

EFFECTIVENESS OF PLANNED TEACHING PROGRAMME ON KNOWLEDGE REGARDING IRON DEFICIENCY ANAEMIA AND MALNUTRITION AMONG MALNOURISHED SCHOOL STUDENTS AT ALANKUPPAM, PUDUCHERRY, INDIA.

Mrs. USHA, *Asst. Professor*, **Mr. Muthukumaran**, *Lecturer*, **Mrs. Jakkulin Lilly Priya**, *Lecturer*, **Mr. Vinai Kumar**, *Lecturer*,
College of Nursing, PIMS, Puducherry, India.

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INTRODUCTION

Child hunger is a very significant issue today. UNICEF estimates state that nearly 195 million children are malnourished worldwide. Millions of children living in developing nations are at risk of malnutrition. Iron deficiency is the most common and widespread nutritional disorder in the world. As well as affecting a large number of children and women in developing countries. The numbers are staggering: 2 billion people – over 30% of the world's population – are anaemic, many due to iron deficiency, and in resource-poor areas, this is frequently exacerbated by infectious diseases. Malaria, HIV/AIDS, hookworm infestation, schistosomiasis, and other infections such as tuberculosis are particularly important factors contributing to the high prevalence of anaemia in some areas. The World Health Organization (WHO) estimates that malnutrition accounts for 54 percent of child mortality worldwide, about 1 million children. Another estimate also by WHO states that childhood underweight is the cause for about 35% of all deaths of children under the age of five years worldwide.

NEED FOR THE STUDY

Malnutrition lead to a variety of health and developmental consequences even mild deficiency can cause a significant loss of learning ability. Evidence shows that the health of students is linked to their academic achievement, so by working together, we can ensure that young people are healthy and ready to learn. Recent studies have demonstrated that nutrition affects students' thinking skills, behavior, and health, all factors that impact academic performance.



STATEMENT OF THE PROBLEM / OBJECTIVES

Statement of the Problem: A Study to Assess the Effectiveness of Planned Teaching Programme On Knowledge Regarding Iron Deficiency Anaemia And Malnutrition Among Malnourished School Students at Alankuppam, Puducherry, India

Objectives:

1. To Assess the Common Health problems among the school students.
2. To Assess the level of knowledge Regarding Iron Deficiency Anaemia And Malnutrition Among Malnourished School Students before and after Planned Teaching Programme.
3. To Assess the effectiveness of Planned Teaching Programme on Iron Deficiency Anaemia And Malnutrition Among Malnourished School Students.
4. To associate the level of knowledge on Iron Deficiency Anaemia And Malnutrition with selected socio demographic variables of Among Malnourished School Students.

METHODOLOGY

Quantitative approach, Pre-Experimental One group Pre and Post test design was used for this study. The Physical examination, Anthropometric assessments and Body Mass Index of measured for 144 adolescent school students in the age group of 11 – 16 years on February 2015 at Alankuppam rural area, Puducherry, India. Among them 68 who are identified as Mild to Moderate level of Malnutrition were selected as participants for this study.

The level of Knowledge on Iron deficiency Anemia and Malnutrition was assessed by the use of self structured Questionnaire and on the same day Planned Teaching Programme on Iron deficiency Anemia and Malnutrition was administered to School students. On the 7th day after administration of Planned Teaching Programme, the level of Knowledge on Iron deficiency Anemia and Malnutrition was assessed with the same self structured Questionnaire from the school students.

Self Structured Questionnaire Consists of Socio Demographic Variables and Knowledge questionnaires related to Iron deficiency Anemia and Malnutrition.

Planned Teaching Programme Consists of Nutrients, Types, Functions and Rich Sources of Nutrients and Deficiency of Nutrients.

RESULTS / FINDINGS

Table : 1 Distribution of common problems among the School students n=144

Sl. no	Problem identified	Frequency	Percentage
1	Malnutrition	68	47.22
2	Decreased vision problem	13	9.03
3	Menstrual problem	7	8.91
4	Anemia	28	19.44
5	Dental carries	21	14.53
6	Dandruff	38	26.39
7	Pediculosis	32	22.2

Table 1 reveals that, among 144 adolescent school students in the age group of 11 – 16 years, 68 were identified as Mild to Moderate level of Malnutrition.

COMPARISON OF PRE TEST AND POST TEST LEVEL OF KNOWLEDGE ON IRON DEFICIENCY ANEMIA & MALNUTRITION

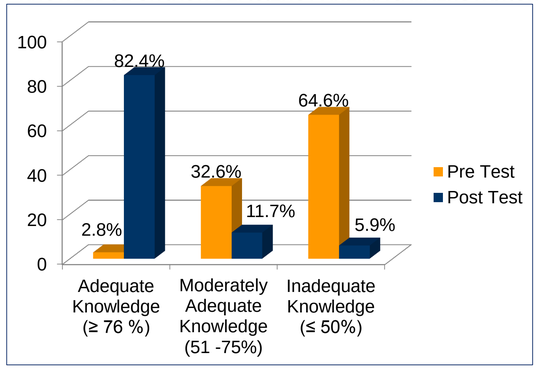


Figure 1: Comparison of Pre Test And Post Test Level Of Knowledge on Iron Deficiency Anemia and Malnutrition among School Students.

Figure 1 reveals that among 68 school students, 2.94% of them had adequate knowledge in pre test, after intervention 82.4% of them gained adequate knowledge on Iron Deficiency Anemia and Malnutrition in post test.

Only 2 students had adequate knowledge in pretest, where as in posttest 56 students (82.4%) had adequate knowledge and shows significantly effective at the level of $p<0.05$.

CONCLUSION

Comparison of pre-test and post-test knowledge scores shows that there was considerable increase in posttest knowledge.

Only 2 students had adequate knowledge in pre-test, where as in post-test 56 students (82.4%) had adequate knowledge and shows significantly effective at the level of $p<0.05$.

Thus, the result concludes that Planned Teaching Programme on Iron Deficiency Anemia and Malnutrition was found to be an effective, appropriate and feasible mode to enhance knowledge of school students.

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