RESEARCH ARTICLE

ASSES THE KNOWLEDGE AND PERCEPTION ON ANEMIA AMONG RURAL ELDERLY AT MYSURU-A CROSS SECTIONAL STUDY

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ABSTRACT

Anemia is a condition where your blood doesn't have enough healthy red blood cells or hemoglobin, leading to a reduced ability to carry oxygen to your body's tissues. This can cause symptoms like fatigue, weakness, and shortness of breath.The majority of anaemia in India is categorized as mild or moderate with under 3% of women and children being reported as severely anemic. However even mild and moderate anemia if left untreated can lead to serious long term health consequences. Despite several efforts by the Government of India, the national burden of anaemia remains high and its growing prevalence is concerning to India's public health system. **Objectives**: Objectives is to Asses the knowledge and perception of anemia among rural elderly at Mysuru **Methods:** The research design selected for this study was descriptive design. cross sections of the population under Varuna health and wellness center .the total sample size was 60 rural Elderly at Varuna, Mysuru. **Result:** Result revealed that majority of Rural elderly are have anemia there is association between the knowledge and perception of Anemia with the selected variable such as gender, education and also income. **Conclusion**: It was concluded that the rural Elderly having high prevalence rate of Anemia and there is statistical significance association between The knowledge and perception with the demographic variable such as gender and education and income.

INTRODUCTION

According to national health mission Anemia is a significant public health challenge in India. Iron deficiency anaemia results in impaired cognitive and motor development in children and decreased work capacity in adults. The effects are most severe in infancy and early childhood. In pregnancy, iron deficiency anaemia can lead to perinatal loss, prematurity and low birth weight (LBW) babies. Anemia Mukth Bharat strategy is implemented to reduce anemia among beneficiaries such as - children (6-59 months), children (5-9 years), adolescents (10-19 years), pregnant and lactating women and in women of reproductive age group (15-49 years) rural adults, formers in life cycle approach through implementation of interventions via robust institutional mechanism.. MoHFW is implementing National Deworming Day (NDD) programme under which biannual mass de worming for children and adolescents in age group 1-19 years is carried on designated dates – 10th February and 10thAugust every year. Pregnant women are provided services under the strategy through antenatal care contacts like ANC clinics and Intensified year-round Behavior Change Communication Campaign for at compliance to de worming, Appropriate Infant and Young Child Feeding (IYCF) with emphasis on adequate and age-appropriate complementary foods for children 6 months and above, Increase intake of iron-rich, protein-rich and vitamin C-rich foods; dietary diversification, food fortification and Promoting practice of delayed cord clamping.

Testing and Treatment of anemia using digital methods (Digital Invasive Haemoglobinometer) in field settings, Sub Health Centers, Health and Wellness Centers and Semi-auto analyzer in health facilities PHC and above and point of care treatment. Anemia Management protocols to be followed are mentioned in Operational Guidelines for Anemia Mukth Bharat. Mandatory provision of Iron and Folic Acid fortified foods in government-funded health programmes. Intensifying awareness, screening and treatment of non-nutritional causes of anemia in endemic pockets, with special focus on malaria, haemoglobinopathies and fluorosis.

MATERIALS AND METHODS

Problem Title: A study to Asses the knowledge and perception of anemia among rural elderly at Mysuru - A cross sectional study.

Objectives

- To assess the knowledge of Anemia among Rural elderly under Varuna health and wellness center Mysuru.
- To assess the perception of Anemia among Rural elderly under Varuna health and wellness center Mysuru
- A study to assess the correlation between the knowledge and perception of anemia among Rural elderly under Varuna health and wellness center Mysuru.

- To determine the association between the knowledge and perception on of Anemia among Rural elderly under Varuna health and wellness center Mysuru with their selected personal variables.

Hypotheses

H 1- There will be A significant correlation between the knowledge and perception of anemia among rural elderly under Varuna health and wellness centre Mysuru.

H 2- There will be significant association between the knowledge and perception of anemia among rural elderly under Varuna health and wellness centre Mysuru with their selected personal variables.

Conceptual Frame Work

The conceptual framework used for this study was Health promotion Model.

Assumptions

- Rural Elderly may have some correlation with knowledge and perception of Anemia under health and wellness center under Varuna health and wellness centre Mysuru.
- Significant association between the knowledge and perception on Anemia among rural elderly under Varuna health and wellness centre Mysuru with their selected personal variables

Delimitation: Study is delimited to those who are residing in Rural community Varuna Under Varuna health and wellness centre Mysuru.

METHODOLOGY

Research Approach: Quantitative approach was adopted for this present study.

Research Design: Descriptive and cross sectional design was adopted for present study

Keys

Variables of the Study

Research variable: knowledge and perception of Anemia

Other variables: Selected personal variables viz., age, gender educational qualification etc.

Sources of the Data

Setting of the Study: The present study was conducted under Varuna health and wellness centre Mysuru.

Population: Population comprised of rural elderly under Varuna health and wellness centre Mysuru.

Sample and Sampling: Rural elders were selected as samples for the present study by cross sections of the rural elderly under Varuna health and wellness centre.

Sampling Technique: Cross sectional survey was used for the study to select rural elderly.

SAMPLING CRITERIA

Inclusion criteria

Rural elders who are

- Rural elderly who meets inclusion criteria.
- Rural elderly who diagnosed, recently diagnosed and not diagnosed also will be included in this study.
- Available during the period of data collection.

- Willing to participate in the study

Exclusion criteria

- Rural elders who are not willing to participate in this study.
- Samples who is not knowing local language

DATA COLLECTION TECHNIQUES AND INSTRUMENTS
Development of tool

The tool was developed through following steps:

- Review of research and non research literature related to Anemia.
- Opinion of experts from the nursing department.

