

Anemia During Pregnancy, Descriptive Survey in Sitamarhi Dist., Bihar

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Abstract: This paper presents an overview on anemia during pregnancy, descriptive survey in Sitamarhi Dist., Bihar.

Keywords: Anemia, Pregnancy

1. Introduction

Pregnancy is a unique, exciting, and often joyous time in a woman's life as it highlights the woman's amazing creative and nurturing powers while providing a bridge to the future. Pregnancy comes with some cost, however, for the pregnant woman also needs to be a responsible woman to best support the health of her future child. The growing fetus depends entirely on its mother's healthy body for all needs. Consequently, pregnant women must take steps to remain as healthy and well-nourished as they possibly can. Pregnant women should take into account the many healthcare and lifestyle considerations since pregnancy women need healthy and nutritious food in order for their baby to be healthy. In developed countries, it is estimated that approximately 2% of woman are anemic; in developing world, this figure may be as high as 50% and this contributes to the high rate of maternal mortality. Iron, folic acid, and vitamin B 12 deficiencies are more common; the unavailability of nutritious food, food taboos, and eating and cooking customs all play a part. In order to prevent anemia, midwives must not only understand the medical problem but also any social circumstances that give rise to it.

Anemia is a widespread public health problem associated with an increased risk of morbidity and mortality, especially in pregnant women. It has multiple causes, both nutritional (vitamin and mineral deficiencies) and non-nutritional (infection) that frequently co-occur. It is assumed that the most common contributing factors are iron deficiency, folic acid deficiency, and vitamin B 12 deficiency. Anemia resulting from iron deficiency is considered one of the top ten contributors to the global burden of disease.

According to World Health Organization, the prevalence of anemia in developing countries among pregnant women averages 56% ranging between 35-100%, in the year 2009 among different regions of the world. Various studies from different regions of the country have reported the prevalence of anemia to be between 33-100%. In India, the prevalence of iron deficiency anemia is perhaps the highest in the world that is

80% among pregnant women are affected.

2. Materials and Methods

The research approach adopted for the study is descriptive survey approach. Data was collected using non-probability purposive sampling technique.

The total number of antenatal mothers included was 100. The study was conducted in Sitamarhi dist., Bihar. The tools used for this study were demographic proforma and structured knowledge questionnaire. The structured knowledge questionnaire consisted of 32 items.

A pilot study was conducted to find out the feasibility of the study. Correlation of the half test was found by using Karl Pearson correlation co-efficient formula, and the reliability co-efficient of the whole test was established by Spearman Brown prophecy formula. Data analysis was done by using both descriptive and inferential statistics.

3. Results

The study sample consisted of 100 antenatal mothers. About 40% of antenatal mothers belonged to the age group of 18-22 years, and majority (57%) of antenatal mothers belonged to gravid 2 and above. Maximum percentage (62%) of antenatal mothers had high school education. About 61% of the participants belonged to a nuclear family. Most of the antenatal mothers (88%) were housewives. Nearly (52%) of the samples had income Rs. 5001-10000. Most of the mothers (67%) had information about anemia from health workers.

The majority of the antenatal mothers (52%) had satisfactory knowledge, 40% had poor knowledge, and 8% had good knowledge about anemia during pregnancy.

The chi-square values of demographic variables such as age, gravida, type of family, education, occupation, monthly family income, and source of information, regarding anemia during pregnancy among antenatal mothers were significant at 0.05 level of significant. Thus, it is concluded that there was an association between knowledge score and selected demographic variables.

4. Discussion and Conclusion

Anemia is a widespread public health problem associated with an increased risk of morbidity and mortality especially in

pregnant women. The current study was conducted Sitamarhi dist., Bihar to assess the knowledge level of antenatal mothers regarding anemia during pregnancy.

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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 mothers.

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