



A STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE REGARDING POLYCYSTIC OVARIAN SYNDROME AMONG SECOND YEAR B.SC NURSING STUDENTS NIMS COLLEGE OF NURSING, NEYYATTINKARA.

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ABSTRACT

The present study was aimed to assess the level of knowledge on polycystic ovarian syndrome among 2nd year Bsc nursing in Nims college of nursing Neyyattinkara. The objectives of the study were to assess the level of knowledge on polycystic ovarian syndrome among 2nd year Bsc nursing students, to find out the association between the level of knowledge on polycystic ovarian syndrome among 2nd year Bsc nursing students with their selected demographic variables. The nursing theory used was Pender's health promotion model. The methodology selected was a Quantitative approach which was true experimental in nature. The sample consists of 30 2nd year b.sc nursing students, chosen by convenient sampling technique. The study was conducted at Nims college of nursing neyyattinkara. The data was obtained by using demographic variables and Questionary. The data was analysed by using mean, standard deviation, paired t test and chi-square test. The result of the study revealed that there was an average level of knowledge on polycystic ovarian syndrome among 2nd year Bsc nursing students. There was no significant association found between the level of knowledge and demographic variables. The study concluded that there was significant level of knowledge on polycystic ovarian syndrome among 2nd year B.sc nursing students

KEYWORDS : Assess level of knowledge, polycystic ovarian syndrome

INTRODUCTION

"Good Health Is Not Something We Can Buy. However, It Can Be An Extremely Valuable Saving Account".

Anna Wilson Schaefer

Reproductive health is an important one for the women to maintain their overall health and gave birth to the healthy baby. Majority of the women are affected with disorders in the ovaries such as PCOD, ovarian cancer, ovarian cyst etc.

The ovaries are female gonads. They are two in number, situated on each side of the uterus in a fossa (the ovarian fossa) behind the broad ligament. The cells of the ovaries are forming a mass known as follicle. The main functions of the ovaries are to discharge mature ovum at each menstrual cycle and also to produce sex hormone namely estrogens and progesterone.

Ovarian cysts are small fluid filled sac that develops in women's ovaries. Most Ovarian cysts present little or no discomfort and are harmless. But some may cause problems such as rupturing, bleeding or pain and surgery may be required to remove the cyst. Ovarian cyst are very common, particularly in women between the ages 12-18 years, but all the age groups are affected.

They may be single or multiple and can occur in one or both the ovaries. Most are benign but approximately 10% are malignant. The polycystic ovarian syndrome is mostly benign and non cancerous.

Polycystic ovarian syndrome was described in 1935 by Stein and Leventhal as a syndrome manifested by amenorrhea, hirsutism and obesity associated with enlarged polycystic ovaries. This heterogeneous disorder is characterized by excessive androgen production by the ovaries. It involves metabolic and cardiovascular risks related to insulin resistance. These risks include increased glucose tolerance. Type 2 diabetes mellitus and high blood pressure. These seems to be strong genetic links with family history. It is prevalent in young reproductive age group (20-30%) of normal women.

The polycystic ovaries are the condition in which follicles never erupt from the ovaries. The ovaries are enlarged and ovaries volumes get increased >10cm. The capsule is thickened and pearly white in colour. Multiple follicles present with 2-9mm in diameter are crowded and around the cortex.

The polycystic ovarian syndrome is thought to have dominant mode of inheritance as about 50% from the first degree relative.

Polycystic ovarian syndrome could be identified in late puberty and early adolescence. The disease is on its rise because of life style 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 health hazards. Early diagnosis is necessary for early intervention including behavioural modification to minimize the immediate and chronic consequences of polycystic ovary. Oral contraceptive or birth control pills use decrease the risk of developing Ovarian cyst because they prevent the ovaries from producing eggs during ovulation. Cysts may grow quietly and go unnoticed until they are found on routine examination. However if they are ruptured and become large enough and symptoms may occur. Diet and exercise are important parts of managing polycystic ovarian syndrome. This is because young women with polycystic ovarian syndrome often have higher level of insulin in their blood and many have trouble to maintain a healthy weight, knowing the right foods to eat, as well as the kinds of food to limit the body weight. Eating well, staying active and maintaining a healthy weight can improve symptoms. The lifestyle modifications are considered as the main preventive measures for Polycystic ovarian syndrome. It is necessary to find out polycystic ovaries in early to get appropriate treatment and also to prevent its complications.