Description of Tool: The tool consists of two sections.

Section A: Consists of Proforma for selected personal variables of respondents seeking information such as age, gender, educational status, previous exposure to educational program me on Anemia.

Section B: Structured questionnaires used to assess the knowledge in this study.

Section C: Likert scale used to assess the perception of the study

Section D: Assess the correlation between the knowledge and perception.

Section E: Assess association between the knowledge and perception with their selected demographic variable.

RELIABILITY: Reliability of the Tools was tested by using KarlPearson correlation formula.

VALIDITY: Validated by 5 expert in respective departments.

PROCEDURE FOR THE DATA COLLECTION: Permission for conducting the study was obtained from consent authority the data was collected. An informed consent was obtained from each subject to indicate their willingness to participate in the study. The data collection process was terminated after thanking each respondent for their participation and their co operation.

RESULTS

SECTION-A Description of selected personal variables of study subjects

Table-01: Frequency and percentage distribution according to their selected personal variables

n = 60

SL. NO	Demography	Category	Respondents	
			frequency	Percent (%)
01.	Age(years)	.>35	8	13.33%
		35-45	17	28.33%
		45-55	28	46.66%
		55 and above	07	11.66%
02.	Gender	Male	41	68.33%
		Female	19	31.66 %
03.	Religion	Hindu	60	100%
		Muslim	00	00
		Christine	00	00
04.	Type of Family	Nuclear	39	65%
		Joint	21	35%
05.	Education	Illiterates	19	31.66%
		Primary	11	18.33%
		Higher secondary	03	5.00%
		PUC and above	27	45.00%
06.	Income	<10000	01	2.00%
		Rs 10000-20000	13	21.66%
		Rs .>20000	46	76.66%
07.	Awareness of Anemia,	Yes	60	100%
		No	0	00

SECTION -B   Assess the frequency and knowledge of rural elderly on anemia.

Table 02.

n=60

Sl.No	Knowledge level	Frequency	Percentage
01	Poor knowledge	08	13.3%
02	Moderate knowledge	16	26.7%
03	Adequate knowledge	36	60%

Table 02 revealed that Majority of the population are having adequate knowledge 60% followed by Moderate 26.7%. only 13.3% is having poor knowledge. Table 03 shows that knowledge level of rural elderly is 57.40%with SD of +_ 4.21

Table 03. Knowledge score of rural elderly on anemia among rural elderly

n=60

Sl.No	Aspect	Mean	Median	Range	SD	Mean%
01	knowledge score	17.22	17.1	8-24	+ 4.21 -	57.40

SECTION -C   Assess the perception of rural elderly on anemia

Table 04 revealed that 55.4 % with SD +_7.51 Having positive perception of rural elderly on anemia to care the problems.

Table 04. Perception of rural elderly on anemia

Sl.No	Domains	Max. score	Before STP			
			Range	Mean	SD	Mean%
1	Perception	100	44-69	55.4	7.51	55.4

SECTION -D   Assess the correlation of   rural elderly on anemia

Table 05. Correlation between knowledge and perception

Sl.No	Correlation	Correlation between knowledge and perception	
		R	p-value
	knowledge and perception	0.80[*]	p>0.05

Table 05 explain that there is a positive correlation between the knowledge and perception on anemia among rural elderly.

H 01: There is a significant correlation between the knowledge and perception of Anemia among rural   elderly with   their selected personal variables. Calculated karl pearson correlation value showed that there was a significant positive correlation found between the knowledge and perception. Hence the hypothesis is accepted and it is inferred that there is a significant correlation between the knowledge and perception of Anemia with   their selected personal variable.

SECTION E: Assess association between the knowledge and perception with their selected demographic variable.

To find out the association between the knowledge of Anemia with their personal variables such as age. Gender, education and income. chi square was computed and following   hypothesis is stated.

H 02: There is a significant association between the knowledge of Anemia among rural elderly with   their selected personal variables.

Calculated chi square value showed that there was a significant association found between the prevalence of Anemia with their selected personal variables such as age , Gender. Occupation, income. also it has significant association between occupation, gender ,income Hence the hypothesis is accepted and it is inferred that there is a significant association between the prevalence of Anemia with   their selected personal variable.

DISCUSSION

Anemia is the highly prevalent problem in the country but to day peoples are having knowledge and favorable perception to care this problem due to impact of mass media health workers and other sources. The findings of present   study have implications for nursing practice, nursing education, nursing administration and nursing research.

Nursing practice: It is important to create the awareness on risk factors of Anemia mellitus in Geographical area and those who diagnosed as Anemia must have knowledge positive attitude to manage with this problem. Hence it is importance to have awareness regarding Anemia mellitus.

Nursing education: Education is the key component to update and change the knowledge of an people. The nurse educator can conduct the educational programme in community to screen the Anemia.

Nursing administration: Nursing administrator is the key person to plan, organize and conduct educational programme. Nurse administrators can encourage the Rural elderly to participate in educational intervention on   risk factor to manage in early stage itself.

Nursing research: The topic has great relevance to the present day in public health. The study stresses on the need for extensive research in the subject and for more implication to improve the knowledge to prevent Anemia.

Recommendations

- Similar study can be carried out on a large scale to generalize the findings.
- A Similar study can be conducted in other population..
- A comparative study can be conducted between Rural Elderly.

CONCLUSION

It was concluded that majority of the rural elderly is having knowledge and positive perception to care about anemia . there will be a positive correlation between the knowledge and perception shows that it is positive perfect correlation. Study finding also emphasizes the there is a significance association between the level of knowledge and perception, gender and income ,education with their selected personnel demographic variable.

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