



EFFECTIVENESS OF STRUCTURED TEACHING PROGRAM REGARDING KNOWLEDGE ON POLYCYSTIC OVARIAN DISEASE AMONG THE ADOLESCENTS GIRLS

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ABSTRACT

The aimed of the study was a) To assess the existing knowledge on polycystic ovarian disease among the Adolescents girls by conducting pretest b) To evaluate the effectiveness of structured teaching programme by comparing pretest and posttest knowledge scores c) To determine the association between the pretest knowledge scores on Polycystic ovarian disease among the Adolescents girls with their selected demographic variables. A evaluative study was carried out with a sample size of 60 adolescents select by purposive sampling methods in sharapura rural community . The result shows that, the mean difference between pretest and posttest knowledge score is 2.5. This indicates an increase in knowledge scores after undergoing structured teaching programme. To find the significance of gain in knowledge paired' z value was computed and the obtained value of $z(59) : 11.6$ was found to be significant at 0.05 level of significance. Association between pretest knowledge scores of adolescent girls regarding PCOD with their selected demographic variables were found to be not significant at 0.05 level of significance except monthly income, known case of PCOD and previous source of information. So researcher partially reject null hypothesis and partially accept research hypothesis

KEYWORDS : Adolescents Girls, Polycystic Ovarian Disease

INTRODUCTION:

Polycystic ovary syndrome is a complex heterogeneous disorder of the female endocrine system with uncertain etiology. It affects about 5-10% of the female population who are in the age group of 12–45 years and produces symptoms in approximately 5% to 10% of women of reproductive age and is thought to be one of the leading causes of fertility. The syndrome is characterized by chronic hyperandrogenism; polycystic ovaries results in excessive amounts of androgenic (masculinizing) hormones, acne and hirsutism, insulin resistance which is often associated with obesity of BMI >30 kg/m², type II diabetes, high cholesterol levels and anovulation resulting in irregular menstruation, amenorrhea.² Polycystic ovaries contain a large number of harmless cysts that are not bigger than 8mm each. Normal ovaries have only about half this number of cysts. The cysts are under-developed follicles which contain eggs that have not developed properly. Often in PCOS, these follicles are unable to release an egg and results in anovulation.³ These ovaries result in complications such as cardiovascular diseases and endometrial cancer, ovulation-related infertility as women ages and affects approximately 50% of women population. The first goal is to eliminate the symptoms and stabilize the body mass. The ongoing goals are to prevent long-term complications and to improve the fertility life of the women.

NEED OF THE STUDY :

The high prevalence of overweight and obesity (BMI ≥ 30 kg/m²) is significantly contributing to the overall burden of PCOS worldwide. The PCOS is reported to be a growing problem with adolescent girls. Adolescents may experience the full range of symptoms including irregular or complete absent of menstruation. Research has proved that PCOS predisposes the women including adolescent girls to additional health problems.⁴ Most studies showed that polycystic ovaries are present in 3-7% of women worldwide. In India it is estimated that the incidence is higher and probably three times more than that found in the western world. Although most patients present in their 20s or 30s, Polycystic ovarian disease can affect females of any age, from menarche to menopause.⁴ Polycystic ovarian diseases syndrome (PCOS) accounts for ~90% of women with oligomenorrhea, 30% of women with amenorrhea and Over 70% of women with anovulation.

A study was conducted to assess the effect of overweight on PCOS by including 52 unmarried girls between 15 to 25 years

of age. The result of the study showed that most (88%) of the girls were having oligomenorrhea, 65% girls were obeyed in which 88% girls have hirsutism and menstrual disturbances. The study concluded that Polycystic ovarian disease syndrome is affecting the lives of young unmarried girls due to obesity and recommended that, the prevention of obesity is a major factor in reducing the PCOS among adolescents.⁵

Based on the review literature available, expert's opinion, the researcher felt the need to teach regarding polycystic ovaries and its effect on adolescents and their crucial role in preventing its complications and thereby improving the reproductive life of adolescents.

STATEMENT OF THE PROBLEM

"A study to evaluate the effectiveness of structured teaching program regarding knowledge on Polycystic ovarian disease among the Adolescents girls in selected community of Bhopal"

OBJECTIVES OF THIS STUDY:

- To assess the existing knowledge on polycystic ovarian disease among the Adolescents girls by conducting pretest.
- To evaluate the effectiveness of structured teaching programme by comparing pretest and posttest knowledge scores.
- To determine the association between the pretest knowledge scores on Polycystic ovarian disease among the Adolescents girls with their selected demographic variables.

HYPOTHESES:

- H1- There will be significant differences between pretest and post-test knowledge scores polycystic ovaries among the Adolescents girls.
- H2- There will be significant association between pretest knowledge scores on polycystic ovaries among the Adolescents girls with their selected demographic variables.

RESEARCH METHODOLOGY:

RESEARCH APPROACH AND DESIGN:

The research approach adopted for the study evaluative and research design was pre- experimental research design.

SETTING:

The setting of the study was the shahpura rural community Bhopal.

Population: The Accessible population of the study was the adolescent's girls of shahpura rural community Bhopal.

SAMPLING CRITERIA: INCLUSION CRITERIA:

Adolescents girls who are willing to participate in the study and present at the time of data collection, adolescents girl who can read and write Hindi

EXCLUSION CRITERIA:

Adolescents girls who have undergone educational program on polycystic ovarian disease and Adolescents girls who having Polycystic ovarian disease.

