



A Quasi Experimental Study to Assess the Effect of Structured Teaching Programme on The Level of Knowledge Regarding Poly Cystic Ovarian Disease Among Students in Selected College of Nursing Kanchipuram District Tamil Nadu India

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ABSTRACT

A quasi experimental study was conducted to assess the effect of structured teaching programme on the level of knowledge regarding poly cystic ovarian disease among students in a selected college of nursing, Kanchipuram district, Tamil Nadu. The objectives were to assess the pre & post test knowledge on poly cystic ovarian disease to evaluate the effect of structured teaching programme and also to associate the pre test level of knowledge regarding poly cystic ovarian disease among students with the selected demographic variables. Simple random sampling technique was used and 40 students were selected for the study. Structured questionnaire was used to assess the knowledge on poly cystic ovarian disease. The result revealed that the overall post test mean regarding knowledge on poly cystic ovarian disease (20) is higher than the pretest mean (19) and the standard deviation of the pretest & post test knowledge level on 3.71&7.61. After the structured teaching programme the paired't' value was 12.59 with the $p < 0.005$ which was highly significant. Therefore the study concluded that there is an improvement in knowledge on Poly cystic ovarian disease among the students after the structured teaching programme.

KEYWORDS : poly cystic ovarian disease, structured teaching programme

INTRODUCTION

Roberts Feldman .(2011).Gynecological diseases are fairly common but most of the women ignore the symptoms of gynecological disease or we are unaware, till the time the problem really worsens. One of them, now days faced by girls, is Polycystic ovarian disease.

Alokendu,C & et al.(2011). Poly cystic ovarian disease is the most common heterogeneous endocrine disorder in women of reproductive age group affecting 5-10% of women. Approximately 75% an ovulatory women of any cause have polycystic ovaries and 20-25% of women with normal ovulation demonstrate ultrasound findings typical of polycystic ovaries. The clinical manifestation includes hirsutism, acne, elevated testosterone and frequently but not always obesity seen in polycystic syndrome

According to an article published in the Fertility Science and Research Journal of the Indian Fertility Society in 2014, 1 out of every 5 women in the reproductive age and as high as 2 out of every 5 adolescents in India are diagnosed with Poly cystic ovarian disease. Polycystic Ovary Syndrome is a complex metabolic, endocrine and reproductive disorder that results in overproduction of male hormones, and is associated with insulin resistance . reased facial hair to metabolic syndrome . The prevalence rate of PCOS in India is as high as 22% which is much higher as compared to that in developed countries where it is approximately 5-10%.**ZyduSPharma,(2015).**

Title

"A Quasi experimental study to assess the effect of structured teaching programme on the level of Knowledge regarding poly cystic ovarian disease among students in a selected college of nursing kanchipuram district ,Tamilnadu, India"

Objectives

- To assess the pre test level of knowledge regarding poly cystic ovarian disease among the students.
- To assess the post test level of knowledge regarding poly cystic ovarian disease among students.
- To evaluate the effect of structured teaching programme regarding poly cystic ovarian disease among students.
- To associate the pretest level of knowledge regarding poly cyst-

ic ovarian disease among students with the selected demographic variables.

Hypotheses

H₀₁: There is no significant difference in the pre and post- test level of knowledge on the poly cystic ovarian disease among students.

H₀₂: There is no significant association between the level of knowledge on poly cystic ovarian disease among students with selected demographic variables.

METHODOLOGY

This study had used one group pre test - post test quasi experimental design with quantitative approach and was conducted among the students at Chettinad College of Nursing who fulfills the given criteria. The sample size was 40 and the sampling technique used was simple random sampling

Sample Criteria

Inclusion criteria

- Nursing Students who were willing to participate in this study.
- Nursing Students who were available during the period of data collection.
- Students who were in the age group of 17-25 years.
- Students who can read & write English

Exclusion criteria

- Male students.
- Nursing students who were not interested to participate.

Selection and Development Of Study Instrument

In-depth review of literature was made & based on it a structured questionnaire was formed with two sections. Section A consist of demographic variables and section B consist of questions to assess the knowledge on poly cystic ovarian disease.

