

**A STUDY TO ASSESS THE KNOWLEDGE, ATTITUDE AND PRACTICE OF
REGISTERED ANTENATAL MOTHERS REGARDING THE PREVENTION OF
IRON DEFICIENCY ANAEMIA IN A SELECTED HOSPITAL, NEW CIVIL
HOSPITAL, SURAT.**

Ms. Crony Sambattina, Ms. Purnima Jasmin Jacob & Mr. Rajesh Valivette

Lecturers, METAS School of Nursing, Surat

ABSTRACT:

A study was conducted to assess the knowledge, attitude and practice of registered antenatal mothers regarding the prevention of iron deficiency anaemia in a selected hospital, new civil hospital, Surat. The objectives of the study were to assess the knowledge, attitude and practice of registered antenatal mothers regarding the prevention of iron deficiency anaemia. To compare the knowledge, attitude and practice of registered antenatal mothers regarding the prevention of iron deficiency anaemia. To associate the background factors with knowledge, attitude and practice. A questionnaire was administered by the interviewer to 60 registered antenatal mothers attending New civil hospital. The findings of the study were majority of the antenatal mothers 43(73.5%) had poor knowledge, and 17(28.3%) had good knowledge regarding prevention of iron deficiency anaemia during pregnancy. Majority of the mothers 44(73.3%) have neutral attitude and 16(26.7%) have positive attitude regarding prevention of iron deficiency anaemia during pregnancy. Majority of the mothers 38(63.3%) have poor practice and 22(36.7%) have good practice regarding prevention of iron deficiency anaemia during pregnancy. The study proved that there was no significant correlation between knowledge and practice, no significant correlation between knowledge and attitude, no significant correlation between practice and attitude regarding prevention of iron deficiency anaemia during pregnancy

INTRODUCTION

The antenatal period is very crucial in laying the foundation of good health to the child as well as the mother. The major focus should be on the unborn child. While the mother is concerned with the well-being of the child it is also important for her to acknowledge the fact that nutritional needs increase at the time of pregnancy. Her diet should contain adequate amount of carbohydrates, fats calories, proteins vitamins and minerals. Out of the many complications of pregnancy anaemia is the most common and the riskiest. Close to

50,00,000 maternal deaths during childbirth are recorded. A study conducted by SA.Nugraheni et al in the year 2003 revealed that low knowledge about anaemia in pregnant women increases the risk by 5 times. Worse practice increases the risk by 6 times. A report from WHO (1992) indicates that the prevalence of anaemia among pregnant women in South East Asia was estimated to be 74%. It also estimates that 58% of pregnant women in developing countries are anaemic. India has the highest prevalence of nutritional anaemia in women and children, 60 to 80% of pregnant women are anaemic. 20-40% of maternal deaths are attributed to anaemia. About 90% of all anaemia's have iron deficiency. Roughly 47 % of non-pregnant women have anaemia worldwide, and including iron deficiency the figures may be 60% to 90% respectively. In the present scenario the whole community is said to be an anaemic prevailing society, on an average about 18% to over 30% pregnant mothers suffer with iron deficiency anaemia. Therefore, the present study reviews and describes the relation between knowledge, attitude and practice regarding prevention of iron deficiency anaemia during pregnancy.

Methodology:

A questionnaire was developed to collect data on demographic factors, knowledge, practice and attitude of registered antenatal mothers regarding the prevention of iron deficiency anaemia in a selected hospital, new civil hospital, Surat. The sample in the study were 60 antenatal mothers of the 2nd and 3rd trimester registered at New Civil Hospital Surat. A stratified sampling technique was adapted. The questionnaire was segregated into sections A, B, C and D with a total of 46 questions. Each question carries 1 mark. The totals were converted into percentage and the scores were divided as GOOD, AVERAGE & BAD. A total of 5 experts validated the tool and the reliability of the tool was measured using Spearman's rank Coefficient and split half method. $r = 0.92$ for knowledge, $r = 0.8$ for practice and $r = 0.85$ for attitude. The data was collected for a week. The statistical analysis was done in accordance to the objectives of the study in terms of standard deviation, Z-test, Karl Pearson's coefficient of correlation and chi-square test.

