



A STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURE TEACHING PROGRAMME ON KNOWLEDGE REGARDING POLYCYSTIC OVARIAN DISEASE AMONG ADOLESCENT GIRLS IN SELECTED SCHOOLS OF INDORE. (M.P.)

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Conflicts of Interest: Nil

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Abstract:

A study was conducted to assess the effectiveness of structure teaching programme on knowledge regarding polycystic ovarian disease among adolescent girls in selected schools of indore. (M.P.) In this study pre-experimental approach is used, a subtype of Quantitative approach was adopted for the present study, purposive sampling technique was used, with one group pre test post test. A total of 40 adolescent girls was the sample used for the study. There was significant difference between pre test and posttest knowledge regarding polycystic ovarian disease among adolescent girls of Indore. The data was analyzed by descriptive and inferential statistics. The tabulated t" value for 39 degree of freedom is 20.12 which is highly significant. The finding of the study showed that was significant difference between the pre test post test knowledge score, related to polycystic ovarian disorder

Keywords: Knowledge, Polycystic, Ovarian, Adolescent, Indore

Introduction

Polycystic ovarian syndrome (PCOS) is one of the most common reproductive endocrinological disorders with a broad spectrum of clinical manifestations affecting about 6-8% of women of reproductive years. PCOS remains a syndrome and as such, no single diagnostic feature is sufficient in itself to establish the clinical diagnosis. Similarly, PCOS is diagnosed by exclusion, and disorders having a phenotype related to that of PCOS must be ruled out; such as congenital adrenal hyperplasia, Cushing syndrome

The exact prevalence of PCOS is not known as the syndrome is not defined precisely and depends on the choice of diagnostic criteria. World Health Organization (WHO) estimates that it affected 116 million women worldwide in 2012 (3.4% of women). Globally, prevalence estimates of PCOS are highly variable, ranging from 2.2% to as high as 26%. In India, the prevalence is gradually increasing

In Indian Express in 2013, it was published that PCOS becoming 'epidemic' in Bangalore city, because of the lifestyle that people have adopted. Almost all foods are packed with chemicals that lead to hormonal imbalance.

PCOS is a major health concern because patients with PCOS are at increased risk of infertility, pregnancy loss, obesity, cardiovascular disorders, diabetes mellitus, obstructive sleep apnea, depression, non-alcoholic fatty liver disease, endometrial hyperplasia and endometrial carcinoma, etc. Infertility occurs in 75% due to anovulation. Other risks have been reported in different percentage as cutaneous hyperandrogens' in the form of obesity is found in 40- 60% cases acne in 15-25%, hirsutism in 65-75%, alopecia in 5-50% cases

THE OBJECTIVES OF THE STUDY

1. To assess the pre-test knowledge score regarding (PCOD) among adolescents girls
- 2 To assess the posttest knowledge score regarding PCOD among adolescents girls
3. To determine the effectiveness of structure teaching programme regarding PCOD in terms of knowledge score among adolescents girls

H1- There will be significant difference between the pretest and post –test score regarding polycystic ovarian disease among adolescent girls in selected schools of Indore. (M.P.) at the level of $p \leq 0.05$

METHODOLOGY:

In the present study pre-experimental approach is used , a subtype of Quantitative approach was adopted for the present study a one group pretest and post test research design is used with objectives to "A study to assess the effectiveness of structure teaching programme on knowledge regarding polycystic ovarian disease (PCOD) among adolescent girls in selected schools of Indore (M.P.)"

The study was carried among 40 adolescent girls from Chhatrapati Shivaji School Of Indore. The researcher used self-structured questionnaire to collect demographic, self-structured questionnaire for the assessment of knowledge regarding the polycystic ovarian disease.

Content validity of tool was ensured by verifying it with the expert. The tool was found to be reliable with the reliability of tool was calculated and 'r' found to be 0.960 for knowledge assessment by the test of

Karl Pearson correlation coefficient formula, which is statistically reliable for the present study.

The conceptual frame work was based on Ludwig von Bertalanffy's general system theory with input, process, output and feedback, which was introduced in 1968.

INTERPRETATION: - The finding of the study showed that STP is an effective teaching strategy to increase the knowledge of adolescent girls on PCOS.

