

A Pre-Experimental Study to Assess the Effectiveness of Structured Teaching Program on Knowledge regarding Iron Deficiency Anaemia Among Adolescent Girls at Sultan-Ul-Arifeen Wakf Public Higher Secondary School Kathi Darwaza Rainawari Srinagar

Aaqib Rashid¹, Syed Misbah², Shahista Akhter³

^{1,2}Faculty Ramzaan College of Nursing Galander Pampore, Kashmir

³Nursing Officer at SKIMS SRINAGAR

Abstract: A pre experimental study was conducted on 30 students selected by Simple random sampling technique. Data was collected regarding socio demographic background of the samples and knowledge was assessed by administering structured knowledge questionnaire. Collected data was analyzed by descriptive and inferential statistics. Descriptive statistics used were frequency, percentage, mean and standard deviation, Inferential statistics were calculated by chi square and t-test. The study result showed that the pre-test series 16(53.33%) adolescent girls had inadequate knowledge and 13(43.33%) had moderately adequate knowledge were only 1(3.33%) had adequate knowledge regarding management of iron deficiency anaemia among adolescent girls, and after the introduction of structured teaching programme regarding subject management of iron deficiency anaemia, majority of adolescent girls i.e. 21 (70%) showed adequate knowledge, 9(30%) showed moderately adequate knowledge were none showed inadequate knowledge in post-test analysis. This means that there was a high significant improvement in the knowledge among adolescent girls with a p-value of <0.000

In the pre-test the total score achieved by the study group was 416 out of 900 which 46.22% is and the score improved to 714 which is 79.33% in the post-test analysis. This shows significant improvement of knowledge by 33.11%. This means that there was a high significant improvement in the knowledge after the introduction of structured teaching programme

Keywords: Knowledge: Iron Deficiency Anemia, Structured Teaching Programme, Adolescent Girls

INTRODUCTION

Anaemia is a condition in which the number of red blood cells or the amount of hemoglobin is low. Red blood cells contain hemoglobin protein that it

enables them to carry oxygen from the lungs and deliver it to all parts of the body. When the number of red blood cells is reduced or the amount of hemoglobin in them is low, the blood cannot carry an adequate supply of oxygen. An inadequate supply of oxygen in the tissues produces the symptoms of anaemia (Gupta and Kochar, 2009) Anaemia in adolescent girls affects their physical work capacity and reproductive physiology [4]. According to a World Health Organization (WHO) report [5], the global prevalence of anaemia among pregnant women is 55.9%. In India, the prevalence of anaemia in pregnant women has been reported to be in the range of 33% to 89% [6–12].

OBJECTIVES OF THE STUDY

- To assess the pretest knowledge of adolescent girls regarding iron deficiency anaemia.
- To assess the post test knowledge regarding iron deficiency anaemia among adolescent girls after implementation of structured teaching programme.
- To compare pre test and post test knowledge scores regarding iron deficiency anaemia among adolescent girls
- To determine the association of pretest knowledge score regarding iron deficiency anaemia among adolescent girls with selected demographic variables

RESEARCH METHODOLOGY

Research Approach: quantitative approach was used.
Research Design: Pre-experimental one group pre-test post- test design was adopted for this study

Research Setting: The study was conducted at Sultan ul Arifeen Wakf Public School Kathi Darwaaza Srinagar, which is located near Ziyarat Hazrat Makhdoom Sahib RA

VARIABLES UNDER STUDY

Independent variable: The independent variables of the present study was the structured teaching program.

Dependent variable: The dependent variables of the present study were the knowledge level of the adolescent girls (13-18 years).

Target Population: the target population comprises of adolescent girls (14-18 years) of Sultan ul Arifeen Wakf Public School Kathi Darwaaza Srinagar and accessible population were the 30 adolescent girls (13-18 years) of class 8th 9th 10th.

Sample and sample size: 30 adolescent girls (13-18 years) of class 8th 9th 10th of Sultan ul Arifeen Wakf Public School Kathi Darwaaza Srinagar

Sampling Technique: simple random sampling

Table 1

S. no	Grade	Score	Percentage
1	Inadequate	<15	<50%
2	Moderately Adequate	15-22	50-73%
3	Adequate	>22	>73%

Table 1 categorizes the score obtained into three grades with score less than 50% labeled as inadequate and a score above 73% as adequate.

Score grading comparison between pre and post-test

Table 2

Grade	Pre-test		Post-test	
	Number	%age	Number	%age
Inadequate	16	53.33%	0	0
Moderately adequate	13	43.33%	9	30%
Adequate	1	3.33%	21	70%

In the pre-test series 16(53.33%) adolescent girls had inadequate knowledge and 13(43.33%) had moderately adequate knowledge were only 1(3.33%) had adequate knowledge regarding management of iron deficiency anaemia among adolescent girls, and after the introduction of structured teaching programme regarding subject management of iron deficiency anaemia, majority of adolescent girls i.e. 21 (70%) showed adequate knowledge, 9(30%) showed moderately adequate knowledge were none showed inadequate knowledge in post-test analysis. This means that there was a high significant improvement in the knowledge among adolescent girls with a p-value of <0.000

technique was used to select the sample

Data Collection Instrument Selection of the Tool:-

A Structured knowledge questionnaire to assess knowledge regarding iron deficiency anaemia

The knowledge questionnaire consisted of twenty six questions totally each question had only one correct response which carry one mark and incorrect response no score. The total scoring for overall knowledge was twenty six.

To interpret the level of knowledge of anaemia the scores were converted to percentage and were classified as follows:

Adequate	If the score obtained lies between 76% to 100%
Moderately adequate	If the score obtained lies between 51% to 75%.
Inadequate	If the score obtained false below 50% and 50%.

FINFINDS OF THE STUDY

Frequency and percentage distribution as per their level of knowledge of regarding management of iron deficiency anaemia among adolescent girls

Anything between these is labeled as moderately adequate

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