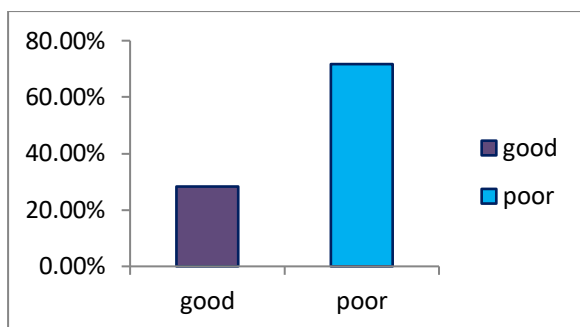
MAJOR FINDINGS

Section -1 –DEMOGRAPHIC FACTORS

FREQUENCY & PERCENTAGE DISTRIBUTION OF REGISTERED ANTENATAL MOTHERS

N=60

S,NO	DEMOGRAPHIC FACTOR		FREQUENCY	%
1	AGE	a)18-22	28	46.6
		b)23-28	32	53.4
2	EDUCATIONAL STATUS	a)illiterate	32	53.4
		b)primary school	15	25
		c)high school	13	21.6
3	MENSTRUAL HISTORY	a)regular	40	66.7
		b)irregular	20	33.3
4	PREGNANCY CATEGORY	a)II trimester	38	63.3
		b)III trimester	22	33.3
5	EATING HABITS	a)vegetarians	21	35
		b)non-vegetarians	39	65
6	SOURCE OF INFORMATION	a)T.V	9	15
		b)radio	12	20
		c)news paper	5	8.3
		d)none	34	56.7
7	AWARENESS	a)yes	21	35
		b)non-vegetarians	39	65



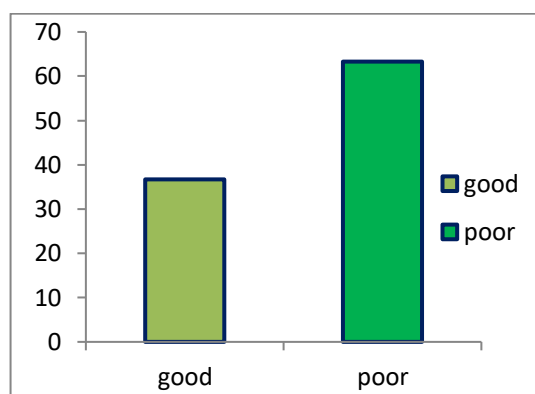
FREQUENCY & PERCENTAGE DISTRIBUTION OF KNOWLEDGE OF REGISTERED ANTENATAL MOTHERS

KNOWLEDGE	FREQUENCY	%
GOOD	17	28.3
POOR	43	71.7
TOTAL	60	100

It was inferred that majority of antenatal mothers had poor knowledge regarding prevention of iron deficiency anaemia during pregnancy

FREQUENCY & PERCENTAGE DISTRIBUTION OF PRACTICE OF REGISTERED ANTENATAL MOTHERS

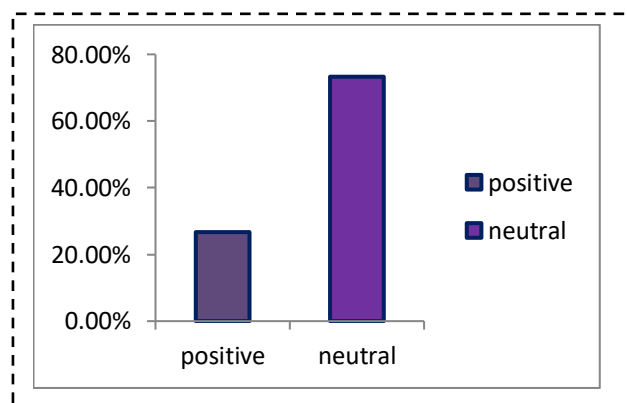
PRACTICE	FREQUENCY	%
GOOD	22	36.7
POOR	38	63.3
TOTAL	60	100



It was inferred that majority of antenatal mothers had poor practice regarding prevention of iron deficiency anaemia during pregnancy

