

**A STUDY TO ASSESS THE KNOWLEDGE AND  
PRACTICES REGARDING PREVENTION OF ANEMIA  
AMONG ANTENATAL WOMEN ATTENDING SELECTED  
HEALTH CENTRES OF HARYANA**

**Ms. SWAPNA M K\***

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**Abstract**

Anemia in pregnancy is one of the leading causes responsible for maternal and perinatal morbidity and mortality. Anemia is potentially lethal complications of pregnancy leading to large number of maternal and fetal loses but it is preventable and curable disease. The aim of this study was to find out the level of knowledge and practices regarding prevention of anemia among antenatal women. Descriptive study was conducted among 100 antenatal women on regarding Prevention of Anemia. Knowledge and practice were analysed by structured interview schedule which included questionnaire on knowledge and self reported rating scale on practice. The study revealed that 38% had good knowledge about prevention of anemia and 36% antenatal women were following good practices to prevent anemia in pregnancy.

**Keywords:** Prevention of Anemia, Antenatal Women, Knowledge, Practice

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\* Assistant Professor, Amity College of Nursing, Gurgaon

## I. Introduction

Anemia is a major public health concern affecting both the developed as well as developing countries. According WHO prevalence of anemia among pregnant women in developed countries is about 14% where as it is still as high as 51% in the developing world. The condition is even worse in south east asia. About half of all global maternal deaths due to anemia occur in South Asian countries, out of which India contributes to 80%. In India the prevalence of anemia among pregnant women is about 65-75%. Anemia has been known to be responsible for a number of maternal and fetal complications. Apart from decreasing the woman's reserve to tolerate bleeding either during or after childbirth, it has been known to be associated with low birth weight, premature delivery, intra uterine growth retardation and thus increased perinatal mortality.

In India, anemia is directly or indirectly responsible for 40 per cent of maternal deaths. There is 8 to 10fold increase in MMR when the Hemoglobin falls below 5 g/dl. Early detection and effective management of anemia in pregnancy can contribute substantially to reduction in maternal mortality. Maternal anemia is associated with poor intrauterine growth and increased risk of preterm births and low birth weight rates.

Mishu Mangla, Deepak Singla (2016) conducted a study on prevalence of anemia among pregnant women in rural India, the study results shows that high prevalence anemia is seen in rural areas of Haryana with 98%. The National Family Health Survey 2005-2006 (NFHS-3) showed Haryana is second in India with Antenatal Anemia. The reason for such Prevalence in rural Haryana is diverse. The patriarchal nature of our society may be one of the major reason responsible for such high prevalence of anemia. According to NFHS-3 survey Haryana tops the list among their with around 88% women being vegetarian and also due to poverty and lack of Knowledge even Vegetarian diet is rarely wholesome making dietary deficiency even worse. The report of NFHS-3 shows that although the government has been providing food supplements to pregnant and lactating women under the Integrated Child development scheme, only 21% of women in rural areas served by Anganwadi workers said that they had ever received such Supplements.

There is a significantly high prevalence of anemia among pregnant women in rural areas of Haryana, The present study was descriptive in nature. The objectives of the study was to assess the knowledge and practices regarding prevention of anemia among antenatal women.

## **II. Objectives**

1. To assess the sources of information regarding prevention of anemia among antenatal Women
2. To assess the Knowledge regarding prevention of Anemia among antenatal women.
3. To assess the Practices regarding prevention of Anemia among antenatal women.

## **III. Review of Literature**

Nivedita.K.,Fatima.N (2016) conducted a study on knowledge ,attitude and practices of pregnant women regarding anemia in Puducherry. The Sample size was 316 and data collection was carried out using a predesigned ,self administered questionnaire in local languages in the antenatal clinic at the time of routine antenatal checkup. The result revealed that 39.87% of the participants were aware and understood the term anemia. 53.8% of the participants accepted that pregnant women were more vulnerable to anemia and 66.1% responded correctly that the fetus will be affected by severe anemia. Only 32.6% gave the correct response that pregnant women should take iron supplements.

