

A Comparative Study to Assess the Effectiveness of Iron Folic Acid Tablets Supplementation During Menstruation Among the Adolescent Girls Studying in Selected Colleges (MP)

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ABSTRACT:

Iron deficiency is the most widespread nutritional problem in the world. More than two billion women are estimated to suffer from iron deficiency, mostly in developing countries. The prevalence of anemia is commonly seen due to severe iron deficiency in a population. The M.P. State government has accepted anemia as one of the major reasons of high MMR in the state. Nearly 46.9 per cent urban and 59.6 per cent rural women population in state are anemic. The aim of the study is to assess the effectiveness of Iron Folic Acid tablets supplementation during menstrual period among the adolescent girls studying in selected colleges (M.P). Pre-test post-test control group design with true experimental approach was adopted to evaluate the study. The sample consist of 100 adolescent girls studying in selected college. Random sampling technique was used for the selection of the participants. The result of the study revealed that the post-test Hb level of experimental group has increased by 38%, Hb level stabilized in 28% cases and Hb level remained low in 34% cases. The total difference in pre-test score mean is 11.134 and SD is 0.90 and post-test score mean is 11.198 and SD is 0.64 in experimental group.

KEYWORDS: adolescent girls, haemoglobin level, iron folic acid supplementation, menstrual period