A STUDY OF KNOWLEDGE AND PREVALENCE OF ANAEMIA AMONG FEMALE STUDENTS OF BLDEA'S SHRI B M PATIL NURSING COLLEGE

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ABSTRACT

Objective of study: 1. To study the Knowledge of Anemia among female Nursing students. 2.To find out the Prevalence of Anemia among female students of Nursing College. **Methodology:**A cross sectional study was conducted among the female students of BLDEA's Shri B M Patil Nursing College from 1st Oct to 31st Oct 2010 **Results:**Prevalence of anemia was 38.53%, 44.33% of the anemic students belonged to the age group of 18 to 19 years, Majority Students of S E Class II & III had mild to moderate anemia. Knowledge regarding anemia was found to be higher among senior students of 3rd and 4th year (mean correct answer 133.4) **Conclusion:** The prevalence of anemia in our study was 38.53%.Senior students had significant knowledge regarding anemia than junior & freshly admitted students. Statistically significant association was found between anemia & socio economic status.The present study shows that irrespective of educational status, socioeconomic status & whether health personnel or general population anemia is widely prevalent in adolescent age group.

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Key Words: Anaemia, Knowledge, female nursing students, Adolescents.

INTRODUCTION

Iron deficiency anemia is most common micronutrient deficiency in the world affecting > 2000 million people of which 90% are from developing countries[*1]. In India anemia is more than half the total population irrespective of educational status, and or socio economical status. Anemia is a major Health problem especially among females. Numerous socio demographic factors are related with anemia. Girls are more likely to be a victim due to various reasons. She is deprived of good food, education & is utilized as an extra working hand to carry out the routine household work. Added to this the burden of menstrual blood loss precipitates the crisis further.

Therefore the present study is undertaken to know the knowledge & prevalence of Anemia among female students of BLDEA's Nursing College, Bijapur.

Objective:
- ➤ To study the Knowledge of Anemia among female Nursing students .
- ➤ To find out the Prevalence of Anemia among female students of Nursing College.

MATERIAL AND METHODS

Study Deisgn:	Cross Sectional Study
Area of Study:	BLDEA's College of Nursing, Bijapur.
Participants:	Only female students of Diploma and Degree Nursing College.
Study Period:	1st October to 31st October 2010.
Sample size:	All female students of Nursing (Diploma and Degree) course
Method:	Interview method using pre designed & pretested proforma.
Analysis:	Percentage, Prevalence , Chi-square test.

Criteria For Anaemia:
Students with Hemoglobin percentage of 10-12 gms were considered as mild anemia, 7-10 gms as moderate anemia & < 7gms as severe anemia[*2].

Table 1: Age wise Distribution of Students According to Prevalence of Anaemia

Age (in Years)	Number of Students	Number of Anaemic Students (%)
18	37	19 (51.35)
19	69	28 (40.57)
20	70	24 (34.28)
21	24	07 (29.16)
22	05	01 (20.00)
Total	205	79 (38.53)

The above table shows that the prevalence of anemia was 38.53%, Majority of the anemic students belonged to the age group of 18 & 19 years.

Table 2: Severity of Anemia according to Socio Economic Status

S-E Class[*3]	Severity of Anemia			Normal	Total
	Mild No. (%)	Moderate No. (%)	Severe No. (%)		
I	09 (16.36)	04 (17.39)	-	04 (3.17)	17
II	27 (49.09)	08 (34.78)	-	116 (92.06)	151
III	19 (34.54)	11 (47.82)	01 (100)	06 (4.76)	37
IV	-	-	-	-	-
V	-	-	-	-	-
Total	55	23	01	126	205
$x^2 = 47.95$,		P < 0.001,		df = 4	

Majority of the students of S E Class II & III had mild to moderate anemia. Only one student of S E Class III had severe anemia.

Statistical significance was found between S E Class & severity of anemia, P < 0.001.

Table 3: Distribution of Students According to Knowledge of Anemia

	Responses		
\	Correct No. (%)	Wrong No. (%)	Don't know No. (%)
What is Anemia ?	162 (79.02)	33 (16.09)	10 (4.87)
What is Haemoglobin ?	153 (74.63)	39 (19.02)	13 (6.34)
Causes of Anemia	143 (69.75)	45 (21.95)	17 (8.29)
Types of Anemia	101 (49.26)	81 (39.51)	23 (11.21)
Rich sources of Iron	108 (52.68)	77 (37.56)	20 (9.75)
x^2 = 65.12,	P <0.001,		df = 8

Table 3 shows that majority of the students had good knowledge of anemia. The mean correct responses were 133.4 & that of wrong responses and no responses were 55.00 & 16.6 respectively. Highly statistical significance was found between correct & wrong responses, P < 0.001.

DISCUSSION

The national prevalence of iron deficiency anemia amongst adolescent girls varies between 50% to 82%[*4]. In our study the prevalence of anemia was found to be 38.53%. A similar prevalence was reported by Sanjeev M Chowdhary[*5] from the study conducted at Nagpur, and in an another study by Tiwari K et al[*6] found a prevalence of anemia among adolescent girls of Urban Katmandu to be 60.5% , in the present study only one girl had severe anemia.

In the present study anemia was higher in students belonging to socioeconomic class II & III i.e, 37.74% & 48.64% respectively compared to class I (23.55%) which may be due to better quality of food & awareness among students , this inverse association between socioeconomic class and anemia was found to be statistical significant . In a study from rural area of Meerut by CMS Rawat 2001 revealed that prevalence of anemia was significantly associated with socioeconomic status[*7].

98.73% of anemic students were residing in hostel, only 1.26% had anemia who were residing at home with their parents. Probably this finding reflects the quality of food in hostel & home.

Knowledge regarding anemia was found to be higher among senior students of 3rd and 4th year (mean correct answer 133.4) compared to junior and freshly admitted students (mean wrong answer 55.0).

This study brings to the light, the high prevalence of anemia among nursing students. It is a general presumption that health care personnel usually know about anemia and take adequate measures to prevent it, but in our study we found the prevalence of anemia was more and knowledge regarding anemia was moderate to poor. There is a need to screen the students regularly and create awareness about anemia among nursing students, who are future health care providers.

CONCLUSION

➤ The prevalence of anemia in our study was 38.53%.

➤ Senior students had significant knowledge regarding anemia than junior & freshly admitted students.

➤ Statistically significant association was found between anemia & socio economic status

➤ The present study shows that irrespective of educational status, socioeconomic status & whether health personnel or general population anemia is widely prevalent in adolescent age group.

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