SAMPLING TECHNIQUE:

The sampling technique adopted for the present study was purposive sampling techniques.

SAMPLE SIZE: A total of 60 adolescents were the sample size.

TOOL FOR DATA COLLECTION:

it comprises of two section with demographic categories and section B with structured knowledge questionnaire consist of 30 item.

DATA COLLECTION PROCEDURE:

The study was furthered by obtaining clearance from the research committee of the institution. Permission taken from the chief medical officer of the community. Consent was solicited with the adolescent girls who met the sampling criteria. The Demographic data was gathered using structured interview methods and tool was administered to them and self-reports were gathered. The study was conducted in February 2018.

RESULT AND DISCUSSION;

THE RESULTS ARE ORGANIZED IN ACCORDANCE TO THE OBJECTIVES OF THE STUDY BELOW:

SECTION 1. EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME:

1: Description of adolescent girls knowledge regarding PCOD: The pretest and posttest knowledge scores obtained by subjects were tabulated to a master data sheet and mean, median, range, standard deviation of pretest and posttest were computed.

The findings are presented in table.1 (**Mean, median, range, standard deviation of pre-test and post-test knowledge scores of adolescent girls regarding PCOD). N= 60**

TEST	MEAN	MEDIAN	RANGE	SD
Pre test	15.2	15	9-22	3.7
Post test	17.8	26	14-26	4.2

Data presented in Table1 shows that the pre-test knowledge scores ranged from 9-22. The mean pre-test knowledge score is 15.2 with a standard deviation of ±3.7. The median score is 15. The post-test knowledge score is 17.8, the standard deviation of ±4.2 and median of 26.



Table 2 Frequency And Percentage Distribution Of Adolescent Girls According To Their Level Of Knowledge N = 60

	Pre test		Post test	
Knowledge score	Frequency (f)	(%)	Frequency (f)	(%)
Poor (0-10)	5	8.3	0	0

Average(11-20)	51	85	46	76.7
Good (21-30)	4	6.7	14	23.3

Data presented in table 2 shows that in pre test majority (85%) of them have average knowledge, 8.3% have poor knowledge and 6.6% have good knowledge were as in the post test majority of them have average knowledge (76.6%), 23.3% have good knowledge and none of them have poor knowledge.

SECTION II: COMPARISON OF MEAN PRETEST AND POSTTEST KNOWLEDGE SCORES:

Significance of difference between pretest and posttest knowledge scores of adolescent girls: In order to find out significance of difference between the mean of pretest and posttest knowledge scores, paired test was computed. The data are represented in the table 3. To test the statistical significance following Research hypotheses were stated. H1: There will be significant differences between pretest and post-test knowledge scores Polycystic ovarian disease among the Adolescents girls

TABLE 3: Mean, mean difference, Z test of pretest and posttest knowledge scores of adolescent girls regarding PCOD. N = 60

Knowledge score	Mean	Mean difference	SD difference	Z' test value
Pre test	15.3	2.5	±0.5	11.6*
Post test	17.8			

z59= 2.0010 ; p < 0.5 * significant.

The data presented in Table 3 shows that, the mean difference between pretest and posttest knowledge score is 2.5. This indicates an increase in knowledge scores after undergoing structured teaching programme. To find the significance of gain in knowledge Z test value was computed and the obtained value of 'z'(59) : 11.6 was found to be significant at 0.05 level of significance

SECTION 3: ASSOCIATION BETWEEN PRETEST KNOWLEDGE SCORE WITH SELECTED DEMOGRAPHIC VARIABLE'S

The data presented in table 4 shows that the computed chi-square values for association between pretest knowledge scores of adolescent girls regarding PCOD with their selected demographic variables were found to be not significant at 0.05 level of significance except monthly income, known case of PCOD and previous source of information. So researcher partially reject null hypothesis and partially accept research hypothesis

RECOMMENDATION OF THE STUDY:

on the basis of finding of the study .it was recommended that;

1. Similar study may be replicated on a large scale
2. Studies may be conducted to evaluate the effectiveness of alternative therapy on treatment of polycystic ovarian diseases.

Implications; Finding of the study have different implication in the field of nursing education ,nursing practice , nursing administration and Nursing Research .Based on the finding of study nursing curriculum should lay more emphasis on the community health nursing nurse educators should have the responsibility to upgrading the knowledge of adolescent girls on community during clinical posting .

CONCLUSION:

In the present study, the pretest finding showed that most of adolescent girls 51 (85%) are having average knowledge, 5 (8.3%) are having poor knowledge and 4 (6.6%) are having good knowledge regarding PCOD. The posttest findings

showed that majority of the adolescent girls 46 (76.6%) have average knowledge and 14 (23.3%) are having good knowledge regarding PCOD. And none of them have poor knowledge. The mean difference between the mean pretest and posttest knowledge score was 2.5 with the standard deviation difference for 0.5. The paired "z" (59) = 11.6 which was significant at 0.05 level of significance. The findings of present study concluded that structured teaching program regarding PCOD was very effective in increasing knowledge of adolescent girls at 0.05 level of significance hence the study gave the evidence that structured teaching programme regarding PCOD can improve knowledge of adolescent girls and it will help to change in their day to day life.

ETHICAL CLEARANCE:

Permission was obtained from the institutional research advisory committee.

SOURCE OF FUND: Self

CONFLICT OF INTEREST:

The Author declares no conflict of interest.

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