

“A STUDY TO ASSESS THE EFFECTIVENESS OF INFORMATION BOOKLET ON KNOWLEDGE REGARDING POLYCYSTIC OVARIAN SYNDROME AND ITS PREVENTION AMONG ADOLESCENT GIRLS IN SELECTED NURSING COLLEGE.”

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Abstract-

Background: Polycystic Ovarian Syndrome is the most common endocrine disorder among women between the ages between 18-44yrs. It affects approximately 2% to 20% of this age group. It is one the leading endocrine disease and which affects one in 15 women in worldwide. The main risk factor for polycystic ovary syndrome is a family history of it. Girls with low birth weight as well as a family history of diabetes mellitus, premature birth, cardiovascular disease, hypertension, hormonal imbalance, genetic problem, endocrine disease, weekend immune system, environmental factors, toxin effect are at risk for developing Polycystic Ovarian Syndrome. The patients who were diagnosed with polycystic ovarian syndrome are mostly young. The comprehension and awareness regarding the disease among the girls were generally found to be deficient. The study conducted with the aim and objectives to assess the knowledge regarding Polycystic ovarian Syndrome and its prevention among adolescent girls in selected Nursing College.

Material and Method: A Quasi-experimental one group pre- test, post-test study design was selected for the study. 60 samples were selected by non- probability purposive sampling technique among First- and Second-Year BSc Nursing Adolescent girls in nursing college. Information booklet provided related to polycystic Ovarian Syndrome and its prevention after pre-test and post-test was done after 7 days duration. By following sampling criteria, the tool was developed by demographic data, structured Questionnaire regarding information about polycystic Ovarian Syndrome and its prevention was used to assess the knowledge of the adolescent girls. To find out the study findings mean and standard deviation used for assessing the selected parameters and “paired t” test used to assess the effectiveness of information booklet on knowledge regarding polycystic Ovarian Syndrome and its prevention.

Result and Conclusion: Result revealed that the adolescent girls those who have come across information booklet of Polycystic ovarian syndrome and its prevention the pre-test mean was 15.73, post-mean was 24.66 and mean difference was 8.93. The calculated t value is 19.81, which are significant ($P < 0.001$). Hence study concluded that the information booklet found to be effective and helpful in improving the knowledge related to polycystic ovarian syndrome and its prevention.

Keywords: Knowledge, Polycystic Ovarian Syndrome, Information Booklet

INTRODUCTION: Polycystic ovary syndrome (PCOS) is a common health problem which is alarmingly increasing in teenage girls and young women during their early reproductive years. It is one of the most common endocrine disorders of women in reproductive age group, with prevalence of 4-12% globally. In India the incidence of PCOS is 0.5%-4%.^{1,2} PCOS is the most common endocrinopathy affecting the women. During adolescence, young women are primarily concerned with finding their identity and expressing who they are in the world. Puberty causes many physical changes to take place, and adolescents must adapt to their changing bodies. All of these changes can make adolescence a confusing and stressful period. Polycystic Ovary Syndrome is a set of symptoms due to elevated androgens in women. Signs and Symptoms of Polycystic Ovarian Syndrome include irregular or no menstrual periods, heavy periods, excess body and facial hair, acne pelvic pain, difficulty getting pregnant, and patches of thick darker, Velvety skin etc.

NEED OF THE STUDY:

Adolescents health plays an important role in a nation's health condition. In India 35% of adolescents are suffering from PCOS. It is mainly due to the lifestyle changes. There are main two reasons for the increase of PCOS diagnoses in Indian women, the adoption of unhealthy eating habits and a secondary lifestyle. Whereas older generations of Indian women eat traditional, lower calories foods with less sugar. Many young Indian girls today eat a steady diet of junk food. Within the past two decades, India began relying on westernized diets and lifestyle. The proper awareness helps them in prevention and early identification o PCOD, thereby reducing its complications like diabetes, hypertension and cardiovascular disease. Many research has proved that PCOS predisposes the

women including adolescent girls to additional health problems. The investigator felt that as the adolescent have poor knowledge and negative life style attitude towards PCOD. An Information booklet will be helpful for them to acquire knowledge regarding PCOS its causes, management, Prevention and also help them to change the lifestyle.

PROBLEM STATEMENT: A study to assess the effectiveness of Information booklet on knowledge regarding Polycystic ovarian syndrome and its prevention among Adolescent girls in selected Nursing college.”

OBJECTIVE: -

1. To assess the pre-existing knowledge regarding polycystic ovarian syndrome and its prevention among adolescent girls in selected nursing college.
2. To evaluate the effectiveness of information booklet on knowledge regarding polycystic ovarian syndrome and its prevention among adolescent girls in selected nursing college.
3. To find out association between post-test level of knowledge regarding polycystic ovarian syndrome and its prevention among adolescent girls with their selected demographic variables.

HYPOTHESIS

H0 - There will be no significant difference in knowledge score between pre-test and post-test .

H1 - There will be significant difference in knowledge score between pre-test and post-test

H2 - There will be significant association between post-test level of knowledge regarding polycystic ovarian syndrome and its prevention among adolescent girls with their selected demographic variables

CONCEPTUAL FRAMEWORK:

Conceptual framework for present study is based on the system’s model theory. It is an organizational theory that is more concerned with study and describing the way things interrelated together than with analyzing the things themselves. It includes the preparatory phase “Input”, the implementation phase convinced as the “Process” and the Output phase and feedback.