RahshaM,Shameen (2016) conducted a study on knowledge, attitude and practices regarding anemia in antenatal women in Maternal and Child Health Centre, Mangalore. The study was carried out on 200 Primigravida visiting the hospital over a period of 4 months. 108 mothers out of 200 were aware of the correct sources of iron in food, however only60 women actually implemented this in their diet practices. About 50 mothers were aware of a few maternal complications of anemia in Pregnancy and 62 of them knew about fetal complications like lowbirth weight

Aruna.G.,(2015) conducted a study on knowledge regarding anemia during pregnancy. The data collected from 50 antenatal mothers about 40% of antenatal mothers belong to the age group of 19-22 years and majority 56% of antenatal mothers belong to gravidatwo and above and

maximum percentage 58% of antenatal mothers had high school education. Most of the mothers (64%) had information about anemia from health workers and 54% of mothers had satisfactory knowledge and 38% had Poor knowledge and 8% had good Knowledge.

Maj. Sivapriya.,lt.col.laxmipriya (2013) conducted a descriptive study on randomly selected 200 antenatal women from tertiary level hospital pune. The Knowledge and Practices were assessed using Questionnaire. The results revealed that 69% had good knowledge about prevention of anemia and 59.5% antenatal women were following good practices to prevent anemia.

#### **IV. Methodology**

A descriptive study was carried out among antenatal mothers to assess the knowledge and Practices to prevent anemia. The purposive sampling technique was used to collect 100 samples from selected Health Centres of Haryana. The tool was developed by the researcher with the guidance of experts. The questionnaire contained three sections,

- I. Demographic Variables
- II. [SEP]Sources of information about the Prevention of Anemia
- III. [SEP]Knowledge regarding the Prevention of Anemia
- IV. Practices regarding the Prevention of Anemia

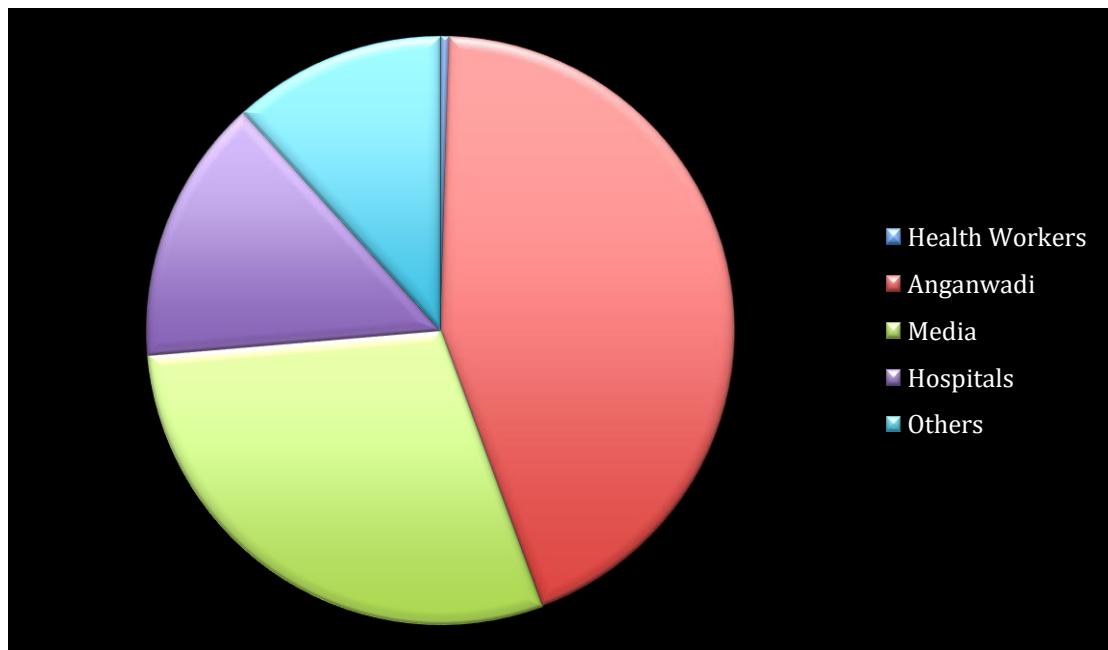
The pilot study was conducted before the main study and it elicited the study was feasible. The tool was found to be highly reliable and valid. During the data collection, the researcher introduced herself to each subject and they were informed about the purposes of the study

