



# REVIEW OF RESEARCH

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## AWARENESS ABOUT ANEMIA AND NUTRITIONAL STATUS OF SCHEDULE TRIBE PREGNANT WOMEN'S

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### ABSTRACT:

Health is a major instrument of social & economic development and it can be playing a very important role in the creation of new world. The level of development achieved by a society is often determined on the basis of the level of Health and System of Health prevalent in the society. In Article 47 of the Directive principle of state policy, "The constitution obligates the state to raise the level of Nutrition and Standard of people and improve public health". According to "right to Health" in the Universal declaration of Human Right, "Everyone has to right to a standard of Living, adequate for the well being of himself and his family." In a developing country like India, medical practitioners can no longer confine their role to diagnosing ailment.



**KEYWORDS:** Anemia, nutritional status, family life etc..

### INTRODUCTION

Women have been then able to make meaningful contribution to society. They have to play the role of educator, counselor and as the agent of Social change, health as evolved from being only an individual concern's to that of major social goal and an important factor. This encompasses the Quality of community life.

Anemia is a characterized by a low level of hemoglobin in the blood. Hemoglobin is necessary for the transporting oxygen for lungs

to other tissue of the body. Anemia is usually result from nutritional deficiency of iron folic vitamin B<sub>12</sub> and some other nutrient. According to centre for disease control & prevention.

### OBJECTIVES OF THE STUDY:

These objectives are scientific and based on empirical data, which is quantified and analyzed through statistical means. The data for the study are collected from schedule tribe pregnant women's in Amaravati district.

1) To analyzed the level of awareness about Anemia disease's

2) To study the Nutritional status among the respondents.

### Hypothesis:

Lower the educational level of tribal women lower the awareness regarding anaemia disease.

### Methodology:

#### Sampling design:

The Convenience sampling method should be use for data collection in 6 Tahsil include 300 S.T. Pregnant Women each and every Tahsil no. of respondent are same i.e. 50 has been selected for research.

**TOOLS AND METHODS OF DATA COLLECTION:**

For the present study the researcher has been utilized highly scientific tools and methods of data collection. The data has been collected by using Interview scheduled method. Some of the respondent may be illiterate and may not be able to fill up the interview scheduled/questionnaire on their won at the time researcher ask question and fill up the Interview scheduled.

Most of the tribal women’s are illiterate and their awareness and knowledge of modern facilities, technical development and even understanding capacity is very poor Hence, the researcher had developed scientific tools, which are easily used to collect relevant data. A logically structured interview schedule has been developed to collect appropriate primary data from the tribal women’s.

The interview schedule has been divided systematically to include various dimensions and aspects of the study. The questions included in the interview schedule are very widely, classified on a number of different variables of the study. The question has been incorporated logically and language used is simple and meaningful.

**RESULTS:**

**Table No: 1.1**  
**Educational level and awareness about anemia**

Educational level		Do you know about anemia		Total
		Yes	No	
Primary	Count	39	0	39
	Expected Count	23.7	15.3	39
	% of Total	13	0	13
Middle class	Count	78	0	78
	Expected Count	47.3	30.7	78
	% of Total	26	0	26
S.S.C.	Count	65	40	105
	Expected Count	63.7	41.3	105
	% of Total	21.7	13.3	35
H.S.C.	Count	0	39	39
	Expected Count	23.7	15.3	39
	% of Total	0	13	13
Graduate	Count	0	18	18
	Expected Count	10.9	7.1	18
	% of Total	0	6	6
Post graduate	Count	0	9	9
	Expected Count	5.5	3.5	9
	% of Total	0	3	3
Illiterate	Count	0	12	12
	Expected Count	7.3	4.7	12
	% of Total	0	4	4
<b>Total</b>	<b>Count</b>	<b>182</b>	<b>118</b>	<b>300</b>
	<b>Expected Count</b>	<b>182</b>	<b>118.0</b>	<b>300</b>
	<b>% of Total</b>	<b>60.7</b>	<b>39.3</b>	<b>100.0</b>

**Chi-Square Tests: Pearson Chi-Square: 196.230a, d. f.: 6, Contingency Coefficient: .629, Spearman Correlation: .679**

The majority of the 105 respondents that is 35 percent are educated up to secondary school certificate (SSC) among them 65 i.e. 21.7 percent of respondents are aware about anemia disease and 40 i.e. 13.3 percent of respondent does not much aware about anemia though they are suffering from the same disease.

