



A STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON IDENTIFICATION OF RISK FACTORS AND MANAGEMENT OF PCOS (POLYCYSTIC OVARIAN SYNDROME) AMONG NURSING STUDENTS IN A SELECTED NURSING COLLEGE, MAHARASHTRA.

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ABSTRACT

Polycystic ovarian Syndrome is a problem with hormones that happens during the reproductive years. It is characterized by features of androgen excess and ovarian dysfunction systems in the absence of another diagnosis. In India, , 35% of adolescents suffer from PCOS. This study will be aimed to assess the effectiveness of a structured teaching program on the identification of risk factors and management of PCOS among 18 to 22 years old nursing students. The objective of the study was to assess the pre-test knowledge level in PCOS among Nursing students in a selected nursing college, and to determine the effectiveness of a structured teaching program on PCOS, and to find out the association between the pre-test knowledge regarding PCOS and related demographic variable. The approach that was used for this investigation was quantitative. The data was gathered from 70 samples. **Results:** In the pre-test, 53% had average knowledge and 47% had poor knowledge. During the post test, 53% had very good knowledge, 40% had good knowledge and 7% had poor knowledge regarding PCOS. The t-test value obtained was 15.5, which is significant at $p < 0.000$, so it has been concluded that a structured teaching program on the identification of risk factors and management of PCOS among nursing students was effective. There was a significant association between age, type of family and weight ($P < 0.05$).

KEYWORDS : Assess, Effectiveness, Polycystic ovarian syndrome, structured teaching Program

INTRODUCTION

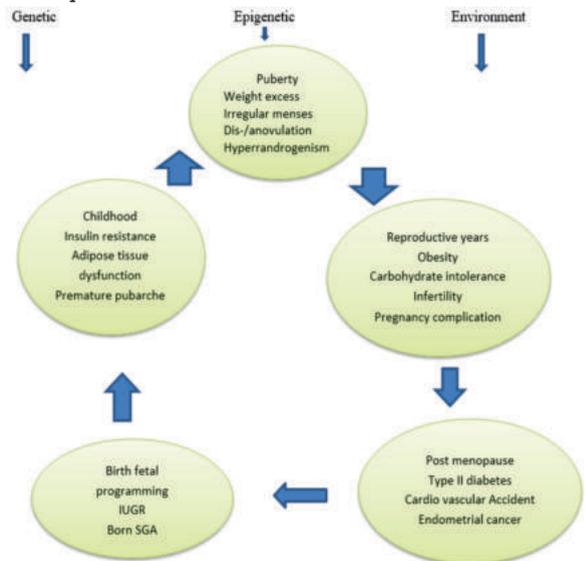
A women's reproductive system is delicate, complex and prepared for child bearing with all its structure both anatomically and physiologically. Its very important to protect the every system from any infections and any health issues. Taking care very early stage and very especially from puberty and making healthy learning, choices can help to protect women. Among women of reproductive age, PCOs is one of the endocrine and metabolic illnesses that are most frequently reported. The world wide prevalence of PCOS is estimated in the range of 6-13% of reproductive aged women. Up to 70% of affected women remain undiagnosed worldwide. Women with PCOOS may not ovulate, high level of androgens and have missed or irregular menstrual periods, excess hair growth, acne, infertility and weight gain. Indian women have a high PCOS prevalence rate. . Young girls are more prone to health risks due hormonal changes, lifestyle changes and lack of knowledge. So it is to minimize the complications in later age by maintaining a healthy lifestyle and recognising health problems.

Need For The Study

Worldwide, affecting many females in the reproductive age group, polycystic ovary syndrome (PCOS) is considered to be a heterogeneous endocrine disorder characterized by hyperandrogenism, ovulation dysfunction, and the morphology of polycystic ovary (PCO) Depending on the parameters defined, PCOS has a reported prevalence in the community of 6%-10% PCOS affects females from the moment of birth to the moment of death, providing a range of health hazards that may reduce their quality of life. It also contributes significantly to morbidity and mortality in the reproductive age group.

Young girl's health plays an important role in a nation's health condition. In India, 35% are suffering from PCOS> There are two main reasons for the increase of PCOS diagnosis in Indian women, the adoption of unhealthy eating habits and a sedentary lifestyle. Proper awareness helps in the prevention and early identification of PCOS thereby reducing its complications like diabetes, hypertension and cardio vascular diseases. Losing weight can significantly reduce many of health issues linked to PCOS in girls who are overweight. Sometimes losing weight on its own can bring

hormones levels back to normal, which makes a lot of symptoms go away or become less severe. Women's knowledge must rise to prevent serious occurrences of infertility in the future.



Problem Statement

A study to assess the effectiveness of structured Teaching programme on identification of Risk factors and management of PCOS (polycystic ovarian syndrome) among Nursing students in a selected Nursing College, Maharashtra.

