

A Pre experimental Study to Assess the Knowledge and Knowledge on Anemia & its practice among mothers of Primary School Children

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Abstract

Great advances have been made during the past 50 years in knowledge of nutrition and in the practical application of that knowledge. According to modern concepts, school health service is a powerful way of raising health in future generations. Still they are young, for betterment of exposure their parents has to be assessed. For this fact a pre-experimental study to assess the effectiveness of structured teaching programme on Anemia in terms of knowledge and knowledge on practice among mothers of primary school children in Omandhu Ramachandran Middle school, Trichy. Quantitative approach and Pre-experimental design chosen to conduct study. A self structured tool was developed to collect data. Sample size N=40 which includes mothers of primary school children (Mothers of children who had Hemoglobin level between 7 - 11 gm/dl). Results revealed that pretest mean knowledge score was 31 (Average). While post test knowledge score was 78 (Adequate) and pretest mean knowledge on practice score 20.75, post test mean knowledge on practice score 76.88. Correlation Co-Efficient applied to find correlation between pretest knowledge and pre test knowledge on practice (0.394*), posttest knowledge and posttest knowledge on practice (0.435*), the scores was significant at 0.01 level. Chi-Square applied there was significant association between post test knowledge and selected demographic variable such as education significant at $p < 0.001$ level.

Keywords: Effectiveness; Structured Teaching Programme; Anemia; Knowledge; Knowledge on Practice; Mothers of Primary School Children.

Introduction

The school-age years represent a time of slow physical growth, cognitive and developmental Growth Proceed at rapid rates. Anemia is exceeding common in infants and children of poor economically background segment of the society. It develops slowly and is not clinically apparent until anemia is severe; even though functional consequences already exist. Hemoglobin testing is the primary method of anemia diagnosis.

The knowledge regarding multiple etiology, Potential strategies for combating iron deficiency and deficiencies of other micronutrients, iron deficiency

anemia, remain significant public health challenges for mothers of growing children. It leads to increasing severity of anemia, increased susceptibility to infection and greater risk of death. It seriously affects the growth of the children. Educating mother of primary school children can prevent the recurrence of anemia and promote general well being. It helps to prevent from severity of anemia.

Purpose of the Study

The purpose of study to find out the effectiveness of self structured teaching Programme regarding knowledge on anemia and knowledge on practice among mothers of primary school children.

Materials and Methods

Pre-experimental one group pre test and post test design used for this study. The study was conducted in Omandhu Ramachandran Middle School, Srinivasa Nagar, Trichy. This school is situated at a distance of about 2 km away from the Dr. G. Sakunthala college of Nursing, Thiruvanaikovil, Trichy. Population comprised mothers of primary school children in the age group between 6-10 year with hemoglobin level between 7- 11gm/dl. The sample consisted of 40 mothers of primary school children with Anemia.

Non - probability convenient sampling followed. Data collection instrument Consisted of demographic data of mothers of Primary School children, Consisted of knowledge questionnaire, Knowledge on practice questionnaire to Assess knowledge on practices regarding anemia, Hemoglobin estimation (Sahlis method).

The structured teaching programme was given to the selected study subjects. Structured teaching programme was conducted for 4 days. It consists of information on anemia and contents about basic facts of anemia, definition, causes, signs and symptoms, diagnosis, prevention, treatment, and complications of anemia. The method of teaching was lecture cum discussion method. The visual aids used are flash cards and pamphlets. Multiple choice questions on knowledge questions. A score "one mark" was given for correct answers and "zero" for wrong answer. The resulting score will be for adequate knowledge a score was 76 - 100%, for Moderately adequate knowledge from 51 - 75%, for Inadequate knowledge a score less than 50 %.The knowledge on practice assessed by items rating scale- Always, sometimes, never. For Favourable, a score from 76 - 100%, for Moderately favourable a score from 51 - 75%, for Un favourable knowledge on practice a score less than 50%. The period of data collection was from 14.07.2007 to 24.08.2007. Before starting the study, the researcher obtained formal permission to conduct the study, from assistant elementary educational

officer and Head mistress of the Omandhu Ramachandran Middle School, Trichy. The mothers were first contacted for rapport development. After introduction, the investigator explained the purpose of her study and then obtained oral and written consent for hemoglobin estimation by Sahlis Method (Finger Prick Method) and also oral consent from the primary school children. Hemoglobin estimation (Sahlis method) was done for 12 children per day to a total of 120 children. After doing hemoglobin estimation for 120 children. 40 children were found to be anemia.

