

Influence of Self- Instructional Module on the Psychosocial Factors Affecting the Nutritional Status to Change the Behavior for the Prevention of Anemia among Adolescent Girls of Age 10-18 Years: A Systematic Review

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Abstract

Background: Nutritional Anemia is one of the major and long standing public health problems in India. Adolescence is a vulnerable period in the human life cycle for the development of nutritional anemia. **Objectives:** the aim of the study is to review the related studies and other articles regarding the influence of interventions on the psychosocial factors affecting the nutritional status to change the behavior for the prevention of anemia among adolescent girls of age 12-18 years and to present the summary of the findings. **Methods:** Conducted studies were identified from the researches published during the period between 2002 to 2014. The databases searched are Cochrane, database of abstracts of reviews of effects, Google search, MEDLINE and Pub Med. Systematic mixed reviews approach is used. This approach integrates research findings from studies conducted within the country and outside the country. **Results:** five studies were identified presenting prevention of anemia among adolescents as an outcome. Methodological problems included incomplete description of the intervention, steps taken to ensure representativeness of the sample. A number of scientific studies included in this review have suggested significant benefits of interventions on the prevention of anemia among adolescent girls. However, studies on change of behavior of the adolescent girls towards prevention of anemia and promotion of health are limited. **Discussion:** Though many studies have been conducted on prevention of anemia, still prevalence is evident because psychosocial factors affecting the attitude and behavior towards health awareness among adolescent girls are still a problem in our country. There are limited studies on change of behavior of the adolescent girls towards prevention of anemia; further research is needed to design the intervention in such a way that ensures change in behavior towards nutritional habits.

Keywords: Anemia, self- instructional module, adolescent girls.

Background

Anaemia is defined as 'a reduction in the quantity of the oxygen-carrying pigment haemoglobin in the blood', is a major global public health problem. It is estimated that 25% of the world's population have anaemia, and approximately 50% of cases are due to iron deficiency where the anaemia is caused by an inadequate supply of iron to form haemoglobin (Hb). Lower concentrations of Hb result in a number of symptoms such as weakness and general fatigue, and adverse effects on the immune system. In more severe cases a need to increase cardiac output leads to dyspnoea (shortness of breath), palpitations and heart failure and in pregnancy an

increased risk of pre-term delivery and low birth weight.

Nutritional Anemia is one of the major and long standing public health problems in India. Adolescence is a vulnerable period in the human life cycle for the development of nutritional anemia. As per WHO report, anemia is one among the top ten risks for infant mortality, maternal mortality and pre term birth. According to the State Planning Commission Report (2009), in M.P. 57% adolescent girls are anemic.

It is a global public health problem affecting both developing and developed countries with major consequences for human health as well as social and

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