26 percent respondents are educated up to middle school all those 78 i.e. 26 percent of respondents are aware about anemia disease.

13 percent respondents are educated up to primary school level and they are are aware about anemia disease 13 percent are educated up to HSC level are not aware about anemia disease.

6 percent respondents are educated up to graduate level all those are not aware about anemia disease. 3 percent are educated up to post graduate level all those are aware not about anemia disease.

4 percent respondents are illiterate all those are aware not about anemia disease.

In the present study researcher has been made an attempt to find out relationship between education of the respondent and awareness about anemia. It is proved that among the total 300 respondents the majority of the 105 respondents that is 35 percent are educated up to secondary school certificate (SSC) among them 65 i.e. 21.7 percent of respondents are aware about anemia disease and 40 i.e. 13.3 percent of respondent does not much aware about anemia though they are suffering from the same disease.

**Table No: 1.2**  
**Educational level and opinion about anemia disease**

Educational level		If yes what do you know about anemia					Total
		Curable diseases	communicable disease	infectious diseases	fetal to death	Hereditary disease	
Primary	Count	39	0	0	0	0	39
	Expected Count	19.0	1.6	1.2	3.1	14.2	39
	% of Total	13	0	0	0	0	13
Middle class	Count	78	0	0	0	0	78
	Expected Count	38	3.1	2.3	6.2	28.3	78
	% of Total	26	0	0	0	0	26
S.S.C.	Count	29	12	9	24	31	105
	Expected Count	51.1	4.2	3.2	8.4	38.2	105
	% of Total	9.7	4	3	8	10.3	35
H.S.C.	Count	0	0	0	0	39	39
	Expected Count	19.0	1.6	1.2	3.1	14.2	39
	% of Total	0	0	0	0	13	13
Graduate	Count	0	0	0	0	18	18
	Expected Count	8.8	.7	.5	1.4	6.5	18
	% of Total	0	0	0	0	6	6
post graduate	Count	0	0	0	0	9	9
	Expected Count	4.4	.4	.3	.7	3.3	9
	% of Total	0	0	0	0	3	3
Illiterate	Count	0	0	0	0	12	12
	Expected Count	5.8	.5	.4	1	4.4	12
	% of Total	0	0	0	0	4	4
Total	Count	146	12	9	24	109	300
	Expected Count	146	12	9	24	109	300
	% of Total	48.7	4	3.	8	36.3	100

**Chi-Square Tests: Pearson Chi-Square: 325.309<sup>a</sup>, d. f.: 34, Contingency Coefficient: .721, Spearman Correlation: .845**

The majority of 105 i.e. 35 percent of respondents are educated up to SSC level among them 26 i.e. 9.7 percent respondents thinks that anemia is a curable disease 12 i.e. 4 percent respondents thinks that anemia is communicable disease, 9 i.e. only 3 percent respondents opined that anemia is infectious

disease, 24 i.e. 8 percent respondents opened that because of anemia a person may be face a fetal to death and 31 i.e. 10.3 percent respondents reported that anemia is a hereditary disease.

26 percent respondents reported that they are educated up to middle class level and all those are opined that anemia is a curable disease.

13 percent respondents reported that they are educated up to only primary level and all those are opined that anemia is a curable disease.

13 percent respondents reported that they are educated up to HSC level and all those are opined that anemia is not a curable disease.

