

## PREVALENCE OF ANEMIA AMONG ANAEMIC WOMEN OF REPRODUCTIVE AGE GROUP RESIDING IN SELECTED RURAL AREAS OF BAGALKOT

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### ABSTRACT

Prevalence of anemia among anaemic women of reproductive age group residing in selected rural areas of Bagalkot. Anemia in women of conceiving age range: 15–49 yr is a public health problem globally. Anemia is the most prevalent nutritional deficiency disorder in the world. It affects all age groups but the most vulnerable are preschool-age children, pregnant women, and non-pregnant women of child bearing age. The highest prevalence of anemia exists in the developing world where its causes are multi-factorial. Anemia occurs at all stages of the life cycle, but is more prevalent in pregnant women and young children. It is the most common hematological disorder in childhood, especially in female children, and it affects particularly women of reproductive age, with increased rates of maternal and prenatal mortality, premature delivery, low birth weight, and other adverse outcomes. The pre-pregnancy nutritional status of young girls is important as it impacts on the course and the conclusion of their pregnancy. Hence, the health of teenage girls demands special attention. In this study quantitative evaluative research approach was applied. The present study was conducted in selected rural areas of Bagalkot district, Karnataka. The collected data were tabulated, analyzed and interpreted by using descriptive and inferential statistics and the finding shows that, in the prevalence of anemia all the among the reproductive age group women were having from 2 to 18 signs and symptoms in that the major complaints is hair loss, fatigue and problems in concentration and thinking. Researcher found that the reproductive age group women of Bagalkot district lack in knowledge regarding anemia and ways to overcome that.

**Key word:** anaemic women, reproductive age group, prevalence of anaemia.

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**INTRODUCTION:****“Healthy adolescent girls of today are the healthy mothers of tomorrow”**

Generative health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity, in all matters relating to the reproductive system and to its functions and processes. Procreative health therefore implies that people are able to have a satisfying and safe sex life and that they have the capability to reproduce and the freedom to decide if, when and how often to do so. It also includes sexual health, the purpose of which is the enhancement of life and personal relations. God created a human as a man and women and in that, a girl is a most beautiful creation in this world; they are the blessed angels of almighty, who after filling their own home with colours of happiness. A girl can give a feel of probity as a daughter, care like sister, warmth in the form of friend, dedication as a wife and divinity as a mother likewise they took a major role in all stage of her development ([www.ossyr.org.ar](http://www.ossyr.org.ar)). Anemia in women of conceiving age range: 15–49 yr is a public health problem globally, and reducing Anemia in by 50% by 2025 is 1 of 6 global nutrition targets that have been set forth by the World Health Assembly. As of 2011, ~496 million non-pregnant women were Anemic, which is an increase of ~50 million non-pregnant women from 1995. Moreover, anemia results in decrease of work productivity in non-pregnant, which is due to reduced oxygen-carrying capacity in an individual's blood (James P Wirth et al., 2017).

Anemia is the most prevalent nutritional deficiency disorder in the world. It affects all age groups but the most vulnerable are preschool-age children, pregnant women, and non-pregnant women of child bearing age. Globally, anemia affects 1.62 billion people, which corresponds to 24.8% of the population. The highest prevalence of anemia exists in the developing world where its causes are multi-factorial. National Family Health Survey statistics reveal that every second Indian woman is anaemic and one in every five maternal deaths is directly due to anemia. This review focused on recent advances in our understanding of the burden of anemia in specific sub-groups, the causes and consequences of anemia among women (B. D. Arya Girls College, Jalandhar Cantt., Punjab, India (2014).

Anemia occurs at all stages of the life cycle, but is more prevalent in pregnant women and young children. It is the most common hematological disorder in childhood, especially in female children, and it affects particularly women of reproductive age, with increased rates of maternal and prenatal mortality, premature delivery, low birth weight, and other adverse outcomes. Most cases of anemia are due to low iron presence, which often work in symphony with foliate deficiency and/or vitamin B12 deficiency as well as with infections. Moreover it has been shown to affect mental development and learning capacity. In infancy it may cause loss of intelligence, less concentration, irritability and fatigue, lethargy, weakness and increased susceptibility to infection (Asia Taha & Saira Azhar, Lone, 2014)

Anemia exists as a common health problem among the women of generative age group and leads to high morbidity and mortality rates among females. Most of the women have poor knowledge regarding anemia, its cause, prevention and management. Freshly blanched drumstick leaves showed a mild positive relationship in the improvement of anemia. The present study shows that the hemoglobin levels of the women in reproductive age group showed a significant improvement post intervention with drumstick leaves poriyal. This may be promoted in the community as a prophylactic and a dietary supplementation in anemic women (T.Chandra & Mrs. Karaline K 2015).

**NEED OF THE STUDY:**

India has the world's highest prevalence of iron deficiency anemia among women, with 60 to 70 percent of the adolescent girls being anemic. Adolescence is considered as a nutritionally critical period of life.

The pre-pregnancy nutritional status of young girls is important as it impacts on the course and the conclusion of their pregnancy. Hence, the health of teenage girls demands special attention.

**OBJECTIVES**

- To find out the prevalence of anemia among reproductive age group women.

**OPERATIONAL DEFINITIONS:**

- **Hemoglobin level:** WHO/UNICEF/UNU graded the hemoglobin level 10-11.9g/dl is considered as mild anemia. 7g/dl to 9.9g/dl is considered as moderate anemia and Less than 7g/dl is considered as severe anemia. 12g/dl is considered as Non anemic
- **Anemic women:** Anemic women refer to child bearing year are particularly susceptible to iron – deficiency anemia because of the blood loss from menstruation and increased blood supply demand during pregnancy.

**RESEARCH METHODOLOGY**

- It includes different steps that are commonly followed by the researcher in studying the research problem and moving in constant with strict principles of validity. The present observation is aimed to find out the prevalence of anemia among reproductive age group women.

**Research Approach:** In this study quantitative evaluative research approach was applied.

**Research Setting:** The present study was conducted in selected rural areas of Bagalkot district, Karnataka.

**Target population:**

**The target population:** The present study is anemic women in reproductive age group who are residing at selected rural areas.

**Accessible population:** The handy population of the present study is the anemic women in reproductive age group residing at selected rural areas Bagalkot.

**Assumptions:**

- Anemic women will co-operative to provide the data. Anemia is common in reproductive age group.

**DISCUSSION**

The collected data were tabulated, analyzed and interpreted by using descriptive and inferential statistics and the finding shows that, in the prevalence of anemia all the among the reproductive age group women were having from 2 to 18 signs and symptoms in that the major complaints is hair loss, fatigue and problems in

concentration and thinking. World health report of World Health Organization states that the mortality rate of iron deficiency anemia is 1,37,04,953 cases in India 2005. Anemia is estimated to contribute to more than 115,000 maternal deaths and 591,000 perinatal deaths globally per year and according to family health survey statistics one in every five maternal death is due to anemia.

India is one of the countries with very high prevalence of anemia in the world. Almost 58 per cent of pregnant women in India are anemic and it is estimated that anemia is the underlying cause for 20–40 per cent of maternal deaths in India. India contributes to about 80 per cent of the maternal deaths due to anemia in South Asia.

### CONCLUSION

Researcher plays a vital role to manage anemia among reproductive age group women. The prevalence among the reproductive age group women of Bagalkot district were assessed, the finding showed that all the women were having the signs and symptoms. Researcher has found that the reproductive age group women of Bagalkot district lack in knowledge regarding anemia and ways to overcome that.

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