Mothers of those children were intimated to come to school for assessment of knowledge and knowledge on practice and giving teaching. Data collection was done for 10 mothers per day, after pretest, structured teaching Programme was given for 30 minutes. After 15 days mother were asked to come and post test conducted. The research proposal was approved by the Dissertation committee of the Dr.G.S akunthala College of nursing prior to pilot study. Permission was obtained from the Assistant elementary educational officer, Trichy. The oral and written consent were obtained, from each participant of the study before starting the data collection. Assurance was given to the subjects that the anonymity of each individual would be maintained.

Data Analysis and Interpretation

Majority of mothers of primary school children were age group between 25-30 years (45%), above 30years (37.5%), below 25 years (17.5years).As per religion hindu (55%) Muslim (7.5%) Christian (37.5%), Based on type of family (57.5%)were from nuclear family, 42.5%were joint family, As per education illiterate (35%) primary education (52.5%) high school level (12.5%), As per occupational status unemployment mothers (35%)coolie workers (65%). As per family monthly income below Rs.2000 (75%), Rs.2001-Rs3000 (15%), Rs.3001-Rs4000 (5%), Above Rs.4001 (5%), sources of information obtained from mass media (5%), remaining had no experience.

Table 1: Frequency distribution of knowledge Scores of mothers of primary school children regarding anemia

Level of Knowledge	Study group n=40				
	Pre test		Post test		
	N	%	N	%	
Adequate (76-100%)	0	0	25	62.5	
Moderately Adequate (50-75%)	3	7.5	15	37.5	
Inadequate (less than 50%)	37	92.5	0	0	

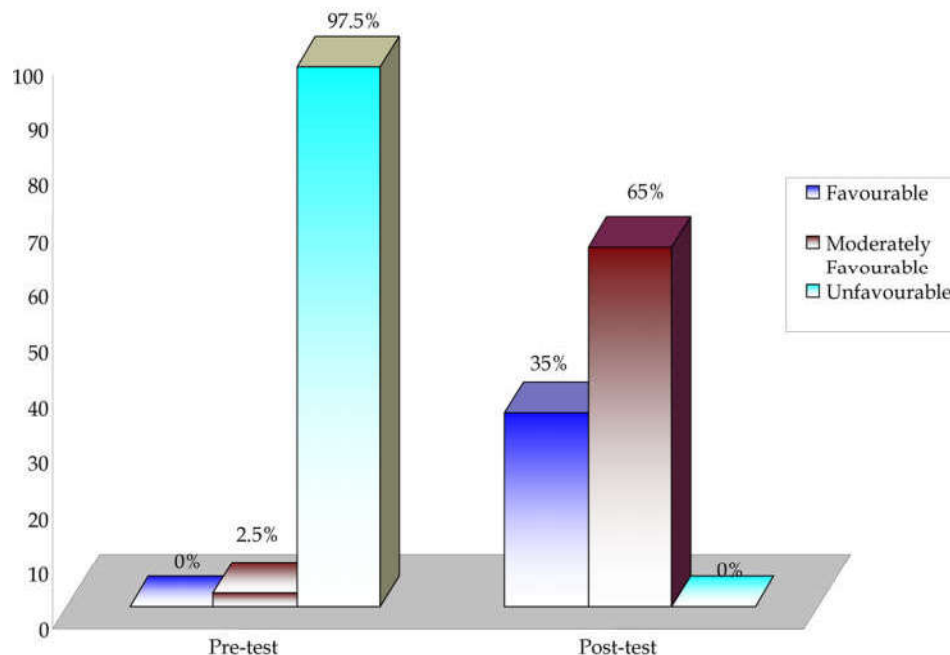


Fig. 1: Frequency distribution of knowledge on practice scores of mothers of primary school children regarding Anemia

The table 1 shows that the level of knowledge during pretest was inadequate among 92.5% of subjects whereas during posttest was adequate among 62.5% of the subjects.

Conclusion

From the present study revealed that 92.5% of mothers had inadequate knowledge, 97.5% of mothers had unfavourable knowledge on practice during pretest. After structured teaching programme post test knowledge was adequate among 62.5%. This findings was supported by Kimiager, et al (2004) Educating mothers of children with anemia can prevent the recurrence and result in general well being. Bilenko W, et al (2007) revealed a significant and inverse relationship between the presence of anemia and the level maternal knowledge.

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Conflict of Interest: Nil

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