



ISSN: 0975-833X

Available online at <http://www.journalcra.com>

*International Journal of Current Research*  
Vol. 10, Issue, 10, pp.74213-74216, October, 2018

DOI: <https://doi.org/10.24941/ijcr.33107.10.2018>

**INTERNATIONAL JOURNAL  
OF CURRENT RESEARCH**

## RESEARCH ARTICLE

### A DESCRIPTIVE STUDY TO ASSESS THE KNOWLEDGE REGARDING CAUSES AND PREVENTIVE MEASURES OF ANAEMIA IN PREGNANT WOMEN ATTENDING OPD AT SGTB HOSPITAL, AMRITSAR

<sup>1</sup>Rupinder Singh and <sup>2</sup>Manoj Kumar Sharma

<sup>1</sup>Nurse at Government College of Nursing, Amritsar  
<sup>2</sup>(Lecturer) SVM College of Nursing, Amritsar

#### ARTICLE INFO

##### Article History:

Received 19<sup>th</sup> July, 2018  
Received in revised form  
24<sup>th</sup> August, 2018  
Accepted 05<sup>th</sup> September, 2018  
Published online 30<sup>th</sup> October, 2018

##### Key Words:

Causes of anaemia, Preventive measures of anaemia, Pregnant Women.

#### ABSTRACT

In India, there is an increased mortality and morbidity due to various causes among pregnant women. Anaemia during pregnancy is a very common condition because the growing fetus demands more nutritional intake and the incidence is very high and our purpose is to make people aware of the causes and preventive measures of anaemia in the urban areas. This study is designed to investigate and assess the knowledge regarding causes and preventive measures of anaemia among pregnant women. The data collection for the study was carried out from 1<sup>st</sup> March to 10<sup>th</sup> March with a selection of 30 pregnant women who were attending OPD at SGTB Hospital, Amritsar. The methodology is the most important part of research as it is the framework for conducting a study. The present study was conducted at the OPD of SGTB Hospital, Amritsar. There are about approximately 15 patients who are attending the OPD per day. In our present study, subjects according to age revealed that 20% were between the age group of 18-21 years, 47% between 22-26 years of age while 33% were between 27-30 years of age. According to qualification revealed that 13% of subjects had qualification up to 5<sup>th</sup> standard, 47% subjects had qualification up to 10<sup>th</sup> standard whereas 40% subjects had qualification above 12 standard. As per occupation, 23% of pregnant ladies were government employees while 77% were housewives. According to residence, 66% of pregnant ladies belong to urban areas whereas 34% pregnant ladies belong to rural areas. As per language, majority of the subjects i.e. 74% know Punjabi/Hindi language, 13% of subjects know English language while 13% know all of the above languages. According to the type of family, 36% of pregnant ladies belong to nuclear family and 64% belong to joint family. As per the parity, majority of subjects i.e. 60% were multigravida while 40% of subjects were primigravida.

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**Citation:** Rupinder Singh and Manoj Kumar Sharma. 2018. "A descriptive study to assess the knowledge regarding causes and preventive measures of anaemia in pregnant women attending OPD at SGTB Hospital, Amritsar", *International Journal of Current Research*, 10, (10), 74213-74216.

## INTRODUCTION

Human can't live without blood. Without blood, the body's organs could not get the oxygen and nutrients they need to survive, we could not keep warm or off, fight infections, or get rid of our own waste products. Without blood, we would weaken and die. Here are the basics about the mysterious, life-sustaining fluid called blood. Anaemia is a decrease in the normal number of red blood cells (RBC's) or less than the normal quantity of haemoglobin in the blood. The normal level of haemoglobin in an average Indian adult male is about 13-15 gm Hb/100 ml of blood. In an adult female, the normal level is 12-14 gm/100ml of blood.

## Research Problem

A descriptive study to assess the knowledge regarding causes and preventive measures of anaemia in pregnant women attending OPD at SGTB Hospital, Amritsar.

## Aim of the study

The aim of the study is to assess the knowledge regarding causes and preventive measures of anaemia among pregnant women attending OPD at SGTB Hospital, Amritsar.