Objectives

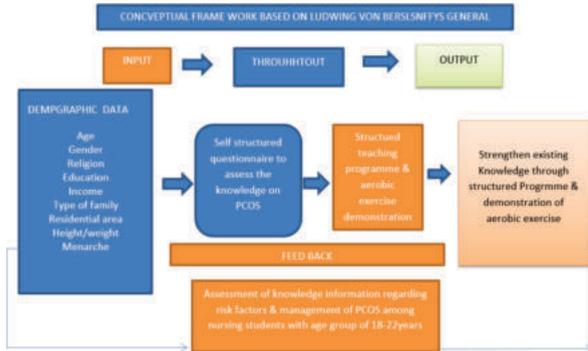
- To assess the pre-test knowledge level in PCOS among Nursing students of a selected Nursing college , Maharashtra.
- To determine the effectiveness of structured teaching programme on PCOS with selected demographic variables.

Hypothesis

H₁ – there is a significant difference between pre-test and post –test knowledge regarding POCs among 18-22 years of nursing students.

Conceptual Framework.

The conceptual framework of this study is based on the general system model by Ludwig Von Bertalanffy. This general system model provides an approach to understanding, analysing and thinking about organizations. System theory is viewed as an organism made up of numerous parts that must work in harmony for the larger system.



Methodology

A quantitative research approach was used in this study to evaluate the effectiveness of a structured teaching programme.

Research Design

Pre-experimental one group pre- and post test research configuration was taken to assess the knowledge regarding PCOS among 18-22 years old nursing students.

Variables

The variable of the study were

1. Socio personal Variable

- a. Age
- b. Gender
- c. Religion
- d. Education
- e. Income
- f. Family
- g. Place of residence
- h. Weight
- I. Height
- j. Menarche.

2. Independent variable

- a. Structured teaching program

3. Dependent Variable

- a. Knowledge regarding identification of risk factors and management of PCOS among nursing students with 18-22 years of age.

Setting Of The Study

The present study was conducted at a selected Nursing college, Maharashtra.

Population

The term population is the entire aggregation of cases in which a researcher is interested. The population for this study is nursing students of a selected Nursing college with the age group of 18-22 years of old.

Sample And Sample Technique Sample

The sample for the study is of nursing students of a selected nursing college of Maharashtra with the age of 18-22 years of old.

Sample Size

In this study, after analysing the pilot study 70 samples of nursing students aged 18-22 were selected who are studying in selected Nursing College.

Sampling Technique

In this present study, simple random sampling is used to select samples.

Inclusion Criteria

Inclusion criteria give the researcher a set of inclusive standards to select potential participants.

In this study inclusion criteria were,

- Nursing students of age 18-22 years
- Students who are willing to participate in this study
- Nursing students who could understand and respond to Marathi and English.

Exclusion Criteria

In this study the exclusion criteria were:

- Students who were leave on the day of data collection
- Nursing students who were diagnosed with PCOS

Tool

- Tool A- Structured questionnaire to assess demographic data
- Tool B- Structured questionnaire to assess knowledge regarding PCOS.

RESULTS

The findings show that the majority in the pre-test 53% had average knowledge, and 47% of students had poor knowledge regarding the identification of risk factors and management of PCOS mean pre-test is 12.09 and SD is 4.49.

In these post-test, 53% have very good knowledge regarding the identification of risk factors and management of PCOS, and 40% of students have good knowledge regarding PCOS and 7% have poor knowledge. The mean Post-test is 25.79 and SD is 5.80. The t value was 15.517 had been statistically significant at $p < 0.000$. To determine the association, a chi-square test was done, and it shows that there was a significant association between knowledge with age ($X^2 = 4.924$, $p = 0.026$ and weight ($X^2 = 4.452$, $p = 0.034$).

Effectiveness of structured teaching program among nursing students age 18 to 22 regarding identification of risk factors and management of PCOS (n=70)

Test	Mean	SD	T test	P value
Pre-test	12.09	4.49	15.5**	0.000
Post test	25.79	5.80		

Significant at 0.001 levels

Recommendations

Based on the findings of the study the following recommendations have been made for the further study

- It can be carried out in the larger sample among school/college students
- Nursing faculty can conduct based on the finding of PCOS of the study further larger samples studies.
- Information booklet and self-instruction module may be developed in various areas regarding PCOS.

CONCLUSION.

Polycystic ovary syndrome (PCOS) is a hormonal imbalance that occurs when ovaries create excess hormones. PCOS, ovaries produce unusually high levels of hormones called androgens. This causes reproductive hormones to become imbalanced. As a result, people with PCOS often have irregular menstrual cycles, missed periods and unpredictable ovulation. Small follicle cysts may be visible on ovaries on Ultrasound due to lacks of ovulation. Females can get PCOS after puberty. Mostly people are diagnosed in their 20s or 30s, when, they are trying to get pregnant. This study was aimed at an effectiveness of structures teaching programme of Risk factors and management of PCOS among Nursing students of

the age group of 18-22 years, so they the Nursing students having a better information can contribute to other young girls with appropriate knowledge on PCOS.

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