6 percent respondents reported that they are educated up to only graduate level and all those are opined that anemia is a hereditary disease.

3 percent respondents reported that they are educated up to only postgraduate level and all those are opined that anemia is a hereditary disease.

4 percent respondents reported that they are illiterate and all those are opined that anemia is a hereditary disease.

The statistical analysis shows that the majority of 105 i.e. 35 percent of respondents are educated up to SSC level among them 26 i.e. 9.7 percent respondents thinks that anemia is a curable disease 12 i.e. 4 percent respondents thinks that anemia is communicable disease, 9 i.e. only 3 percent respondents opined that anemia is infectious disease, 24 i.e. 8 percent respondents opened that because of anemia a person may be face a fetal to death and 31 i.e. 10.3 percent respondents reported that anemia is a hereditary disease.

**Table no. 1.3**  
**Sufficient food intake**

Sufficient food	Frequency	Percent	Valid Percent	Cumulative Percent
Yes	208	69.3	69.3	69.3
No	92	30.7	30.7	100
<b>Total</b>	<b>300</b>	<b>100</b>	<b>100</b>	

The above table shows that the information regarding sufficient food intake of the respondents. The majority of the 69.3 percent of the pregnant tribal women reported that the food they are taking is sufficient for their health. But the 30.7 percent of the women’s food intake is insufficient for their health.

**Table no. 1.4**  
**Advise to get nutrient food during pregnancy**

Advise	Frequency	Percent	Valid Percent	Cumulative Percent
Govt. hospital doctor	60	20	20	20
Anganwadi worker	152	50.7	50.7	70.7
Relatives	24	8	8	78.7
Private hospital doctor	36	12	12	90.7
ANC Workers	20	6.7	6.7	97.3
NGO worker	8	2.7	2.7	100
<b>Total</b>	<b>300</b>	<b>100</b>	<b>100</b>	

The majority of the 50.7 percent of the women reported that they get proper advice regarding nutrient food during pregnancy through anganwadi workers. 20 percent of the women reported that they get proper advice regarding nutrient food during pregnancy private hospital doctor.

50.7 percent of the women reported that they get proper advice regarding nutrient food during pregnancy through anganwadi workers.

8 percent of the women reported that they get proper advice regarding nutrient food during pregnancy through relatives.

6.7 percent of the women reported that they get proper advice regarding nutrient food during pregnancy through ANC workers. Only 2.7 percent of the women reported that they get proper advice regarding nutrient food during pregnancy through NGO workers.

The majority of the 50.7 percent of the women reported that they get proper advice regarding nutrient food during pregnancy through Anganwadi workers it shows that under integrated child development scheme (ICDS) of the government of India, the Anganwadi workers are providing better service of prenatal and postnatal care to the women.

**Table no. 1.5**  
**Sources of getting nutritious food grains**

Sources	Frequency	Percent	Valid Percent	Cumulative Percent
Anganwadies	261	87	87	87
Gov.t hospitals	12	4	4	91
Ration card shops	13	4.3	4.3	95.3
NGOs	14	4.7	4.7	100
<b>Total</b>	<b>300</b>	<b>100</b>	<b>100</b>	

The majority of 87 percent of tribal women are getting nutritious food grains from Anganwadies. 4.7 percent of tribal women are getting nutritious food grains from Non Government Organizations.