## Objectives

- To assess the knowledge regarding causes of anaemia in pregnant women.

\*Corresponding author: Rupinder Singh  
Nurse at Government College of Nursing, Amritsar

- To assess the knowledge regarding preventive measures of anemia in pregnant women.
- To develop an information guide sheet regarding causes and preventive measures of anaemia.

### Operational Definitions

**Knowledge:** It is information, facts, descriptions or skills acquired through experience or education regarding causes and preventive measures of anaemia among pregnant women.

**Causes:** Any agent or factor which is responsible for anaemia among pregnant women.

**Preventive Measures:** Interventions to control the occurrence of anaemia.

**Anaemia:** Deficiency of haemoglobin in Human's Blood.

**Pregnant Women:** Women who have conceived pregnancy.

### Assumption

Pregnant women may have less knowledge regarding causes and preventive measures of anaemia.

### Delimitation

Study was limited to:

- Pregnant women attending OPD at SGTB Hospital, Amritsar.
- Pregnant women who were willing to participate and had given informed consent.
- Sample Size was 30 subjects and who were purposely selected from the OPD of SGTB Hospital, Amritsar. The data was collected through self-structured tool.

### Conceptual Framework

Conceptual framework of the present study is based on Modified Pender's Health Promotion Model. It is focussed on the basis that health is a right for all and can be maintained by modifying factors can promote health of a person and this model has given health a new direction.

## MATERIALS AND METHODS

The methodology is the most important part of research as it is the framework for conducting a study. A Descriptive Design was used to assess the knowledge regarding causes and preventive measures of anaemia in pregnant women.

**Research approach:** Approach to research involves the description of plan to investigate the phenomena under study. It helps to identify presence or absence of and comparison between groups. In non-experimental research approach, the researcher describes the phenomenon. Polit and Beck 2008, Described that in non-experimental approach, the researcher observes, describe and document aspects of a situation as it naturally occurs and sometimes to serve as a starting point for hypothesis generation or theory development.

**Research Setting:** The present study was conducted in OPD at SGTB Hospital, Amritsar. A total of 30 pregnant women were selected using simple random sampling technique. The knowledge regarding causes and preventive measures was assessed using self-structured questionnaire.

**Variables:-**There are 2 types of variables:

**Dependent Variables:** Knowledge regarding anaemia.

**Independent Variables:** Age, gender, qualification, occupation, residence, family, parity.

**Sample and Sampling Technique:** The study population comprises of pregnant women age group of 18-30 years, 30 sample from SGTB Hospital, Amritsar Sample size 30 through purposive sampling technique.

**Content Validity of Tools:** The content validity of tools is determined by expert opinion or relevant item. The tools was given to expert the ethical consideration and other medical professional the relevant amendments and modification were carried out on.

**Procedure for Data Collection:** The data collection was carried out on 1<sup>st</sup> march to 10<sup>th</sup> march with a selection of 30 subjects who were attending OPD at SGTB Hospital, Amritsar. Study Procedure was explained to study subjects. Researcher first introduced himself to the respondents and explained the purpose of the study. They were assured that their responses would be kept confidential and the information will be used only for research purpose. The sample consisted of 30 pregnant women. Structured questionnaire was distributed to all the subjects through purposive sampling technique. The structured questionnaire was edited by the experts. A good rapport was established with the subjects. Verbal consent was taken from pregnant women. The time taken by respondents for answering questions was average 15-20 minutes.

**Ethical Considerations:** Keeping in Mind the legal rights of the subjects, only those pregnant women who were willing to participate were included in the study. Oral information regarding research study was given to selected pregnant women attending OPD. Verbal Consent were also taken from the study participants. Anonymity of study subjects and confidentiality of information was maintained throughout the data collection. A written permission for conducting pilot study and final study was taken from Medical Superintendent of SGTB Hospital, Amritsar, Punjab.

