoms of Anemia as a priority concern, but the other 50% do not. The research also revealed that women stopped using iron supplements because of the adverse effects.

Aims and objectives

Objectives:

1.To assess effectiveness of health awareness programme on knowledge regarding management of Anemia among antenatal mother attending Tertiary care Hospital at Vadodara.

2.To assess pre-test knowledge regarding management of Anemia among antenatal mother.

3.To determine association between pre-test for with demographic variable.

4.To assess post-test knowledge regarding management of Anemia among antenatal mother.

MATERIAL AND METHOD

This study employs a Quantitative approach to assess effectiveness of health teaching program on knowledge regarding Anemia among antenatal mothers. Pre-experimental one group pre-test post-test design have been applied. The study was conducted in Tertiary Care Hospital at Vadodara. Ethical approval for conducting the study was taken from Sumandeep Vidyapeeth institutional ethics committee, (SVICE) Vadodara. Administrative approval and permission were taken form concern authorities of selected hospital, Vadodara. The consent from was prepared for the study participant regarding their willingness to participate in the research study. The research tool for data collection it consists two section.

Section 1: Demographic data

The section including socio demographic variable such as age, Religion, Monthly income, Type of family, Type of house, Ventilation of house.

Section 2: structure questionnaire:

Structure questionnaire we are used to assess the Anemia regarding the total number was question-25.

RESULT AND DISCUSSION

Table 1, indicate the majority participants were 18–24-year age group of mothers 66.7% and 24-26 33.3% and Hindu religion participants were 63.3% and Muslim religion participants were 36.7%. income of the participants were rs.10000-12000 were 46.7%, rs.12000-15000 were 33.3% and rs.15000-20000 were 20%. And type of family of the participants where joint family were 66.7% and nuclear family were 33.3%. participants type of house were Pakka house were 86.7% and Kachaa house were 13.3% and there were 7% are ventilated houses and 30% are non-ventilated houses.

Section 2: Association between Demographic variables and Pre-test Knowledge level on Anemia in pregnancy

Association between Demographic variables and Pre-test Knowledge level on Anemia in pregnancy with selected demographic variables which was tested by using chi square test. Result showed that age, Religion, Monthly income, Type of family, Type of house, Ventilation of house. Were statistically found non significant at $p \leq 0.005$ level of significance with Anemia in pregnecy **(Table 2)**.

Table 1: frequency and percentage distribution of sample according to their demographic variiable.

Characteristics	Category	Respondents	
		Number	Percent
Age group (years)	**18-24**	**40**	**66.7**
	24-26	**20**	**33.3**
Religion	**Hindu**	**38**	**63.3**
	Muslim	**22**	**36.7**
Income/month	**Rs.1000-12000**	**28**	**46.7**
	Rs.12000 -15000	**20**	**33.3**
	Rs.15000-20000	**12**	**20.0**
Type of Family	**Joint**	**40**	**66.7**
	Nuclear	**20**	**33.3**
Type of house living	**Pakka**	**52**	**86.7**
	Kachaa	**8**	**13.3**
House well ventilated	**Yes**	**42**	**7.0**
	No	**18**	**30.0**

Table 2: Association between Demographic variables and Pre-test Knowledge level on Anemia in pregnancy

Demographic Variables	Category	Sample	Knowledge Level				χ^2 Value	P Value
			Inadequate		Moderate			
			N	%	N	%		
Age group (years)	**18-24**	**40**	18	45.0	22	55.0	4.85*	P<0.05 (3.841)
	24-26	**20**	15	75.0	5	25.0		
Religion	**Hindu**	**38**	25	65.8	13	34.2	4.88*	P<0.05 (3.841)
	Muslim	**22**	8	36.4	14	63.6		
Income/month	**Rs.1000-12000**	**28**	14	50.0	14	50.0	1.21 NS	P>0.05 (5.991)
	Rs.12000 -15000	**20**	13	65.0	7	35.0		
	Rs.15000-20000	**12**	6	50.0	6	50.0		
Demographic Variables	**Category**	**Sample**	Knowledge Level				χ^2 Value	P Value
			Inadequate		Moderate			
			N	%	N	%		
Type of Family	**Joint**	**40**	25	65.8	13	34.2	4.88*	P<0.05 (3.841)
	Nuclear	**20**	8	36.4	14	63.6		
Type of house living	**Pakka**	**52**	29	55.8	23	44.2	0.09 NS	P>0.05 (3.841)
	Kucha	**8**	4	50.0	4	50.0		
House well ventilated	**Yes**	**42**	24	57.1	18	42.9	4.48 NS	P>0.05 (3.841)
	No	**18**	9	50.0	9	50.0		

CONCLUSION

In a present study to assess effectiveness of health awareness programme on knowledge regarding management of Anemia among antenatal mothers was improved. First we assess pre-test knowledge regarding management of Anemia among antenatal mothers. After the 7 days of interval we conducted a post-test knowledge regarding management of Anemia among antenatal mothers. During 7 days interval we conducted a health teaching programme on Anemia and given health education on Anemia and after interval we assessed the post-test. Its helps to antenatal mothers to balance their Hb% level and according to that they change their lifestyle and their dietary pattern. This is our goal to improve knowledge regarding Anemia among antenatal mothers.

DISCUSSION

In this study highlights the importance of

health awareness programs in addressing Anemia during pregnancy, especially in regions where it is a prevalent concern. The findings provide evidence that such programs can effectively increase knowledge and awareness among pregnant women, which may ultimately contribute to better health outcomes for both mothers and their infants.

CONCENT

As per the international standard or university standard, parents written consent has been collected and preserved by the author(s).

ETHICAL APPROVAL

The study was approved from ethical committee of Sumandeep Vidyapeeth institutional ethical committee and ethical approval number is SVIEC/ON/Nurs/SRP/March/23/46.

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