

Impact of nutrition education in enhancing knowledge about iron deficiency and its ill effects among adolescent girls of Manipur

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Received March 5, 2018 and Accepted May 13, 2018

ABSTRACT : The present study is an attempt to analyse the knowledge level of adolescent girls of Manipur state, to develop nutrition education material comprising of documentary and poster and to empower them with nutrition education which will help to bring about a positive change in their knowledge, attitude and practices. Pre- exposure knowledge test of 100 respondents was performed by using structured questionnaire comprising of questions related to anaemia and its ill effects. Majority of the respondents (70%) were in low knowledge category with a mean score of 15.3 in pre-exposure test. The 60 respondents who had shown poor performance in pre-knowledge test were further selected for imparting nutrition education and divided equally as control and experimental group. A documentary and poster were developed in the Nutrition Education Material on the awareness and utilization of the iron rich foods. Nutrition education of experimental group was carried out whereas control group has not given any education. Results have indicated that when the experimental group exposed to Nutrition Education material, their knowledge score further increased showing all the respondents in high knowledge category with a mean score of 74.12. Thus nutrition education materials were proved as a better and attractive way of communicating with the adolescent girls of Manipur state imparting necessary knowledge to them.

Key Words: Nutrition education, malnutrition, iron deficiency, anaemia, awareness.