Need And Significance

Polycystic ovarian syndrome is a common disorder with prevalent rate 3-7% in general population and as high as 20% is the infertile population. The ultrasonographic appearance of polycystic ovaries was present in 20% of women with normal menstrual cycle, 26 - 36% with amenorrhea, 87 - 90% with dysmenorrhea, 90 -95% with hirsutism and in 56% with recurrent miscarriage. However ultra sonography and transvaginalscopy are the diagnostic tools for polycystic ovarian syndrome. Most women with polycystic ovarian syndrome have ovulatory dysfunction or infertility, menstrual disorder, menorrhoea, irregular or infrequent menstruation, hyperandrogenism. Diagnosis is based on clinical presentation, laboratory findings of increased LH, increased androgens, normal estradiol and ultra sonographic findings of polycystic ovaries, which may be present in 80% of women 33

The world wide statistics states that about 4% of women in their fertile period affected with Polycystic ovarian syndrome. They cannot able to bear the child during this period. The prevalence of polycystic ovarian syndrome is traditionally estimated at 4-8% from studies performed in Greece, Spain and USA . The prevalence of polycystic ovarian syndrome has increased with the use of different diagnostic criteria and has recently been should be 15% in the first commonly based prevalence. Study based on current Rotterdam diagnostic criteria. Importantly 70% of women in this recent study were undiagnosed. The incidence rate of polycystic ovarian syndrome in southern china is 2.45% , Iran 14.6% and 14.8% in Germany 39 .

The higher incidence found in New Delhi and it is about 46.8%, among half of the women. 17-35 years is affected with Polycystic ovarian syndrome . The statistical information of polycystic ovarian syndrome in Kerala is about 26.4% approximately. At present PCOS was a major health issues among women considering all the above factors researchers were interested to know the level of knowledge on polycystic ovarian syndrome among adolescent girls.

OBJECTIVES

- To assess the level of knowledge regarding polycystic ovarian syndrome before and after structured teaching programme.
- To determine the effectiveness of educational intervention on knowledge of polycystic ovarian syndrome among second year BSc Nursing students.
- To find out the association between the pretest score of knowledge regarding PCODs among second year BSc Nursing students and their selected demographic variables.

HYPOTHESES

- **H 1 :-** There will be a significant difference between the level of knowledge regarding polycystic ovarian syndrome among second year BSc Nursing students before and after the structured teaching programme.
- **H 2 :-** There will be a significant association between the pretest and post test scores on level of knowledge on polycystic ovarian syndrome among second year BSc Nursing students with the selected demographic variables.

MATERIAL AND METHODS

Research Approach

In this present study, quantitative, evaluative approach was used to find out the level of knowledge.

Research Design

The research design used for the present study was true experimental where, pretest and post test design.

Variables

Demographic variables with respect of student's age, residence, marital status, menstrual history, dietary habits. Independent variable – structured teaching programme
Dependent variable – Polycystic ovarian syndrome

Setting Of The Study

This study was conducted at second year BSc Nursing, NIMS College of Nursing, Neyyattinkara.

Population

The population of present study are second year BSc Nursing students.

Sample

The sample selected for the present study was second year BSc Nursing students who are studying in NIMS College of Nursing, Neyyattinkara.

Sample Size

The total sample size selected for the present study was 30.

Sampling Technique

Convenient sampling technique was used to select the sample for the present study.

Sampling Criteria

Inclusion Criteria

- Adolescent girls who are all
- Age group between 18-20 years
- Willing to participate
- Available during data collection

Exclusion Criteria

- Adolescent girls
- Those who are absent at the time of data collection.

Development Of Tool

There are two section of tools being used . They are section A and section B.

1. SECTION A

It consist of demographic variables such as; Age in years , Residence , Marital status ,Menstrual history,Dietary habit

2. SECTION B

It consist of 20 questions for assessing the knowledge on polycystic ovarian syndrome. Each question carries 1 mark , wrong answer carries 0 mark.

Scoring Procedure

The below mentioned table shows the grades in level of knowledge on polycystic ovarian syndrome among second year BSc Nursing students.

LEVEL OF KNOWLEDGE	ACTUAL SCORE	PERCENTAGE
Poor knowledge	0-6	0-30%
Average knowledge	7-13	31-65%
Adequate knowledge	14-20	66-100%

Reliability Of The Tool

Reliability is the degree of the consistency and accuracy with which an instrument measures the attitude for which it is designed to measure l.

