

KNOWLEDGE AND PERCEPTION OF ANAEMIA AMONG ADOLESCENT AND YOUNG ADULT WOMEN

Mageshwari R^a, Tejashwini G^a, Jayalakshmi J^a, Lalitha. A^{b*}

^aPG Department of Home Science- Food science Nutrition and Dietetics,

^{b*}Assistant professor, Department of Nutrition Food Service Management and Dietetics,
Shrimathi Devkunvar Nanalal Bhatt Vaishnav College for Women (Autonomous),
Chromepet, Chennai.

*Corresponding Author - lalitha.akilanathan@sdbnvc.edu.in

ABSTRACT:

A major health problem among young women is anaemia, which arises due to dietary deficiencies in iron, vitamin B12, and folate. The purpose of this study was to test young women's knowledge of anaemia, including its causes, symptoms, and prevention. The study design was descriptive, using a structured questionnaire using Google Forms. The study used a snowball sampling, technique to obtain responses from 65 female participants, the majority of whom were between the ages of 18 to 25. The information was analysed using descriptive statistics. The study found 61.53% of patients reported iron deficiency as the main reason for their anaemia, with 40% having a diagnosis. The most frequent symptoms were hair loss (27.69%) and exhaustion (33.84%). Only 10.76% of respondents regularly took iron supplements, and 47.69% never did, despite the fact that 86.5% of respondents knew that anaemia reduces quality of life. The most frequently cited preventive measure was eating a balanced diet (81.53%). Supplements and other proactive preventive measures are conspicuously lacking, despite the fact that the effects of anaemia are widely recognized. Targeted interventions and educational programs are recommended to enhance the prevention and treatment of anaemia in young women.

KEYWORDS: Anaemia, descriptive study, iron deficiency, proactive preventive measures.