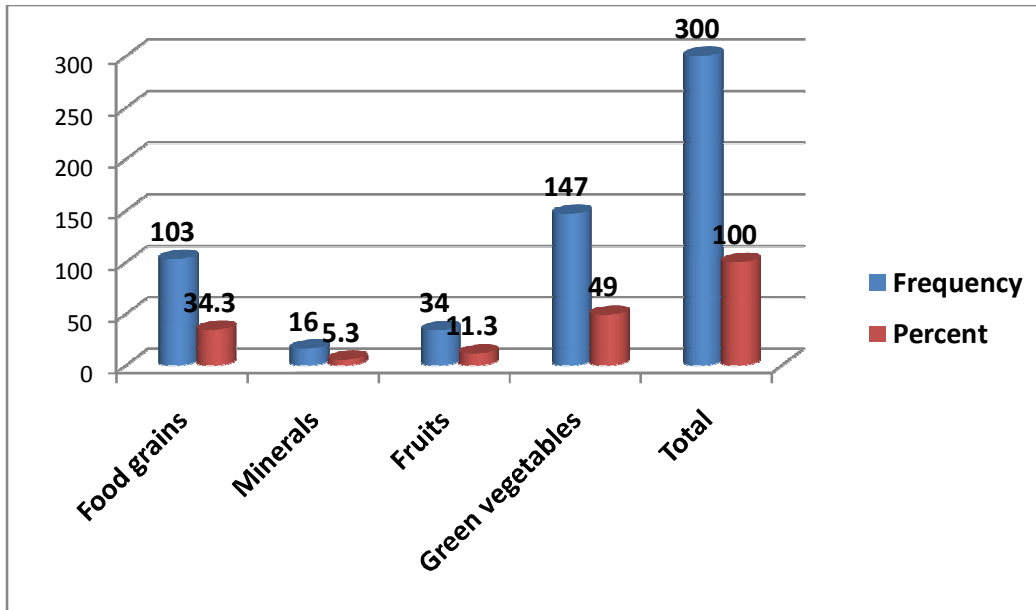
4.3 percent of tribal women are getting nutritious food grains from ration shops. Only 4 percent of tribal women are getting nutritious food grains from government hospitals.

It is found that majority of 87 percent of tribal women are getting nutritious food grains from Anganwadies

**Table no. 1.6**  
**Types of nutritious food get during pregnancy**

Types of nutritious food	Frequency	Percent	Valid Percent	Cumulative Percent
Food grains	103	34.3	34.3	34.3
Minerals	16	5.3	5.3	39.7
Fruits	34	11.3	11.3	51
Green vegetables	147	49	49	100
<b>Total</b>	<b>300</b>	<b>100</b>	<b>100</b>	

**Diagram no. 1.1**  
**Diagram showing types of nutritious food get during pregnancy**



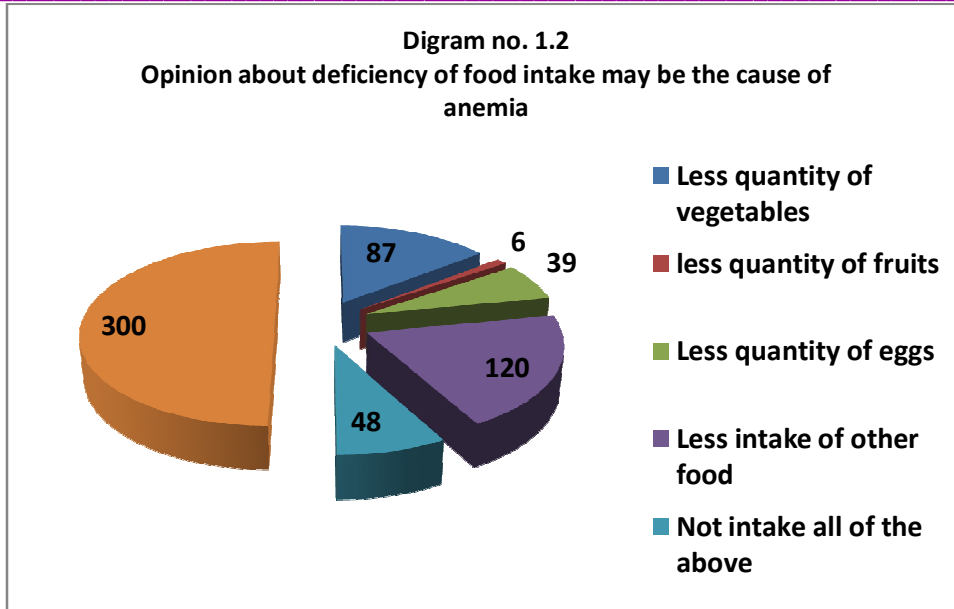
The 34.3 percent of the women reported that they get food grains as a nutritious food during their pregnancy period. 49 percent of the women reported that they get green vegetables as a nutritious food during their pregnancy period.