**Difficulty faced during the Study:** Non co-operation from some respondents and time duration was less.

**Analysis and Interpretation:** This chapter deals with analysis and interpretation of data obtained from the sample of 30 pregnant women attending OPD from SGTB Hospital, Amritsar, Punjab. The analysis and interpretation of data involve the objective material in the possession of the researcher and his subjective reactions and desire to derive from the data the inherent meanings in that relation to the problem Basavanthappa (2007).

The Data Analysis was based on the following objectives of the study:

- To assess the knowledge regarding causes of anaemia in pregnant women.
- To assess the knowledge regarding preventive measures of anaemia in pregnant women.
- To develop an information guidesheet regarding causes and preventive measures of anaemia.

The raw data was collected and entered in a master sheet. Then it was analysed and interpreted using descriptive and inferential statistics. The analysed data are organised according to the objectives and presented under the following major headings.

### Sample Characteristics

**Table 1. Frequency and percentage distribution of sample characteristics**

S.no.	Demographic variables	No. of pregnant ladies	%age
A.	Age(in years)		
1.	18-21 years	6	20%
2.	22-26 years	14	47%
3.	27-30 years	10	33%
B.	Qualification		
1.	0-5 class	4	13%
2.	6-10 class	14	47%
3.	Above 10 class	12	40%
C.	Occupation		
1.	Government employee	7	23%
2.	Housewife	23	77%
3.	Others	0	0%
D.	Residence		
1.	Urban	20	66%
2.	Rural	10	34%
E.	Language		
1.	Punjabi/Hindi	22	74%
2.	English	4	13%
3.	All of the above	4	13%
F.	Family		
1.	Nuclear	11	36%
2.	Joint	19	64%
G.	Parity		
1.	Primigravida	12	40%
2.	Multigravida	18	60%

Table 1 reveals the frequency distribution of characteristics of the study subjects. Distribution of study subjects according to age revealed that 20% of pregnant ladies were between the age group of 18-21 years, 47% of pregnant ladies were between 22-26 years of age while 33% were between 27-30 years of age. In context of qualification, 13% of subjects had qualification upto 5<sup>th</sup> standard, 47% subjects had qualification upto 10<sup>th</sup> standard whereas 40% subjects had qualification above 12 standard.

As per Occupation, 23% of pregnant ladies were government employees while 77% were housewives. According to Residence, 66% of pregnant ladies belongs to urban areas whereas 34% pregnant ladies belongs to rural areas. As per Language, majority of the subjects i.e 74% knows Punjabi/Hindi language, 13% of subjects knows English language while 13% knows all of the above languages. According to the type of family, 36% of pregnant ladies belongs to Nuclear family and 64% belongs to joint family. As per the parity, majority of subjects i.e 60% were multigravida while 40% of subjects were primigravida.

### Main Analysis

**Objective 1:** To assess the knowledge regarding the causes of anaemia in pregnant women.

**Table 2. Frequency and percentage distribution of Pregnant women according to the level of knowledge regarding the causes of anaemia**

N=30			
Sr. No.	Level of Knowledge	No. of pregnant women	%age
1	Inadequate	10	34%
2	Moderate	12	40%
3	Adequate	8	26%

Maximum score : 30

Minimum score: 0

Table 2 depicts the frequency percentage distribution of pregnant women according to the level of knowledge regarding the causes of anaemia. It showed that 34% of subjects had inadequate knowledge, 40% had moderate knowledge while 26% of subjects had adequate knowledge regarding the causes of anaemia.

**Objective 2:** To assess the knowledge regarding preventive measures of anaemia among pregnant women.

**Table 3. Frequency and percentage distribution of Pregnant women according to the level of knowledge regarding preventive measures of anaemia**

N=30			
Sr. No.	Level of Knowledge	Frequency	%age
1	Inadequate	4	13%
2	Moderate	22	74%
3	Adequate	4	13%

Maximum score=30

Minimum score=0

Table 3 represents depicts the frequency percentage distribution of pregnant women according to the level of knowledge regarding the preventive measures of anaemia. It showed that 13% of subjects had inadequate knowledge, 74% had moderate knowledge while 13% of subjects had adequate knowledge regarding the preventive measures of anaemia. Hence, It was concluded that majority of Subjects had moderate knowledge regarding preventive measures of anaemia.