Research advisor and guide validated the tool used in the study. The tool was evaluated for appropriateness , relevance and completeness, comments and suggestions were invited and appropriate modification was made accordingly. The tool was refined and finalized after establishing the validity. The reliability of the tool was tested by implementing the tool for second year BSc Nursing students in NIMS College of Nursing, Neyyattinkara. The retest method was used to test the reliability and tool was found reliable (r = 0.9).

Pilot Study

Pilot study is referred to a small scale preliminary try out of the method to be used in an actually large study.

The pilot study was conducted at second year BSc Nursing classroom. After obtaining the permission from the principal of NIMS College of Nursing, Neyyattinkara. Samples were selected by convenient sampling technique. Questionnaire was administered and the tool was found feasible for the study.

Method Of Data Collection

Data collection is a process of gathering of information needed to address the research process. The data means information that is systematically collected in the course of study .

We obtained permission from the principal of NIMS College of Nursing to conduct a research study at second year BSc

Nursing class of NIMS College of Nursing, Neyyattinkara. Structured questionnaire distributed and answers were collected to assess the knowledge regarding polycystic ovarian syndrome. It consists of 20 objective types of multiple choice questions. Then structured teaching programme conducted and post test were done after 3 day.

Plan For Data Analysis

Analysis is a process of organizing and synthesizing data in such a way that research questions can be answered and hypothesis tested.

To assess the level of knowledge regarding polycystic ovarian syndrome among second year BSc Nursing students before and after structured teaching programme by using frequency, percentage, mean, standard deviation, paired 't' test. To find out the association between the level of knowledge regarding polycystic ovarian syndrome among second year BSc Nursing students with their selected demographic variables by using chi-square test.

Assess the level of knowledge on polycystic ovarian syndrome among 2nd year BSc Nursing students NIMS College of Nursing Neyyattinkara.

Table 1: Frequency And Percentage Distribution On Score Of Levels Of Knowledge On Polycystic Ovarian Syndrome Among 2nd Year Bsc Nursing, Nims College Of Nursing Neyyattinkara.

Level of knowledge	PRETEST		POST TEST	
	Frequency (n)	Percentage (%)	Frequency (n)	Percentage (%)
Poor	4	13.33	0	0
Average	23	76.66	11	36.6
Adequate	3	10	19	63.33

Table 2: Mean And Standard Deviation On Score Of Knowledge On Polycystic Ovarian Syndrome Among 2nd Year Bsc Nursing Students Nims College Of Nursing Neyyattinkara

GROUP	Mean	Standard deviation
2nd year BSc Nursing NIMS College of Nursing, Neyyattinkara	18.90	0.59

RESULTS

This selection deals with findings conducted 30 Nursing students, NIMS College of Nursing, Neyyattinkara and presented under following headings

Sample characteristics Level of knowledge on polycystic ovarian syndrome among 2nd year BSc Nursing student Association between level of knowledge on poly cystic ovarian syndrome and selected variables

Levels of knowledge regarding polycystic ovarian syndrome after implementation of structured teaching programme

From the data we collected from 30 samples it was known that 4out of30 samples(13.33%) had poor knowledge in Pre test in post test, In that no samples had poor knowledge. There was 23 adolescent(76.66%) had average knowledge on pretest but there is 11 out of 30 (36.66%)in post test.Out of three samples(10%)had adequate knowledge inpost test it was19(63.33)

The present study data reveal that in pre test 3out of 30 sample had adequate knowledge and on post test it was 19 out of 30 (63.33%) This studies show that structured Teaching programme was effective

Association between post test score of knowledge regarding polycystic ovarian syndrome and selected

demographic variables. Chi-square Test was employed to find the association between level of knowledge on polycystic ovarian syndromewiththeir selected demographic variables .There is significant association found between pre test scoreof knowledge regarding polycystic ovarian syndrome with demographic variables.