## V. Result

**Table.No:1 Sources of information regarding prevention of Anemia**

Sources of Information	Frequency	Percentage
Health Workers	32	32%
Anganwadi	30	30%
Media	20	20%
Hospitals	10	10%
Others	8	8%

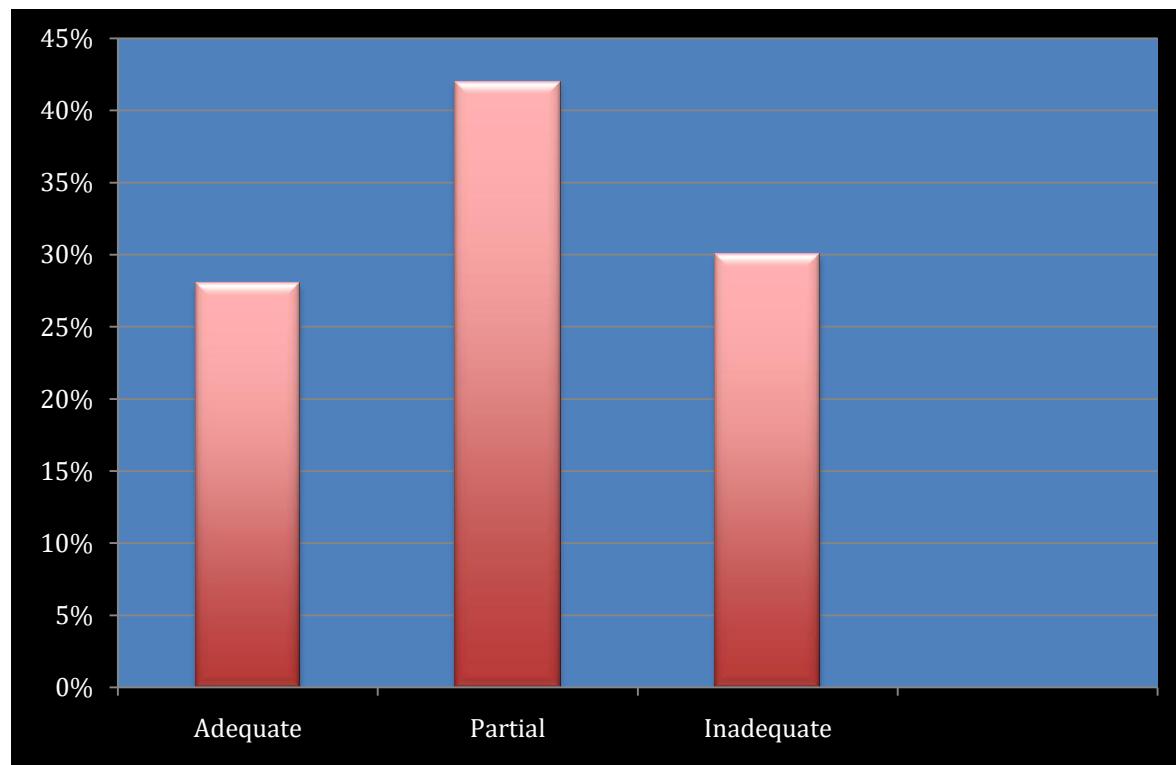
**Figure .No:1 Sources of information regarding prevention of Anemia**