### DISCUSSION

This chapter deals with the finding of the present study, "A Descriptive study to assess the knowledge regarding the causes and preventive measures of anaemia in pregnant women attending OPD at SGTB Hospital, Amritsar. In this chapter, an attempt has been made to discuss the finding of the study in accordance with the objective of the study. The present study was conducted at SGTB Hospital, Amritsar. Total Sample was 30 subjects. Purposive sampling technique was used to collect the samples. Before collecting data, Investigator gave brief introduction about self, purpose of the study and instructions regarding filling of the tool and gain confidence.

**Objective 1:** To assess the level of knowledge regarding the causes of anaemia among pregnant women. The analysis of data of the level of knowledge regarding the causes of anaemia among pregnant women revealed that majority of women i.e 40% had moderate knowledge regarding the causes of anaemia.

**Objective 2:** To assess the level of knowledge regarding preventive measures of anaemia among pregnant women. The analysis of data of level of knowledge regarding preventive measures of anaemia among pregnant women revealed that majority of subjects i.e 74% had moderate knowledge regarding preventive measures of anaemia.

### Conclusion and Recommendations

This chapter deals with the brief description of the study undertaken including the conclusion drawn from the major findings implications of the study and recommendations for the future research. Majority of the subjects have moderate knowledge regarding causes and preventive measures of anaemia. The student researcher observed that there is increased maternal mortality and morbidity and related health problems. A descriptive study was adopted to conduct the present study. The sample was 30 subjects who were purposely selected from the SGTB Hospital, Amritsar. The data was collected through self structured tool. The descriptive statistics was used for the data analysis. The analysis findings were depicting through the use of frequency distribution tables and bar diagrams.

### Major Findings

According to age majority of subjects i.e 47% were in the age group of 22-26 years of age while 33% were between 27-30 years of age. In context of qualification, most of the subjects i.e 47% subjects had qualification upto 10<sup>th</sup> standard where as only 13% of subjects had qualification upto 5<sup>th</sup> standard. As per Occupation, more than half of the subjects 77% were housewives while 23% of pregnant ladies were government employees. According to Residence, majority i.e 66% of pregnant ladies belongs to urban areas whereas 34% pregnant ladies belongs to rural areas. As per Language, majority of the subjects i.e 74% knows Punjabi/Hindi language, 13% of subjects knows English language. According to the type of family, most of the pregnant ladies i.e 64% belongs to joint family. As per the parity, majority of subjects i.e 60% were multigravida while 40% of subjects were primigravida.

### Conclusion

Most of the subjects i.e 40% had moderate knowledge regarding causes while more than half of the subjects i.e 74% had moderate knowledge regarding preventive measures of anaemia. Hence there is moderate knowledge regarding causes and preventive measures of anaemia among pregnant women.

### Implications

**Nursing Education:** This study has an important implication in the nursing education and other field. In the revised curriculum of basic nursing education and in post nursing education there is much emphasis on Anaemia among pregnant women. In service and continuing education needs to be planned and implemented for Nurses to enrich their information on recent research regarding level of knowledge regarding causes and preventive measures of anaemia.

**Nursing Research:** A very limited research studies have been conducted on the level of knowledge regarding anaemia among pregnant women in India. More research is needed to delineate specific assessment parameters and intervention techniques. In addition, it is essential that nurses acquire greater biotechnological knowledge and skill in objective level of anaemia among pregnant women to facilitate the design and implementation of sophisticated nursing research studies on anaemia among pregnant women that can address complex bio psychosocial hypothesis about anaemia in both pregnant as well as non-pregnant ladies, thus providing data that have relevance for all disciplines that care for and about anaemic women.

### Recommendations

- Similar studies can be undertaken on a large sample for making a more valid generalization.
- A comparative study can be conducted regarding level of knowledge and attitude regarding anaemia among pregnant women.
- Similar study can be conducted on different population in different setting.
- A Quasi-Experimental study can be conducted on knowledge and attitude regarding anaemia among pregnant women.

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