

**"A STUDY TO ASSESS THE KNOWLEDGE AND PRACTICE REGARDING  
PREVENTION OF ANEMIA AMONG ADOLESENTS GIRLS AT SELECTED  
NURSING COLLEGE IN BENGALURU"**



**By**

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**IV Year B.Sc Nursing (2020-2024)**

**Research project submitted to**

**Smt. Nagarathamma College of Nursing**

**Under the guidance of**

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**2020 - 2024**

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**BY**

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**Dissertation submitted to the  
RAJIV GANDHI UNIVERSITY OF HEALTH SCIENCES,  
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**In partial fulfillment of the requirement for the degree of  
BACHELOR OF SCIENCE IN NURSING**

**Under the guidance of**

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**Bengaluru – 560107**

**2020 - 2024**

## DECLARATION BY THE CANDIDATE

I hereby declare that this project entitled "**A study to assess the knowledge and practice regarding prevention of anaemia among adolescents girls at selected nursing college in Bangalore**" is a bonafide and genuine research work carried out by Ms. Ayana S Aravind, Ms.MuneeraShoukath,Mr.Althaf Thadathil,Mr.Nasweeh P under the guidance of **Mr. Syam Mohanlal** Assoc. Professor, Medical Surgical Nursing, Smt. Nagarathamma College of Nursing, 69/80, Acharya Dr Sarvepalli Radhakrishnan Road, Soladevanahalli, Bangalore-560107.

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**ENDORSEMENT BY THE HOD, PRINCIPAL/ HEAD**  
**OF THE INSTITUTION**

This is to certify that this project work entitled "**A study to assess the knowledge and practice regarding anaemia among adolescents girls at selected nursing college in Bangalore**" is a bonafide research work done by Ms. Ayana S Aravind, Ms. Muneera Shoukath, Mr. Althaf Thadathil, Mr. Nasweeh P under the guidance of **Mr. Syam Mohanlal**, Assoc. Professor, Dept. of Medical Surgical Nursing, Smt. Nagarathnamma College of Nursing, Bangalore.

**DATE:**

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Prof. Devi Nanjappan

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## **CERTIFICATE BY THE GUIDE**

This is to certify that this project work entitled "**A study to assess the knowledge and practice regarding anaemia among adolescents girls at selected nursing college in Bangalore**" is a bonafide and genuine research work carried out by Ms. Ayana S Aravind, Ms. Muneera Shoukath, Mr. Althaf Thadathil, Mr. Nasweeh P, in partial fulfillment of the requirement for the basic BSc. Nursing

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## **ENDORSEMENT BY THE PRINCIPAL**

This is to certify that the research project entitled "**A study to assess the knowledge and practice regarding anaemia among adolescents girls at selected nursing college in Bangalore**" is a bonafide research work done by Ayana S Aravind, Muneera Shoukath, Althaf Thadathil, Nasweeh P, as a partial fulfillment of the requirement for the degree Bachelor of Science in Nursing under the guidance of Mr. Syam Mohanlal, Assoc. Professor Department of Medical Surgical Nursing, Smt. Nagarathamma College of Nursing.

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## **ABSTRACT**

### **TITLE- A STUDY TO ASSESS THE KNOWLEDGE AND PRACTICE REGARDING PREVENTION OF ANEMIA AMONG ADOLESCENTS GIRLS AT SELECTED NURSING COLLEGE IN BANGLORE**

Anemia, characterized by a deficiency of red blood cells or hemoglobin, is a major public health concern, particularly among adolescent girls. During adolescence the demand for iron increases due to rapid growth, menstruation, and the onset of reproductive maturity. This study aims to evaluate the level of knowledge and practical measures adopted by adolescent girls in nursing college for the prevention of anemia.

### **OBJECTIVES**

- \*To assess the knowledge of adolescent girls regarding prevention of anemia.
- \*To assess the practical prevention of anemia in adolescent girls
- \*To find out association between knowledge scores and practical scores with selective demographic variables.

### **MATERIAL AND METHODS**

A descriptive study was conducted among adolescent girls in SMT NAGARATHNAMMA COLLEGE OF NURSING. A structured questionnaire was used to collect data on their knowledge and practices related to anemia prevention. The convenient sampling technique was used to collect data from 50 adolescent girls.



## **RESULT**

The study revealed that 70% of the participants had a adequate level of knowledge about anemia and its prevention, while 14 % had moderate knowledge and 16% had inadequate knowledge. Practical measures, were good practiced by 8% of the participants, while 46% showed moderate practices and 46% demonstrated poor practices.

## **CONCLUSION**

The study reveals that discrepancy between the level of knowledge and the practical application of measures to prevent anemia among adolescent girls. While a majority of the students possess adequate knowledge about anemia, this does not translate into good preventive practices. This gap suggests that additional efforts are needed to enhance practical implementation through targeted interventions, hands-on training, and continuous education programs.

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