FREQUENCY & PERCENTAGE DISTRIBUTION OF ATTITUDE OF REGISTERED ANTENATAL MOTHERS

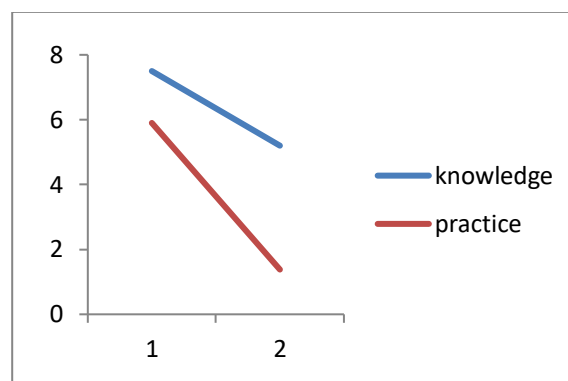
ATTITUDE	FREQUENCY	%
POSITIVE	16	26.7
NEUTRAL	44	73.3
TOTAL	60	100



It was inferred that majority of antenatal mothers have neutral attitude regarding prevention of iron deficiency anaemia during pregnancy

CORELATION OF KNOWLEDGE AND PRACTICE OF REGISTERED ANTENATAL MOTHERS

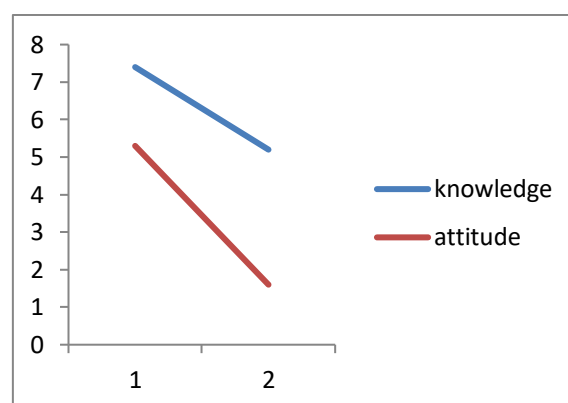
GROUP	MEAN	SD	Z
KNOWLEDGE	7.5	5.2	3.14
PRACTICE	5.9	1.38	



It was inferred that there was no significant correlation between knowledge and practice of antenatal mothers regarding prevention of iron deficiency anaemia during pregnancy

CORELATION OF KNOWLEDGE AND ATTITUDE OF REGISTERED ANTENATAL MOTHERS

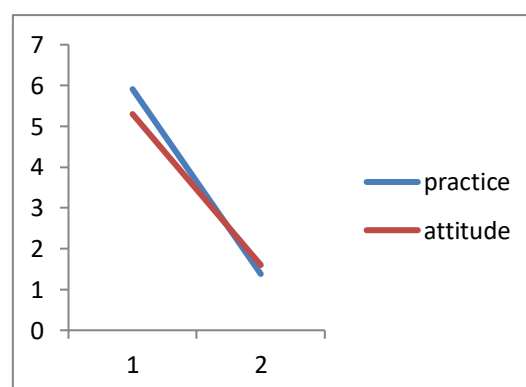
GROUP	MEAN	SD	Z
KNOWLEDGE	7.4	5.2	3.14
ATTITUDE	5.3	1.6	



It was inferred that there was no significant correlation between knowledge and attitude of antenatal mothers regarding prevention of iron deficiency anaemia during pregnancy

CORELATION OF PRACTICE AND ATTITUDE OF REGISTERED ANTENATAL MOTHERS

GROUP	MEAN	SD	Z
PRACTICE	5.91	1.38	8.24
ATTITUDE	5.3	1.6	



It was inferred that there was no significant correlation between practice and attitude of antenatal mothers regarding prevention of iron deficiency anaemia during pregnancy

**ASSOCIATION BETWEEN KNOWLEDGE, PRACTICE AND ATTITUDE OF
REGISTERED ANTENATAL MOTHERS REGARDING PREVENTION OF IRON
DEFICIENCY ANAEMIA IN PREGNANCY**