Scoring Procedure and Interpretation

A structured questionnaire with 20 items was used to assess knowledge on poly cystic ovarian disease among students. The questionnaire was scored and interpreted as follows.

s.no	Level Of Knowledge	Score	Percentage
1	Inadequate	0-10	0-50%
2	Moderate knowledge	11-15	51-75%
3	Adequate knowledge	16-20	76-100%

Data Collection Procedure

Formal permission was obtained and the sample who meets the inclusion criteria were selected based on simple random sampling technique. The samples were assembled and given the self administered structured questionnaires for pretest a Structured teaching programme on poly cystic ovarian disease was lecture cum discussion method. The post test was administered 7 days later for 10-15 minutes using the same instrument .

RESULTS

The demographic variables of the study revealed that majority of students included in the study 62% were in the age group of 18-19 years. Most of them 50% have family income of Rs. 5000-10000. With regards to family type, 85% of lives in nuclear family and 95% were non vegetarian with regards 52% of the students said that they know about the poly cystic ovarian disease. None among the students have been affected from poly cystic ovarian disease.97% of the students said that none among the family members have been affected by poly cystic ovarian disease. The percentage distribution of knowledge levels of the students on poly cystic ovarian disease is as follows,

Figure1: Distribution of pretest and post test level of knowledge on poly cystic ovarian disease

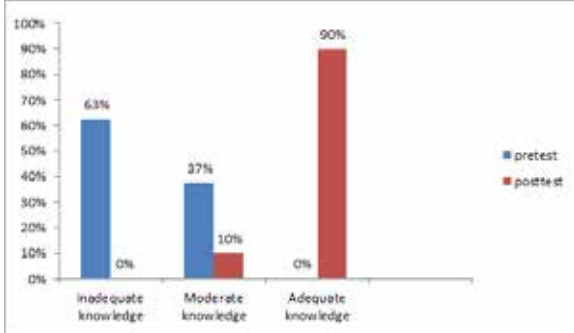


Figure 1 bar graph shows that around 62% had inadequate knowledge and 37% had moderate knowledge on poly cystic ovarian disease in the pre test, which was found to be changed in the post test to 10% with moderate knowledge and 90% of knowledge had adequate knowledge in post test poly cystic ovarian disease.

Table 2 Mean and standard deviation of pre test and post test level of knowledge among students with the students paired t test. (N= 40)

	Mean	Std. Deviation	Pair t test
Pre test	19	3.71	12.59
Post test	20	7.61	

The above table shows that the overall post test knowledge mean (20) was higher than the pre test mean (19)and the standard deviation of the pretest &post test knowledge level were 3.71&7.61 respectively . After structured teaching programme the paired 't' value

was 12.59 with the p<0.005 which was highly significant. The study concluded that there is an improvement in knowledge on Poly cystic ovarian disease among the students.

Also there was no significant association found between the demographic variables like age, income, type of family, food pattern, and family history of poly cystic ovarian disease, etc., with the knowledge levels of the students using chi-square test.

DISCUSSION

Shanmugasundara, S. (2011).conducted a study to assess the knowledge on Poly cystic ovarian disease, to evaluate the effectiveness of structured teaching programme and to associate the knowledge of adolescent girls with that of demographic variables. Data were collected from 80 randomly selected samples by using the structured interview schedule 40 sample were allocated for experimental group and 40 samples for the control group. The overall knowledge mean value in experimental design was 48.69 with the standard deviation of 17.41 .Where as a control group the mean value was only 5.36 with the standard deviation of 11.94.After structured teaching programme the paired 't' value was 17.69 with the p<0.001 which was highly significant. The study concluded that there is an improvement in knowledge on Poly cystic ovarian disease among adolescents girls.

Based on the results of the above study this current study was done and also found that the overall post test knowledge mean (20) was higher than the pre test mean (19)and the standard deviation of the pretest &post test knowledge level were 3.71&7.61 respectively . After structured teaching programme the paired 't' value was 12.59 with the p<0.005 which was highly significant.

CONCLUSION

Thus the young women must be aware of this disease, just because this disease causes silent morbidity among the young generation.

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