

# A Study to Assess the Prevalence of Anemia among Pregnant Mothers and to Determine their Knowledge and Attitude regarding Anemia in Pregnancy Before and After a Structured Teaching Program in Selected Villages of Bidar, Karnataka

Sivakami S.

PhD Scholar, Malwanchal University

**Abstract:** *Anemia in pregnancy is life threatening. Anemia in pregnancy exists world over but it is a very common problem in most of the developing countries. India it is frequently severe and contributes significantly to maternal mortality and reproductive health morbidity. Anemia in pregnancy is the foremost cause for maternal mortality rate in India. Recently a list of programs has been focused on safe mother hood but maternal anemia remains a neat concern. The objective of the study is to evaluate the knowledge and attitude regarding anemia in pregnancy before and after a structured teaching program. One experimental pre test post test control group design was selected for the study. 30 mothers for control group and 30 mothers for experimental group was selected in selected villages of Bidar by simple random sampling technique. By using structured questionnaire, the knowledge and by Likert Scale the attitude was measured. The structured teaching program was conducted for experimental group where the session lasts for 1 hour. The post test score shows that majority of the mothers 41 (68.3%) had adequate knowledge. 19 (31.7%) had moderately adequate knowledge and no sample have in adequate knowledge.*

**Keywords:** Maternal anemia, Pregnancy health, Structured teaching program, Knowledge assessment, Rural mothers

## 1. Introduction

WHO reported that 30% of World's population are anemic. Every year over 27 million pregnancy take place in the country. A woman needs twice the amount of iron daily as compared to an adult man. If a pregnant woman has anemia she can die of bleeding or heart failure at the time of child birth. Even the normal blood loss at the time of delivery can be fatal for a woman with anemia. The commonest cause of maternal death in India is anemia which contributes 20 maternal mortality.

### Statement of the Problem

A Study To assess the prevalence of Anemia among pregnant mothers and to determine their knowledge and attitude regarding Anemia in pregnancy before and after a structured teaching program in selected villages of Bidar, Karnataka.

### Objectives

- 1) To assess the prevalence of anemia among pregnant mothers.
- 2) To assess the knowledge and attitude of pregnant mothers regarding anemia in pregnancy.
- 3) To evaluate the effectiveness of structured teaching programme on anemia in pregnancy.
- 4) To determine the association between knowledge and attitude of pregnant mothers regarding anemia in pregnancy.

### Hypothesis:

- 1) There is a significant increase in the level of knowledge and attitude among pregnant mothers those who

participated in the structured teaching program than those who do not participate.

- 2) There is a significant association between knowledge & attitude related to anemia among pregnant mothers.
- 3) There is significant relationship between knowledge & attitude of pregnant mothers & selected demographic characteristics of pregnant mothers.

## 2. Methodology

The study adopted quantitative research approach using an experimental pretest-posttest control group research design. Conducted the study at selected villages of Bidar, the study involved 30 mothers for control group and 30 mothers for experimental group by a simple random sampling. The mothers knowledge and attitude was assessed by a modified questionnaire which has 25 multiple choice questions and mothers attitude by Likert scale.

Following the pretest a structured teaching program which have the content of definition, causes, clinical features, ill effects of anemia on the baby, food sources of iron, preventive and treatment measures of anemia during pregnancy was given to the mothers of the control group.

## 3. Results and Discussion

The socio demographic variables of the people were described such as among 60 samples majority of them 22 (36.7%) were at the age group of 21-25 yrs and only 5 (8.3%) were at the age group of 15-20 yrs. Regarding religion majority of them are Muslim 28 (46.6%) and the minority is Christian (11.7%). Regarding the educational qualification of

the pregnant mother most of them are illiterate and only 5 (8.3%) had gone to college.

The First objective deals with the knowledge and attitude of pregnant mothers regarding anemia in pregnancy Figure 1 shows that the pretest out of 60 people majority of them 43

(71.6%) has inadequate knowledge, 17 (28.4%) has moderately adequate knowledge and no one have adequate knowledge. In the posttest the majority of them 41 (68.3%) had adequate knowledge, 19 (31.7%) had moderately adequate knowledge and no one had inadequate knowledge.