REVIEW OF LITERATURE:

Review Literature is a key step in process. Review of literature refers to an extensive, exhaustive and systematic examination of publications relevant to research project. Review of literature for the present study is organized under two aspects:

- A. Review of literature related to Polycystic Ovarian Syndrome
- B. Review of literature related to knowledge of Polycystic Ovarian Syndrome among adolescent girls.
- C. Review of literature related to effectiveness of Education Programme on level of knowledge regarding Polycystic Ovarian Syndrome
- D. Review of literature related to effectiveness of information education and communication package.

MATERIAL AND METHODS:

Research Approach: Researcher selected Quantitative Research approach for this study.

Research design: Research design adopted for the present study is quasiexperimental one group pre- test, post-test study design.

Research study setting: Present study was conducted in selected nursing College

Population: The study population was first- and second-year BSc Nursing Adolescent girls of nursing college

Sample Size: In this study samples size consisted of 60 adolescent girls.

Sampling Technique: Non-Probability Purposive sampling technique was used to select the sample.

Tool: Tool consists of demographic data and structured questionnaire.

Section A: Baseline Performa of sample such as age in years, religion, types of family, Dietary Pattern, Do you like junk food, Do you have any menstrual disorder, Amount of water intake per day, How often you consume Non vegetarian, Regularity of menstrual cycle, Do you have previous knowledge of PCOD, Source of information.

Section B: Semi structured questionnaire for Adolescents girls to assess the knowledge of polycystic ovarian syndrome and its prevention.

Data collection process:

Part I : Pre-test of semi structured questionnaire to assess the knowledge of polycystic ovarian syndrome and its prevention among adolescent girls.

Part II : Administer Intervention Schedule (Information booklet)

Part III: Post- test to assess the knowledge of polycystic ovarian syndrome and its prevention among adolescent girls.

METHOD OF ANALYSIS:

The data obtained was analysed and interpreted by descriptive and inferential statistics based on objectives of the study.

Analysis of Section I :

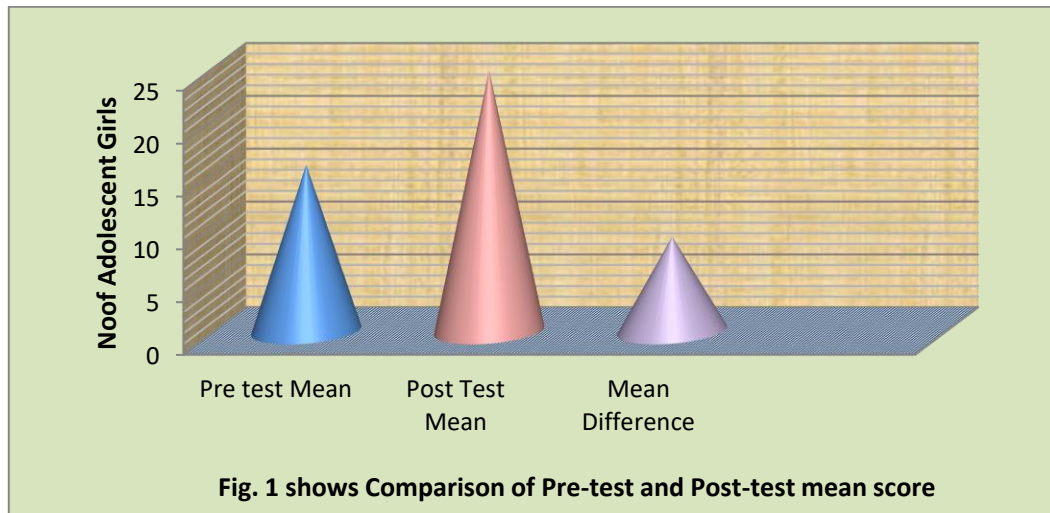
Revealed that maximum number of adolescent were age group of 18 -19, 100 % Hindu religion, 57% adolescent girls were from the joint family, 88.33% adolescent girls taken mixed diet, 67% adolescent girls like junk food, 53% adolescent girls had no menstrual disorder, 70% adolescent girls had intake of water per day 500- 1000 ml, 63.33% adolescent girls consume non-vegetarian once in week, 93.33% girls have regular menstrual cycle, 93% girls no knowledge regarding Polycystic ovarian syndrome and 63.33% girls have no knowledge source regarding Polycystic ovarian syndrome.

Analysis of Section II:

Table 1 Revealed the main findings that pre-test mean (15.73), post-test mean (24.66) and mean difference (8.93).

Table 1 : Comparison of pre-test and post-test.

Sr. No	Pre-test Mean	Post-test Mean	Mean Difference
1.	15.73	24.66	8.93



Analysis of section III:

The association between the levels of knowledge and demographic variables among adolescents girls shows that Age in years and Religion have significant association with knowledge regarding polycystic ovarian syndrome and its prevention Variables such as , types of family, Dietary Pattern, Do you like junk food, Do you have any menstrual disorder, Amount of water intake per day, How often you consume Non vegetarian, Regularity of menstrual cycle, Do you have previous knowledge of PCOD, Source of information.

had no association with knowledge regarding polycystic ovarian syndrome and its prevention among adolescent girls.

CONCLUSION:

The findings of the study concluded that information booklet was very effective in increasing knowledge of adolescents girls at 0.05 level of significance hence the study gave the evidence that information booklet regarding polycystic ovarian syndrome and its prevention can improve knowledge of adolescent girls and it will help to change in their day to day life.

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