

Association between Factors and Anaemia - Adolescent Girls of High Schools

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ABSTRACT

Introduction	In India, anaemia is a public health concern. This study was conducted to find the prevalence of anaemia and the associated factors. A total of 410 adolescent girls studying in high schools were selected randomly after obtaining the consent from them and their parents. Haemoglobin level was monitored with cyanmethhaemoglobin method.
Methods	The tools used were a demographic Performa, SES (Socio-economic status) and record of measurements. Tools were validated. The reliability of SES was 0.96 and the method of Hb (Haemoglobin) monitoring was 0.996. After ethical clearance a pilot study was conducted on 50 samples. Data collected were analyzed using SPSS.
Results	Analysis revealed that 72.7% of the adolescent girls were aged between 13 - <15 years and 39.3% were first born. Most (39.5 %) of them had only one sibling. About 51.7% were living in nuclear families, 85.4% of the families of the adolescent girls were of low SES and 64.6% had not attained menarche during the data collection period. Sixty percent of the adolescent girls have normal BMI. Most of the mothers (31.2%) and fathers (35.9%) had higher primary school level education. Majority of the parents were coolie workers (42.9 % fathers and 43.4% mothers). The prevalence of anemia in adolescent girls in this study was 57.1%. The mean values were as follows: hemoglobin 11.49 + 1.42 g%, age 13.64 years, scholastic performance 61.96%, weight 38 kg, height 150.22 cm and BMI was 16.92. Hemoglobin values was associated with age of the adolescent girls (p= 0.048, Kruskal Wally's test). It was statistically not associated with other variables.
Conclusion	This study concluded that the prevalence of anemia among the adolescent girls was 57.1% which highlights that anemia is a public health concern among the adolescent girls.