OBJECTIVES

- ✓ To assess the level of knowledge regarding polycystic ovarian syndromeamong 2nd year BSc nursing students before and after structured teaching programme.
- ✓ To find out the association between post test scoresThat associationOf knowledge regarding poly cystic ovarian syndrome among 2nd year BSc Nursing students with their demographic variables

OBJECTIVE - 1

- ✓ To assess the level of knowledge regarding polycystic ovarian syndrome among 2ndyear BSc Nursing students before and after structured teaching programme

A) Frequency and percentage distribution of post test scores on knowledge regarding polycystic ovarian syndrome Among 2nd year BSc Nursing students depicts that:

- ✓ After structured teaching programme most of them have adequate knowledge (63.33%)and average knowledge (36.66%)
- ✓ The mean value on level of knowledge regarding polycystic ovarian syndrome is 18.90 and standard deviation is 0.59

B) Paired 't' test value on the level of knowledge regarding polycystic ovarian syndrome among 2ndyear BSc Nursing students depicts that:

- ✓ Paired 't' test value is 5.05,when compared to table value 2.
- ✓ There is improvement in post test score.

OBJECTIVE 2

- ✓ Find out the association between the post test score of knowledge regarding polycystic ovarian syndrome among 2nd year BSc Nursing student with this demographic variables.
- ✓ Chi-square Scores with their demographic variables,
- ✓ Chi-square was calculated to find out the association between post test scores of knowledge regarding polycystic ovarian syndrome among 2nd year BSc Nursing student with their demographic variables. It reveals that there is significant association between the post test score when compared to demographic variables.

HYPOTHESIS

H1- There is a significant level of knowledge regarding polycystic ovarian syndrome among 2nd year BSc Nursing students after structured teaching programme.

H2- There is significant association between the post test score of knowledge regarding polycystic ovarian syndrome among 2nd year BSc Nursing students with their selected demographic variables.

SUMMARY

Present study findings summarized as follows;

- ✓ Majority of the samples (63.33%) belongs to the age group 19 years , 23.33% belongs to 18 years and 13.33% belongs to 20 years.
- ✓ About 60% of sample lives in urban area and 40% lives in rural area.
- ✓ Out of 30 samples 13.33% was married and 86.66% was unmarried.
- ✓ Majority of the sample had normal menstruation (93.33%) and 6.66% had irregular menstruation.
- ✓ Most of the samples prefer to take non vegetarian diet (90%) and (10%) prefer to be vegetarian diet.

- ✓ Regarding the level of knowledge after structured teaching programme majority of second year BSc Nursing students (63.33%) had adequate knowledge and 36.66% had average knowledge.

DISCUSSION

This chapter deals with the discussion of the findings of chapter 4 based on the objectives of the study ; they are discussed under the following headings;

- Description of samples according to their demographic variables.
- Assessment of effectiveness of structured teaching programme.
- Assessment of the association between the post test scores of knowledge regarding polycystic ovarian syndrome among second year BSc Nursing girls with their demographic variables.

Description Of Samples According To Their Demographic Variables.

Higher percentages 63.33% of samples were in the age group of 19 years whereas lowest percentage 13.33% was in the age group of 20 years . Distribution of sample according to their residence depicts that higher percentage (60%) were in urban area and 40% in rural area. out of 30 sample 86.66% was unmarried and 13.33% married. Distribution of sample according to their dietary habit depicts that 90% followed the vegetarian diet and 10% followed non vegetarian diet. Distribution of level of knowledge based on attending structured teaching programme on polycystic ovarian syndrome shows that 63.33% has adequate knowledge and 33.66% has average knowledge.

Assessment Of Effectiveness Of Structured Teaching Programme.

From the data collected there were total 30 samples and the knowledge level was assessed by using closed ended questionnaire with maximum questions of 20.

The interpretation shows that score between 0-6 (poor), 7-13 (average). Out of these 30 Sample majority of the adolescent have average knowledge regarding polycystic ovarian syndrome (10%) and remaining students (23%) have average knowledge and only 13.33% have poor knowledge regarding polycystic ovarian syndrome.

Assessment of the association between the post test scores of knowledge regarding polycystic ovarian syndrome among second year BSc Nursing students with their demographic variables.

The present study shows that there is a significant association found between level of knowledge regarding polycystic ovarian syndrome with selected demographic variables. Table 4.3 – 4.8 shows the association between the level of knowledge and selected demographic variables. Chi-square value is greater than 'p' value shows the association between level of knowledge and demographic variables.

CONCLUSION

The knowledge of polycystic ovarian syndrome among second year BSc Nursing students was assessed. The study revealed the most of the second year BSc Nursing students had an average knowledge regarding polycystic ovarian syndrome. There is no association between the knowledge and demographic variables. A nurse should have thorough knowledge regarding polycystic ovarian syndrome and should be able to teach properly to the adolescent girls.

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