RESULT:

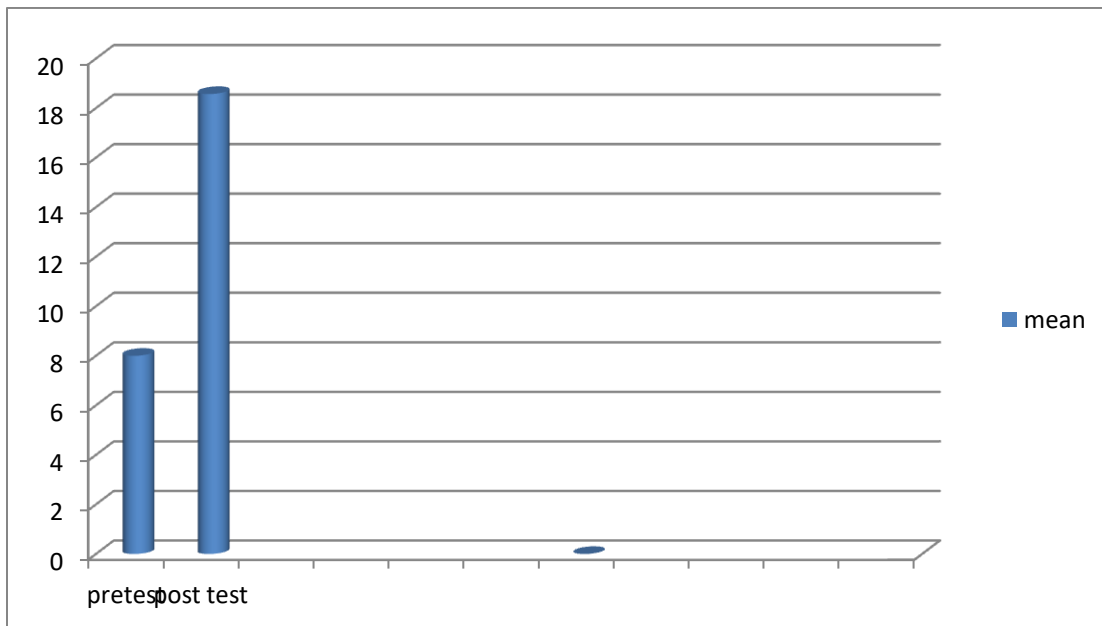
The finding of the pre test knowledge and mean score was 8 and level of knowledge was inadequate. In posttest knowledge score was 18.57 this revealed that there was significant difference between pre test and posttest knowledge regarding polycystic ovarian disease among adolescent girls of Indore.. The calculated values are compared and paired' test is applied. The tabulated t" value for 39 degree of freedom is 20.12 which is highly significant.($p \leq 0.001$)

Knowledge score	Mean	SD	Mean difference	df	t test value
Pre test	08	3.20	10.57	39	20.12***
Post test	18.57				

$p \leq 0.05$

$p \leq 0.01^{**}$

$p \leq 0.001^{***}$



The graph represent mean of pretest and post test level of knowledge score of adolescents girls regarding polycystic ovarian disease.

DISCUSSION:

The above mentioned result is supported by a descriptive study of Polycystic ovarian syndrome in adolescent girls conducted in a tertiary care hospital of Bangalore by Dr. Kalavathi. D. Biradar, 2Dr. Amrita N Shamanewadi in the year 2015, the Objectives of the study was To determine the prevalence of PCOS among adolescent girls attending Gynaecology OPD of a tertiary care hospital Dr. B. R Ambedkar Medical College, Bangalore. Study populations comprised of Adolescent girls attending the gynaecology OPD were included in the study. Appropriate statistical tests were applied and p value of < 0.05 was considered as significant. Results: A total of 126 adolescent girls had visited the Gynaecology OPD from July – August 2014 . Majority that is 76.2% of adolescents were in their late adolescence. Ultrasound report of the adolescents revealed that 30(23.8%) of them were diagnosed as PCOS. This difference was statistically significant. And hence the study concluded that Early diagnosis and intervention will reduce the long term health complications associated with PCOS.

PCOS among adolescents is an emerging problem that needs careful assessment, timely intervention, and appropriate treatment. The adolescent girls weren't having any knowledge regarding polycystic ovarian disease. In the pre test knowledge the score was less this and after intervention of structure teaching program regarding, Polycystic Ovarian disease the knowledge has increased. The study showed that there is a significant increase the knowledge of adolescent girls. and the study is find to be beneficial for the girls.

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