11.3 percent of the women reported that they get fruits as a nutritious food during their pregnancy period. Only 5.3 percent of the women reported that they get minerals as a nutritious food during their pregnancy period.

The majority of the 34.3 percent of the women reported that they get food grains as a nutritious food during their pregnancy period.

**Table no. 1.7**  
**Opinion about deficiency of food intake may be the cause of anemia**

Opinion about deficiency	Frequency	Percent	Valid Percent	Cumulative Percent
Less quantity of vegetables	87	29	29	29
less quantity of fruits	6	2	2	31
Less quantity of eggs	39	13	13	44
Less intake of other food	120	40	40	84
Not intake all of the above	48	16	16	100
<b>Total</b>	<b>300</b>	<b>100</b>	<b>100</b>	



In the present study the researcher has been tried to opinion of the respondents regarding food deficiency may be the causes of anemia.

Majority of the 40 percent tribal women opined that less intake of food may be the cause of anemia as well as little less 29 percent women less quantity of vegetables meal may be the cause of anemia.

16 percent tribal women opined that less intake of vegetables, less intake of fruits, less quantity of eggs, and less intake of other food may be the cause of anemia as well as little less 29 percent women less quantity of vegetables meal may be the cause of anemia. Only 2 percent of respondents reported that less quantity of fruits intake may be the cause of anemia.

13 percent of respondents reported that less quantity of eggs intake may be the cause of anemia.

16 percent of respondents reported that Not intake all of the above may be the cause of anemia.

Majority of the 40 percent tribal women opined that less intake of food may be the cause of anemia as well as little less 29 percent women less quantity of vegetables meal may be the cause of anemia.

**CONCLUSIONS:**

**Information about anemia:**

All the respondents taken for the study are suffering from anemia disease but among them 39.3 percent of the pregnant women’s don’t know any information about the anemia hence they are found unaware bout anemia

**Known sources about information of Anemia:**

Majority of 41.3 percent of the tribal women opined that doctor/medical practitioner is a main source who can give information about anemia.

**Awareness about causes of anemia:**

It is found that majority of 40 percent of the respondents reported that lack of vitamins is a main cause anemia disease.

**Conception about Anemia:**

Majority of 48.7 percent and 36.3 percent tribal women opened anemia is a curable disease and hereditary disease respectively reading newspaper or magazine.

**Educational level and awareness about anemia:**

In the present study researcher has been made an attempt to find out relationship between education of the respondent and awareness about anemia. It is proved that among the total 300 respondents the majority of the 105 respondents that is 35 percent are educated up to secondary school certificate (SSC) among them 65 i.e. 21.7 percent of respondents are aware about anemia disease and 40 i.e. 13.3 percent of respondent does not much aware about anemia though they are suffering from the same disease.

**Educational level and opinion about anemia disease:**

The statistical analysis shows that the majority of 105 i.e. 35 percent of respondents are educated up to SSC level among them 26 i.e. 9.7 percent respondents thinks that anemia is a curable disease 12 i.e. 4 percent respondents thinks that anemia is communicable disease, 9 i.e. only 3 percent respondents opined that anemia is infectious disease, 24 i.e. 8 percent respondents opened that because of anemia a person may be face a fetal to death and 31 i.e. 10.3 percent respondents reported that anemia is a hereditary disease.

**Sufficient food intake:**

The majority of the 69.3 percent of the pregnant tribal women reported that the food they are taking is sufficient for their health. But the 30.7 percent of the women's food intake is insufficient for their health.

