



A STUDY TO ASSESS THE EFFECTIVENESS OF PLANNED TEACHING ON KNOWLEDGE REGARDING POLYCYSTIC OVARIAN SYNDROME (PCOS) AMONG THE ADOLESCENT GIRLS IN SELECTED COLLEGES

Miss. Martha Raut

M.Sc(N)Assistant Professor,Dr. D.Y.Patil, College of Nursing, Pimpri ,Pune.

Prarthana. S. Ghan*

Ms Dr. D.Y.Patil, College of Nursing, Pimpri ,Pune. *Corresponding Author

ABSTRACT

Polycystic Ovarian Syndrome (PCOS) can be observed in adolescent girls of different ethnic origin all over the world. It is estimated that up to 80% of adolescent girls are affected by PCOS, but not all display symptoms, seek medical assistance or are accurately diagnosed. However, literature about how adolescents girls with different cultural background are affected in terms of their female identity due to suffering from PCOS.

KEYWORDS :**INTRODUCTION:**

Polycystic Ovarian Syndrome (PCOS) a metabolic malady, the lifestyle disorders in girls – Can Indian health budget tackle it in Future? The diverse and complex female Endocrine disorder Polycystic Ovarian Syndrome (PCOS) which affects 90% adolescents girls worldwide, a major economic health burden that is likely to expand together with obesity.

METHODOLOGY:

Research methodology is the systematic way of doing a research to solve a problem. It is concerned with the steps, procedure and strategies for gathering and analysing the data in research investigation. It includes the collection, assembling and examining of available data, testing the assumptions and developing practical application from the laws and principles that has been derived from the verification of the assumption. This chapter deals with the methodology formulated for the problem selected and is discussed under following headings.

SAMPLE AND SIZE:

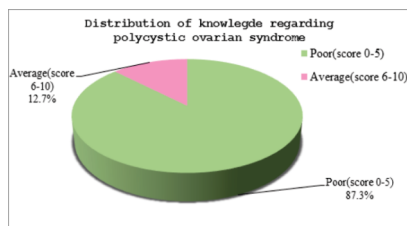
In the present study the samples were adolescent girls of class 11th and 12th from Dr. D.Y.Patil College of Arts, Science and Commerce, Pimpri, Pune. The sample sizes selected for this study were 300 adolescent girls.

INCLUSION CRITERIA

1. The adolescent girls who are willing to participate in this study.
2. The adolescent girls who are available during the period of data collection.
3. The adolescent girls who can read and write English, Marathi.

Analysis of data related to knowledge regarding polycystic ovarian syndrome (PCOS) among adolescent girls

n=300



A pie diagram shows that the knowledge regarding PCOS among adolescent girls scoring 0-5 is more (87.3%).

Fisher's exact test for the association between the knowledge score of adolescent girls with selected demographic variables

n=300

Demographic variable	Knowledge		p-value
	Average	Poor	
Age group	15 to 17 years	29	0.243
	18 to 20 years	9	

Stream	Arts	25	121	0.036
	Commerce	13	141	
Type of family	Nuclear	32	233	0.417
	Joint	6	29	
Religion	Muslim	6	35	0.912
	Christian	3	17	
	Others	1	10	
Monthly family income	Below Rs. 5000/-	0	2	0.813
	Rs. 5001 to 10,000/-	0	2	
	Rs. 10,001 to 20,000/-	7	58	
	Above Rs. 20,001/-	31	200	
Diet Pattern	Vegetarian	3	29	0.779
	Non-vegetarian	35	233	
Menarche	9 to 10 years	29	197	1.000
	11 to 12 years	6	43	
	13 to 14 years	3	22	
Heredity	Yes	11	34	0.015
	No	27	228	
Previous knowledge about PCOS	Yes	8	25	0.048
	No	30	237	

Table no. 4 shows that since p-values corresponding to stream, heredity and previous knowledge were small (less than 0.05), demographic variables stream, heredity and previous knowledge were found to have significant association with the knowledge of the adolescent girls regarding polycystic ovarian syndrome.

CONCLUSION :

The overall experience of conducting this study was a satisfying one, as there was good co-operation from adolescent girls and college authority. The finding on association between the attitude with the selected demographic variables is significant association between attitude, education (less than 0.05), education were found to have significant association with attitude of adolescent girls regarding PCOS.

REFERENCES:

1. Hashimoto, British Journal of Obstetrics and Gynecology, 2014 Vol11, Pg. 67-74.
2. Luray, Essential Obstetrics and Gynecology 4th ed. 2013. Pg. 410 to 420.
3. Michel More, Psychosocial problems of PCOS among adolescent girls, in National Institutes of Research in Reproductive Health, 4th ed. 2014. pg. 224 to 235.
4. Elsenbeuch, A guide to PCOS its effect health publisher 2nd Ed. Jul 2015, Pg. 95-102.
5. Domtar Sanders and Bruce, Views on PCOS, 7th ed. Nov 2016.