Prevalence of anaemia in the pregnant women

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ABSTRACT

A random sample of 300 pregnant women were selected. The sample of early pregnancy stage. (1st trimester) were selected for this study and till delivery they were observed. Among the selected 300 samples of pregnant women, 100 each were from low, middle and high SES groups. The majority (56%) of the low SES groups respondents were from rural area whereas the remaining 44 per cent respondents were from urban area. About 51 per cent middle SES respondents were from rural and 49 per cent were from urban area. The majority (89%) of the respondents from high SES were from urban area. From this results it is clear that among the selected pregnant women, more per cent of the women were from urban irrespective of SES.

Key words : Work-triangle, Ergonomically layout.

Mother is the origin of Human LIfe, whether she gives birth to a male or female baby. However, only healthy mothers can produce healthy children. The foetus, which grows rapidly depends solely on its mother for the nourishment.

Nutrition plays an important and special role in the course of pregnancy for the maintenance of sound maternal health. Hence, the requirement of nutrients for women during pregnancy increases significantly in order to meet the extra demands for rapid growth and development of foetus.

It is unfortunate to know that nutritional status of pregnant women in India is very poor as the diets are grossly deficient in supplying energy and other essential nutrients such as iron, vitamin A, B - complex, Vitamin and ascorbic acid.

Maternal amaenia is a burning natural public health problem and has been related to poor foetal outcome. Iron deficiency or anaemia is one of the most prevalent nutritional deficiency disease among women during pregnancy in the developing countries (Menon, 1967). The WHO report (1992) has revealed that prevalence of anaemia at global level is 55.9 per cent among the expectant mothers. In South Asia 65 per cent of pregnant women are found to be affected by nutritional anaemia. In India, the incidence of anaemia among expectant mothers is high.

METHODOLOGY

A random sample of 300 pregnant women were selected. The sample of early pregnancy stage. (1st trimester) were selected for this study and till delivery they were observed. Data was stratisfied on the basis of women's SES, living area and education.

The collected data was analysed by using suitable statistical methods and the results were interpreted.

RESULTS AND DISCUSSION

Background information of the selected pregnant women depended on their socio-economic status.

Among the selected 300 samples of pregnant women, 100 each were from low, middle and high SES groups. The majority (56%) of the low SES groups respondents were from rural area whereas the remaining 44 per cent respondents were from urban area. About 51 per cent middle SES respondents were from rural and 49 per cent were from urban area. The majority (89%) of the respondents from high SES were from urban area. From these results it is clear that among the selected pregnant women, more per cent of the women were from urban irrespective of SES.

Among the selected pregnant women, more per cent (80%) of the respondents from low SES belonged to the nuclear family, while the remaining 20 per cent of the respondents belonged to the joint family. In case of the middle SES, 59 per cent respondents were found to be nuclear type of families, whereas 41 per cent respondents had joint type of families. More per cent (82%) of the respondents from high SES were found to be nuclear type of family and 18 per cent of respondents were from joint type of family.

On the whole, irrespective of SES, the respondent had nuclear type of family, as of today the trend of nuclear families has been increasing. In terms of religion, 59 per cent respondents from low SES belonged to Hindu religion and 41 per cent respondents belonged to Muslim religion. On the other hand 74 per cent respondents were Hindu and the remaining 26 per cent respondents were Muslims from middle SES, whereas from high SES, 84 per cent respondents belonged to Hindu and 16 per cent belonged

Sr. No.	Particulars	Low (51)	Middle (98)	High (51)	Total Frequency
		SES			
1.	Area				
	Rural	56	54	11	118
	Urban	44	49	89	182
2.	Type of family				
	Joint	20	41	18	79
	Nuclear	80	59	82	241
3.	Religion				
	Hindu	59	74	84	217
	Muslin	41	26	16	83
4.	Educational level				
	Non-literate	19	03	Nil	22
	Primary	23	03	Nil	26
	Middle school	39	29	Nil	68
	High school	18	40	01	59
	College	01	25	99	125
5.	Occupation				
	Home makers	81	75	Nil	156
	Labourer	18	04	Nil	22
	Service / business	Nil	15	76	91
	Skilled worker	01	06	04	11
	Semi Professional	Nil	Nil	09	09
	Profession	Nil	Nil	11	11
6.	Food habits				
	Vegetarian	51	62	76	189
	Non Vegetarian	49	38	24	111
7.	Age in years				
	Below 20 years	10	05	05	20
	20-35	90	95	95	280

Table 1 : Background information of the selected lactating women depending on socio-economic status (SES)

to Muslim religion.