**Advise to get nutrient food during pregnancy:**

The majority of the 50.7 percent of the women reported that they get proper advice regarding nutrient food during pregnancy through Anganwadi workers it shows that under integrated child development scheme (ICDS) of the government of India, the Anganwadi workers are providing better service of prenatal and postnatal care to the women.

**Sources of getting nutritious food grains:**

It is found that majority of 87 percent of tribal women are getting nutritious food grains from Anganwadies.

**Types of nutritious food get during pregnancy:**

The majority of the 34.3 percent of the women reported that they get food grains as a nutritious food during their pregnancy period.

**Opinion about deficiency of food intake may be the cause of anemia:**

Majority of the 40 percent tribal women opined that less intake of food may be the cause of anemia as well as little less 29 percent women less quantity of vegetables meal may be the cause of anemia.

**REVIEW OF HYPOTHESIS:**

**Hypothesis:** Lower the educational level of tribal women lower the awareness regarding anaemia disease.

**Table No: 1.1**



### Educational level and awareness about anemia

The above table is cross table in nature. In the above table the researcher has been made an attempt to study the association / correlation between the independent variable **educational level and dependent variable awareness about anemia** by using descriptive statistic. **The chi-square value is 196.230 and table value is 12.59 at 6 degree of freedom and 0.05 probability level. The chi-square value is 196.230 > table value is 12.59.** The difference / relation between above two variables is significant and the hypothesis taken is not correct (not justified).

In the present study researcher has been made an attempt to find out relationship between education of the respondent and awareness about anemia. It is proved that among the total 300 respondents the majority of the 105 respondents that is 35 percent are educated up to secondary school certificate (SSC) among them 65 i.e. 21.7 percent of respondents are aware about anemia disease and 40 i.e. 13.3 percent of respondent does not much aware about anemia though they are suffering from the same disease.

### Table No: 1.2

#### Educational level and opinion about anemia disease

The above table is cross table in nature. In the above table the researcher has been made an attempt to study the association / correlation between the independent variable **educational level and dependent variable opinion about anemia disease** by using descriptive statistic. **The chi-square value is 325.309 and table value is 36.42 at 24 degree of freedom and 0.05 probability level. The chi-square value is 325.309 > table value is 36.42.** The difference / relation between above two variables are significant and the hypothesis taken is not correct (not justified).

The statistical analysis shows that the majority of 105 i.e. 35 percent of respondents are educated up to SSC level among them 26 i.e. 9.7 percent respondents thinks that anemia is a curable disease 12 i.e. 4 percent respondents thinks that anemia is communicable disease, 9 i.e. only 3 percent respondents opined that anemia is infectious disease, 24 i.e. 8 percent respondents opened that because of anemia a person may be face a fetal to death and 31 i.e. 10.3 percent respondents reported that anemia is a hereditary disease.

### SUGGESTIONS AND RECOMMENDATIONS:

- 1) Pay more attention to this disease by the tribal researcher or any researcher from other community also and in tribal community there should be more sensitization by local people who is more literate.
- 2) Government should be able to work at very grassroots levels awareness through Gramsabha health worker or Aasha worker should more attention gives more training facilities through different disease.
- 3) Properly health campaign in rural as well as in hilly areas by NGO take participate in largely.
- 4) Interaction of language is more important in their language like gondi or others.
- 5) For the social development health and economic parameters is more important, government run the various scheme for their economic development they should enter in to mainstream.
- 6) School should play an important role with the interaction between students and parents and teachers and staff a organize campaign by social worker or coordinate each other.
- 7) Programs organized by elected members and use of media, folk dance, culture, in their own language.
- 8) Tribal culture is very unique in 21<sup>st</sup> century they maintain their own culture very good manner there has no more impact globalization on their culture the new researcher has very much scope to know their culture and more research it should be done on various issues like land health.

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