N=60

DEMOGRAPHIC FACTOR	KNOWLEDGE	PRACTICE	ATTITUDE
AGE	0.78(NS)	1.8(NS)	3(NS)
EDUCATIONAL STATUS	1.5(NS)	0.04(NS)	0.2(NS)
MENSTRUAL HISTORY	0(NS)	1.3(NS)	0.002(NS)
PREGNANCY CATEGORY	0.7(NS)	2.5(NS)	6.3(S)
EATING HABITS	1.2(NS)	0.2(NS)	0.02(NS)

- It was inferred that there is no significant association between knowledge of antenatal mothers regarding prevention of iron deficiency anaemia and their age, educational status, menstrual history, pregnancy category and eating habits.
- It was inferred that there is no significant association between practice of antenatal mothers regarding prevention of iron deficiency anaemia and their age, educational status, menstrual history, pregnancy category and eating habits.
- It was inferred that there is partial significant association between attitude of antenatal mothers regarding prevention of iron deficiency anaemia and the pregnancy category. There is no significant association between attitude of antenatal mothers regarding prevention of iron deficiency anaemia and their age, educational status, menstrual history, and eating habits.

DISCUSSION

Objective 1: To assess the knowledge of antenatal mothers regarding prevention of iron deficiency anaemia during pregnancy.

Majority of mothers 43 (71.1%) had poor knowledge regarding prevention of iron deficiency anaemia in pregnancy and only 17(28.3%) had good knowledge.

It was inferred that the majority of the antenatal mothers had poor knowledge regarding prevention of iron deficiency anaemia during pregnancy.

Objective 2: To assess the attitude of antenatal mothers regarding prevention of iron deficiency anaemia during pregnancy.

Majority of mothers 44(73.2%) had neutral attitude and 16(26.7%) had positive attitude regarding prevention of iron deficiency anaemia during pregnancy.

It was inferred that majority of antenatal mothers had neutral attitude regarding prevention of iron deficiency anaemia during pregnancy.

Objective 3: To assess the practice of antenatal mothers regarding prevention of iron deficiency anaemia during pregnancy.

The majority of mothers 38(63.3%) had poor practice and 22(36.7%) of antenatal mothers had good practice regarding prevention of iron deficiency anaemia during pregnancy.

It was inferred that majority of antenatal mothers had poor practice regarding prevention of iron deficiency anaemia during pregnancy.

Objective 4: To test the correlation between the knowledge, attitude and practice of antenatal mothers regarding prevention of iron deficiency anaemia during pregnancy.

The study findings revealed that there was a positive correlation between, attitude and practice of antenatal mothers regarding prevention of iron deficiency anaemia during pregnancy.

IMPLICATIONS

The main implications of the study in Nursing are found in Public Health Nursing, Paediatric Nursing and Maternity Nursing.

- ❖ For mothers to have better knowledge, attitude and practice regarding prevention of iron deficiency anaemia during pregnancy.
- ❖ Mothers with positive knowledge will have good practice regarding practice regarding prevention of iron deficiency anaemia during pregnancy.
- ❖ Mothers with good practice will have positive attitude regarding prevention of iron deficiency anaemia during pregnancy.
- ❖ Mothers with good knowledge will have positive attitude regarding prevention of iron deficiency anaemia during pregnancy.
- ❖ Provision can be made up to help mothers to improve their knowledge and practice regarding prevention of iron deficiency anaemia during pregnancy.

LIMITATIONS

- Antenatal mothers between 18 – 28 years.
- Antenatal mothers who are registered in New Civil Hospital, Surat.
- Antenatal mothers who are available at the time of the study.
- Antenatal mothers beyond second trimester of pregnancy.

CONCLUSIONS

- Antenatal mothers had poor knowledge regarding prevention of iron deficiency anaemia during pregnancy.

- Antenatal mothers had poor practice regarding prevention of iron deficiency anaemia during pregnancy.
- Antenatal mothers had neutral attitude regarding prevention of iron deficiency anaemia during pregnancy.

RECOMMENDATIONS

- The study can be done on a larger sample.
- This study can also be done to assess the various aspects involved in knowledge of registered antenatal mothers regarding prevention of iron deficiency anaemia during pregnancy.
- The study can be done to assess the knowledge, attitude and practice for other types of anaemias.
- The tool can be further developed for more intense and specific assessment of knowledge, practice and attitude.

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