In case of low SES group 39 per cent of respondents were educated upto middle school and the 23 per cent, 19 per cent and 18 percnet were primary school educated, non-literate, and high school educated, respectively. Only 1 per cent respondent were college educated. Most of the respondents (99%) from high SES were college educated and only one per cent were high school educated. None of the respondents in this groups belonged in middle school, primary school and non-literate group. From these results it is observed that the high SES respondents had higher education level.

The majority (81%) of the respondents from low SES were home makers, 18 per cent were labours and only one per cent were skilled workers. None of the respondents from low SES were occupied in professional and semiprofessional jobs. More than 75% of the women from middle SES were home makers. Only 4 per cent

were labours. On the other hand, a majority of the respondents (76%) from high SES were enganged in services or in their own business. Nobody from this group worked as a labourer. Few of (4%) them were skilled workers, 9 per cent respondents were occupied in semiprofessional jobs. The remaining 11 per cent were occupied in professional jobs. It is concluded that more per cent of the respondents were home makers and labours from middle and low SES while, from high SES, the majority of the respondents were in service or in business and professional jobs.

The food habits of respondents reflects information about their vegetarin or nonvegetarian food intake. A higher number number from low, middle and high SES groups, were vegetarian (51, 62 and 76%). The nonvegetarian respondents also reported that they had rare intake of nonvegetarin foods *i.e.*, monthly, as they found that it was spicy and heavy for digestion. Kaur *et al.* (1982) also

Table 2 : Prevalence of anaemia in the selected pregnant women on the basis of their SES

Sr. No.	Particulars	SES		
		Rural	Middle	High
1.	Normal (>11)	Nil	06 (30.00)	14 (70.00)
	Mean $\pm$ S.D.	Nil	11.80 + 0.19	12.00 + 0.29
2.	Mild (10.9-8.90)	28 (26.92)	37 (35.57)	39 (37.50)
	Mean $\pm$ S.D.	9.20 +1.36	10.00 + 1.83	10.40 + 1.92
3.	Moderate (8.8-6.6)	66 (43.13)	49 (32.02)	38 (24.83)
	Mean $\pm$ S.D.	6.90 + 0.27	7.50 + 0.39	8.50 + 0.31
4.	Severe	6 (26.08)	8 (34.78)	09 (39.18)
	Mean $\pm$ S.D.	6.10 + 0.14	6.20 + 0.12	6.30 + 0.13

Figures in parenthesis indicates percentage.

reported that the majority of the expectant mothers in suburban and villages were noticed to be vegetarians.

Among the selected pregnant women more (90%) of the respondents from low SES group were in the age group of 20-35 years and the remaining 10 per cent of the respondents were below 20 years age.

Table 2 depicts the prevalence of anaemia in the selected pregnant women on the basis of their socio-economic status (SES). It was found that none of the respondents was having normal blood haemoglobin from low SES group where as 70 and 30 per cent of the respondents from high and middle SES groups were having normal blood haemoglobin.Moderate anaemic women were more prevalent (43.13) in low SES groups and trend was observed in other SES groups. About 26 per cent severly anaemic women were observed in low SES groups. From the above results it can be observed that Iron defeciency or anaemia is one of the most prevalent nutritional deficiency disease among women during pregnancy. Anaemia during pregnancy, has a significant impact on the health of the foetus as well as that of the mother. Anaemia due to folic acid deficiency would cause neural tube defects in the foetus during the early stage of pregnancy. Hence nutrition plays an important and special role for the maintainance of sound maternal health. But in reality it was observed that majority of these women did not consume nutritious and additional diet during pregnancy. Thus reflected in health. These results are in agreement with the results of Kaur *et al.* (1982), Viajyalakshmi and Lakshmi (1982) and NIN (1983). Their findings revealed that expectant mothers of higher income group had higher haemoglobin levels in the blood than their counter parts of lower income group.

Conclusion :

It can be said that pregnent women of higher income group had higher hemoglobin levels in the blood than there counter parts of lower income group.

It can be observed that iron deficiency anaemia is one of the most prevalent nutritional deficiency disease among women during pregmancy, which results on the health of the foetus as well as that of the mother.

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