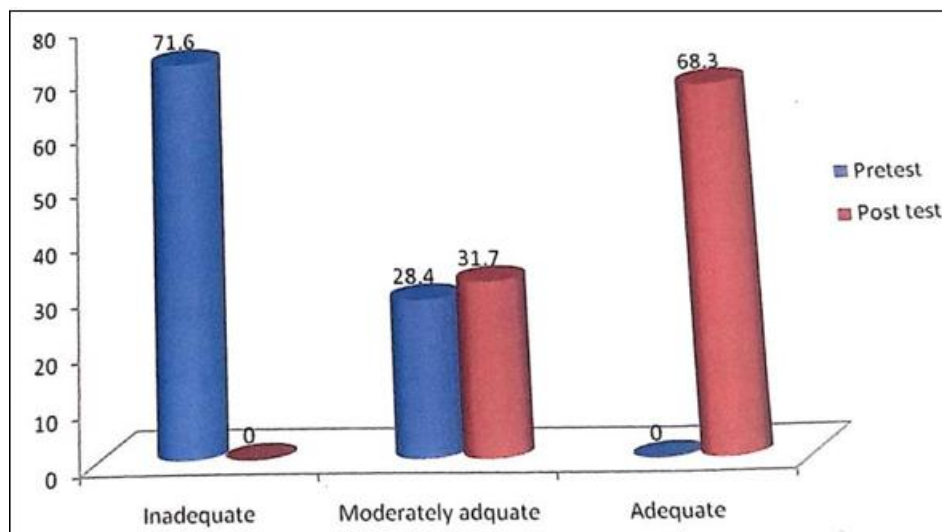


Figure 1

Figure 2 shows the attitude before after the teaching program on anemia in pregnancy.

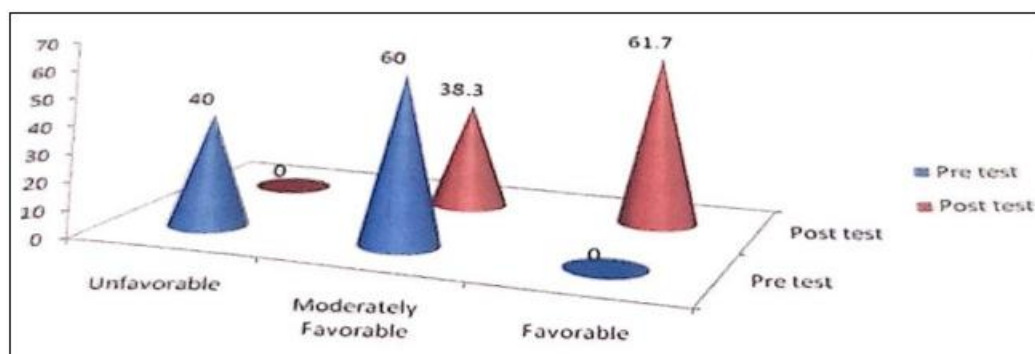


Figure 2

The second objective deals with the effectiveness of teaching program on knowledge and attitude regarding anemia in pregnancy Table 1 shows the paired 't' test showing the effectiveness of STP on knowledge and attitude regarding anemia in pregnancy.

Table 1

S. NO	Dependent Variable	Pre Test		Post test		't' value
		Mean	SD	Mean	SD	
1	Knowledge	12.76	3.21	22.81	2.55	24.8*
2	Attitude	52.11	9.95	76.61	5.2	4.38*

\*Significant at 5% level

It reveals the mean score of posttest level of knowledge 22.81 was higher than the mean score of pretest knowledge 12.76. The SD of pretest was 3.21 and 2.55 in post test. The observed 't' value 24.8 was greater than the table value at the 5% level of significance. The mean score of posttest level of attitude (76.61) was greater than the mean score of pretest (52.11). The SD of pretest was 9.95 and 5.2 in post test. The observed 't' value 4.38 was greater than the table value at the 5% level of significance.

The third objective deals with the association between knowledge and attitude of pregnant mothers regarding anemia in pregnancy.

Table 2

S. No	Variables	Mean	SD	r- value
1	Knowledge	22.81	2.55	0.72
2	Attitude	76.61	5.2	

\*Significant at  $p < 0.05$

Table 2 reveals the association between the post test level of knowledge and attitude on anemia in pregnancy found to be positive co-relation ( $r=0.72$ ) and significant at the level of 5%.

#### 4. Conclusion

The study was conducted to assess the prevalence of Anemia among pregnant mothers and to determine their knowledge and attitude regarding Anemia in pregnancy, The study

findings shows that the pregnant mothers gained knowledge and attitude regarding Anemia in pregnancy.

## **References**

- [1] Agarwal, A. K, Sen, Kalra, NK., & Gupta, N (1999) Prevalence of anemia during pregnancy. Indian journal of Public Health.
- [2] Child Survival and Safe motherhood Review. Maternal complications.
- [3] Allen-LH. Iron deficiency anemia increase the risk of preterm delivery Nutrition review.
- [4] Kapoor g. et. al (2007) effect of maternal nutrition and anemia, International centre for research women.
- [5] Scott. G. J and Lewis (2005) Prevalence of anemia among pregnant women, West Indian Medical Journal.