EFFECTIVENESS OF STRUCTURED TEACHING PROGRAM ON KNOWLEDGE AND ATTITUDE OF ADOLESCENT GIRLS IN PREVENTION OF IRON AND FOLIC ACID DEFICIENCY ANAEMIA AT A SELECTED CORPORATION SCHOOL, COIMBATORE, TAMILNADU

Ms. K. Kala : Pragyan College of Nursing, Bhopal

INTRODUCTION
Iron deficiency anaemia is the most common form of malnutrition in the world. The global prevalence of anaemia mainly in South East Asia is 65.5%, in India 56% mainly among adolescent girls as per the NFHS -3 report. The adolescent girls are future mothers thus the researcher has focused health education to improve and motivate them to prevent health problems and conditions in early period.

OBJECTIVES
1. To assess the knowledge and attitude of adolescent girls both before and after structured teaching programme
2. To administer teaching program in prevention of iron and folic acid deficiency anaemia,
3. To associate the findings with the selected demographic variables.

METHODOLOGY
Present study adopted Modified Pender's Health Promotion Model (1984), one group pre test post test design and 60 samples were selected by employing stratified random sampling technique. Descriptive and inferential statistics were used for analysis of data.

FINDINGS
The study reveals that during pre test 90% of them were has inadequate knowledge and 65% of them have unfavorable attitude towards iron and folic acid deficiency anaemia. After the structured teaching program the knowledge and attitude was improved (73% had adequate knowledge and 79% of them had most favorable attitude. The calculated "t" value is greater than the tabulated value at 0.05% level of significance. There was an association an age and knowledge, standard and knowledge and then standard and attitude, dietary pattern and attitude in prevention of iron and folic acid deficiency anaemia among adolescent girls.

CONCLUSION
The overall findings of the study showed that this structured teaching program is very effective in improving the knowledge and attitude of adolescent girls in prevention of iron and folic acid deficiency anaemia thereby prevent the mortality and morbidity rates due to anaemia and promote the healthy practices. "Prevention is better than cure".