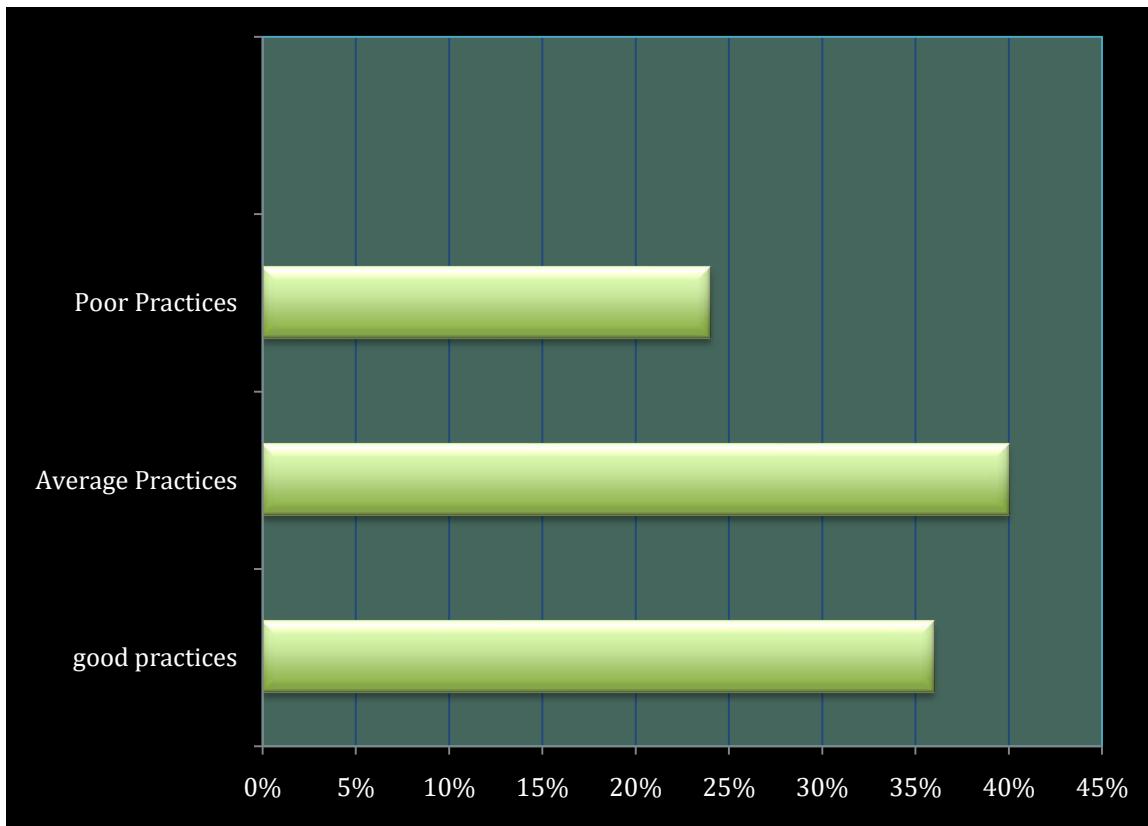
**Table. No:2**Distribution ofKnowledge Score regarding the Prevention of Anemia among Antenatal women

Knowledge Level	Percentage
Adequate	38%
Partial	33%
Inadequate	29%

**Figure. No:2**Distribution ofKnowledge Score regarding the Prevention of Anemia among Antenatal Women



**Figure No:3**Distribution of Practices regarding the Prevention of Anemia among Antenatal Women



## VI. Discussion

The present study revealed that the main source of information to antenatal women regarding prevention of Anemia is from Health Workers. Out of 100 antenatal women only 38% have adequate knowledge and 29% have inadequate knowledge regarding the prevention of Anemia. About the Practices only 36% of antenatal women are following the good practices on prevention of Anemia and 24% of antenatal women are following the Poor practices regarding the prevention mainly about their regular visits, intake of iron Supplements, etc.

## VII. Conclusion

Health education are essential step towards prevention of anemia in pregnancy. Educating the antenatal women about the importance of diet and implementing this in to practices will help in the prevention of anemia. The current emphasis on health for all demands that every individual should be self sufficient and self reliant. Assessments of knowledge and practice and health

education are essential step towards the prevention of anemia in pregnancy. The incidence of anemia increases among antenatal mothers. Early detection and management strategies should be adopted to prevent complications. Research studies should be conducted to assess the needs of pregnant women. The main focus of research studies should be behavior modification of individual. The approach of primordial prevention should be adopted, which involves preventing anemia and spread of risk factors and lifestyle modification through health education programs conducted by the nursing personal both in hospital and community. The nurse and health workers can distribute iron and folic acid supplements to the antenatal mother.

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