

# Voluntary Blood Donation: Attitude and Practice among Indian Adults

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## Abstract

**Background:** Human blood is universally recognized as the most precious and essential element of human life. The collection of blood from voluntary, non-remunerated blood donors is an important measure for ensuring the availability and safety of blood transfusion. Adequate and safe blood supply is a demanding challenge in developing countries like India. Every year, state like Uttarakhand which is visited by lakhs of visitors during pilgrimage season and where natural calamities and accidents are very common, the availability of blood is of utmost importance.

**Material and Method:** A quantitative approach with exploratory descriptive research design was undertaken on 198 adults by convenient sampling technique to assess the attitude and practice of adult population regarding voluntary blood donation. Attitude scale and practice checklist were used as data collection tool.

**Results:** Result of the study shows that half of adult participants were between the age group of 18 to 29 years. More than half of the samples were females (55.1%) and majority (72.7%) of them were Hindus. Students (15.7%) and homemakers (32.3%) constituted half of the study participants. There was a statistically significant association ( $p=0.021$ ) of age and attitude at the significant level of  $p=0.05$ .

**Conclusion:** Voluntary blood donation was lacking among adult population. There was a gross difference

## Materials and Method

Factors	Strongly agree	Agree	Disagree	Strongly disagree
I feel, donating blood is very important for saving life.	68.70	28.80	2.50	0.00
Voluntary blood donation would prevent shortage of blood in blood banks.	42.40	52.00	5.60	0.00
Blood donation is safe.	35.90	56.60	5.50	2.00
Blood should be donated as there is no substitute of human blood.	40.40	51.50	7.10	1.00
Blood donation gives me proud feeling.	27.30	45.50	20.70	6.50
Blood donation is a good way to express gratitude toward my community.	15.20	49.50	31.30	4.00

**Table 2** Motivating factor (N= 198).

Factors	Strongly agree (%)	Agree (%)	Disagree (%)	Strongly disagree (%)
Blood donation would allow me to renew my blood.	35.4	48.5	14.1	2
Blood donation improves blood circulation.	31.3	48.5	17.7	2.5
Blood donation makes me feel weak and tired.	16.7	24.2	44.4	14.7
Blood donation would expose me to infectious diseases	9.1	17.2	52.5	21.2

**Table 3** Blood donation effect on health.

Table 3 has been observed that nearby 80% agreed that blood donation would allow renewal of blood and improve blood circulation.

I M<sup>o</sup> don eo

I have less amount of blood so, I will not donate blood	14.60	19.70	51	14.70
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## Conclusion

Based on the finding of the study, it is concluded that voluntary blood donation was lacking among adult population. Majority (87.9%) had not donated blood, factors contribute to non-donation of blood was fear, pain related to needle prick, hesitation, anemia, beliefs, custom and weakness after donating blood. The findings highlight the need to improve communication and awareness on blood donation in society.

## References

1. Agrawal