



AWARENESS AND LIFESTYLE PRACTICES REGARDING POLYCYSTIC OVARIAN SYNDROME AMONG FEMALE YOUNG ADULT STUDENTS: A DESCRIPTIVE STUDY

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ABSTRACT

A descriptive study was conducted to assess the awareness and lifestyle practices regarding polycystic ovarian syndrome among female young adult students. 335 samples were selected from the Heera College of Engineering and Technology and Muslim Association College of Engineering, Thiruvananthapuram by using convenient sampling technique. The tools used for the data collection were socio-personal proforma, semi- structured questionnaire and self reported, five point rating scale. The study result showed that there was no correlation between awareness and lifestyle practices and there was no association between awareness and any of the socio personal variables. There is significant association between lifestyle practice on PCOS with year of studying, at $p < 0.001$ level. The study concludes that there was average awareness and had moderate lifestyle practices on PCOS among female young adult students.

KEYWORDS : awareness; lifestyle practices; PCOS; female young adult students

INTRODUCTION

Biological, psychosocial and cognitive changes that begin during puberty and continue throughout adolescence, directly affect nutritional status and nutrient needs. Adolescents experience dramatic physical growth and development during puberty. The beginning of biological growth and development during adolescence is signified by the onset of puberty, which is often defined as the physical transformation of a child into an adult. A myriad of biological changes occurs during puberty including sexual maturation, increase in height and weight, completion of skeletal growth; accompanied by a marked increase in skeletal mass and changes in body composition.

Women are the building stones of a society. A woman owns the privilege of giving birth, and thus creating the basic unit of society. The unhealthy food habits and lack of exercise lead to many adverse effects on the body of women during her reproductive phase. PCOS is one of the conditions which affect the womanhood. Poly cystic Ovarian Syndrome (PCOS) was originally described in 1935 by Stein and Leventhal. It is characterized by three classic symptoms, irregular menstrual periods (80%) either oligomenorrhoea or amenorrhoea masculinization (50-70%) or obesity.

According to the WHO, World Health Statistics Report 2012, globally one in six adults are obese and nearly 2.8 million individuals die each year due to obesity. Obesity is now being recognized as a disease in its own right due to the increased risk of morbidity and mortality. The sedentary lifestyle and unhealthy dietary patterns mostly contribute to the prevalence of PCOS. People began to put their faith in Westernized diets and lifestyle. If we evaluate the medical records we can find considerable number of cases admitted in hospitals with complaints and symptoms suggestive of infertility. It is possible to identify the early clinical manifestations of PCOS in late puberty and early adolescence. The disease is on its rise because of lifestyle and environmental changes occurring with modernization. Initially, the condition is asymptomatic in young women, progressing to produce menstrual irregularities, excessive weight gain, and infertility; eventually, in late middle age, it leads to several major health hazards. Early diagnosis is necessary for early intervention, to minimize the immediate and chronic consequences of PCOS.

In Central Travancore region 33% of total infertile women are suffering from PCOS. It is mainly due to changes in life style patterns. The influence of modernization and technological advancement reflects a lot in our present-day life. Most of the reported PCOS women are concentrated in the consumption of enriched

carbohydrate diet, i.e. they are more dependent on junk food, and less on traditional dietary habits.

Materials and methods

The study followed a descriptive research design using a quantitative approach. The objectives were; to assess the awareness on PCOS among female young adult students, to assess the lifestyle practices of female young adult students, to determine the correlation between awareness on PCOS and lifestyle practices of female young adult students, to determine the association between awareness on PCOS and selected socio personal variables and to determine the association between lifestyle practices and selected socio personal variables. The sample of the present study consisted of 335 female young adult students. Which was selected by using convenient sampling technique. The setting chosen for the present study was selected from Heera College of Engineering and Technology and Muslim Association College of Engineering, Thiruvananthapuram. After obtaining informed written consent from participants, socio-personal proforma - to assess the socio personal variables of the subject, semi- structured questionnaire - to assess the awareness on PCOS among female young adult students, self-reported, five point rating scale - to assess the lifestyle practices of female young adult students. Ethical clearance was obtained from the ethical and research committee. Confidentiality and anonymity of study participants was maintained by not revealing names of any of the participants anywhere in the study.

Results

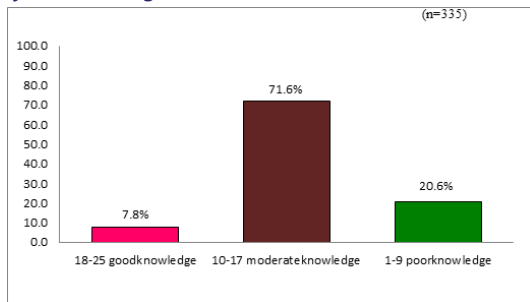
a. Sample characteristics

In this study, majority (67.2%) of the subjects were belongs to the age group of 20-22 years, 27.8% of subjects were belongs to the age group of ≤ 19 years and 0.2% of subjects were belongs to ≥ 26 years of age group. Most of the subjects (31.3%) were studying in third year engineering and 11.9% of subjects were studying in first year engineering. 50.1% of the subjects were Hindus, 43.6% of subjects were Muslims, and 6.3% of subjects were Christians. Majority (94%) of students were unmarried. 37.3% of the subjects were having the income of Rs $\geq 1,00,000$ and 6.6% of subjects were having of income Rs $\leq 10,000$. Majority (80%) of subjects attained menarche at the age of 11-13 year and 2% of subjects attained menarche at the age of ≤ 10 year. 61.5% of subjects having the number of days of periods were 4-6days, 11.3% of the subjects were ≤ 3 days and only 1.8% of the subjects having the number of days of periods were ≥ 10 . Majority (84%) of subjects were having regular menstrual cycle, and 16% of subjects having irregular menstrual cycle. More than half (66.9%) of the students belong to BMI of 18.5-24.9kg/m² and 4.1% of the subjects had BMI of 30-34.99kg/m². 92.5% of subjects were

have no positive family history of PCOS, and 7.5% of subjects having positive family history of PCOS.

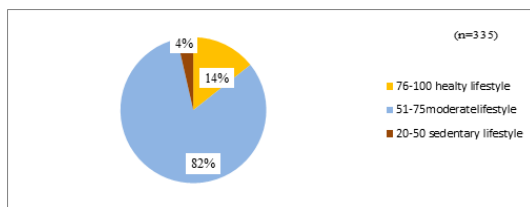
b. The awareness on PCOS among female young adult students

Figure 1:- Bar diagram showing the percentage distribution of subjects according to awareness on PCOS.



c. The lifestyle practices of female young adult students

Figure 2: Pie diagram shows the percentage distribution of samples according to the Lifestyle Practice.



d. The correlation between awareness on PCOS and lifestyle practices of female young adult students.

There is no correlation between awareness and lifestyle practices of female young adult students as the Spearman's Rank correlation coefficient, $r = 0.005$ and p value was .930.

e. The association between awareness on PCOS and selected socio personal variables.

There is no association between awareness and any of socio-personal variables of female young adult students.

f. The association between lifestyle practices on PCOS and selected socio personal variables.

There is highly significant association between lifestyle practices on PCOS and year of studying at $p < 0.001$ level.

Discussion

In the present study more than half (71.6%) of the subjects had average awareness on PCOS, 20.6% were had poor awareness and only 7.8% were had good awareness on PCOS. The present study findings are consistent with the result of a previous study conducted by Pramila D'souza on effectiveness of PTP on PCOS, among adolescent girls. Total 100 samples were participated in this study. The study revealed that 50% of subjects were had average awareness on PCOS 36% were had poor awareness 14% were had good awareness and no one had very good awareness on PCOS.

In this study result shows that 82% of subjects were followed moderate lifestyle practices, 14% of subjects followed healthy lifestyle practice and 4% of subjects followed unhealthy lifestyle practices. The study findings consistent with the findings of another study conducted by Pothiraj Pitchai et.al on awareness of lifestyle modification among females diagnosed with PCOS in Mumbai. The study revealed that 62% were aware about the healthy lifestyle practices and 39% were following healthy lifestyle practices.

This study shows that there is no correlation between awareness and lifestyle practices of female young adult students. The findings of this present study were consistent with the previous study conducted by Manita Dalal on effectiveness of health care package

on PCOS. The study findings showed that knowledge and practice scores of samples on PCOS were not significant after pre-test.

Present study result shows that there is no association between awareness on PCOS and socio-personal variables. The findings of this present study were consistent with the previous study conducted by Khushbu Patel on effectiveness of PTP on PCOS in terms of knowledge and attitude among adolescent girls. 60 samples were participated in this study. The study result showed that there was no significant association between the knowledge level and selected socio demographic variables.

The present study revealed that There is highly significant association between lifestyle practices on PCOS with year of studying at $p < 0.001$ level. The findings of this present study consistent with the previous study conducted by Khushbu Patel on effectiveness of PTP on PCOS in terms of knowledge and attitude among adolescent girls. 60 samples were participated in this study. The study result showed that there is significant association between lifestyle practices and selected socio demographic variables such as age and age of menarche.

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