



A STUDY TO FIND THE EFFECT OF AN AWARENESS PROGRAMME ON KNOWLEDGE OF PREVENTION AND MANAGEMENT OF POLY CYSTIC OVARIAN DISEASE AMONG ADOLESCENT GIRLS IN A SELECTED HIGHER SECONDARY SCHOOL, BERHAMPORE, MURSHIDABAD.

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ABSTRACT

Introduction: Polycystic ovarian Disease is a metabolic reproductive and psychological complex series of disorders that impact an adolescent girl through her life span. Aim to assess the existing knowledge regarding prevention and management of PCOD as measured by a structured knowledge questionnaire and provide awareness programme. Material and Method: The approach utilized for the study was quantitative survey with the quasi experimental research design. The study was conducted among adolescent girls of class XI and XII of selected Higher Secondary School, Berhampore, Murshidabad, West Bengal. Convenient sampling technique was used to select 115 adolescent girls of class XI and XII. The tool of data collection were tool 1: Personnel profile, tool 2: Knowledge Questionnaire on prevention and management of PCOD. The study was conducted from 18th to 23th July, 2024. At the first day pre-test was done and conduct an awareness programme about prevention and management of PCOD and post test was done after 7 days. Result: As per there knowledge out of 115 participants, in pretest 45 participants (39.13%) have good knowledge, 37(32.17%) have average knowledge, and 33participants (28.69%) have poor knowledge. In post test 27 participants (23.47%) have poor knowledge, 60participants (13.91%) have average knowledge and 62 paryticipants (53.91%) have good knowledge. Therefore the post test knowledge score is higher than pretest knowledge and the awareness programme is effective. The pre-test mean 12.78 and post test mean 19.17, and the mean difference was 6.39. Conclusion: This chapter has been deal with the findings of the study, discussion and implication to the nursing fields, limitation, experienced by the student researcher and recommendation for the future research.

KEYWORDS : PCOD, Awareness programme, adolescent girls.

INTRODUCTION

PCOD is a condition that affects women's ovaries, the reproductive organ that produces progesterone and oestrogen hormones in regulating the menstrual cycle and also produces small amounts of hormones called androgens. Incidence of PCOD is increasing fast with changes in lifestyle and stress. Due to PCOD, 20 % women suffer from infertility. Women with PCOD had 47 % higher risk of mortality. The prevalence of PCOD in India ranges from 3.7 to 22.5% and 65% women are not aware of PCOD symptoms. Almost 48% of women find it uncomfortable speaking about PCOD with their spouses.

MATERIAL AND METHODS

The descriptive evaluative approach is used in the present study as it aimed to find the effect of awareness programme on prevention and management of PCOD. Pre experimental one group pretest post test research design is selected for the present study. The study will be conducted at a Higher Secondary School, Goaljan Refugee Girls Higher Secondary School. study sample is all the adolescent girls who are studying in standard 11th and 12th. non probability convenience sampling technique is adopted. The socio demographic profile contained six items in relation to repondant's age, familiarization of PCOD, family history on PCOD, stream, sleeping pattern and physical activity. The paper pencil techniques is used to assess knowledge. Independent variable was awareness programme on prevention and management of PCOD. Dependent variable was Knowledge on prevention and management of PCOD.

DATA ANALYSIS

Frequency, percentage, distribution, t test is used to describe sample characteristics ,knowledge of participants on prevention and

management of PCOD and effectiveness of STP. Chi square test used to find the association between the knowledge level of late adolescents girls with their selected socio demographic variable and paired t test will use to find the effect of awareness programme.

RESULT

SECTION A: SOCIODEMOGRAPHIC DETAILS OF THE ADOLESCENT GIRLS:

In this table calculated chi square value for the variables age, familiarization to PCOD, family history, sleeping pattern and physical activity was 2.92, 0.62, 0.86, 0.46 and 2.54. The calculated chi value was lower than table value. Therefore familiarization of PCOD, family history of PCOD and sleeping pattern was not associated with participant's knowledge level. Background information i.e. Age and physical activity was found to be statistically not significant at 0.05 level of significance.

SECTION B: COMPARISON BETWEEN PRETEST AND POST TEST KNOWLEDGE:

As per there knowledge out of 115 participants, in pretest 45 participants (39.13%) have good knowledge, 37(32.17%) have average knowledge, and 33participants (28.69%) have poor knowledge. In post test 27 participants (23.47%) have poor knowledge, 60participants (13.91%) have average knowledge and 62 participants (53.91%) have good knowledge.

This bar diagram depicts pretest and post test knowledge score percentage in adolescent girls of standard XI and XII. As per their knowledge out of 115 students, in pretest 45 students (39.13%) have good knowledge, 37 (32.17%) have average knowledge, 33 students

(28.69%). In post test 27 students (23.47%) have poor knowledge, 16 students (13.91%) have average knowledge, and 62 students (53.91%) have good knowledge. Therefore the post test knowledge score is higher than pre test knowledge score. Hence the awareness programme is effective.

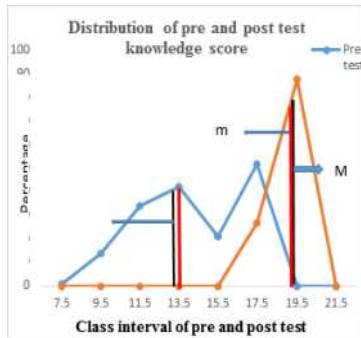


Figure 4: Frequency Polygon on knowledge score in pretest and post test

Fig 4 shows the distribution of pretest and post test knowledge score on prevention and management of PCOD. The 'X' axis represents the class interval of pre and post test knowledge score and the 'Y' axis represent the percentage of knowledge. The above graph showing pre test and post test mean was 12.78 and 19.17 and pre test and post test median was 13 and 19. The distribution of knowledge score on pre test was more scattered than post test. As mean located at the left side of the median in the Pretest knowledge score that is why it was negatively skewed. Mean while in post test knowledge score mean located at the right side of the median so that it represents positive skewed. The distribution of pre and post test knowledge score indicates more dispersion in the pre test than post test.

Section C: Effects of awareness programme n=115

Knowledge variable	Mean	Mean difference	Standard error of mean	Paired 't' test
Pre test	12.78	6.39	0.01	43.63
Post test	19.17			

Above table showing the effects of awareness programme on prevention and management of PCOD. The pretest and post test mean was 12.78 and 19.17, mean difference was 6.39, the standard error of mean was 0.01 and the calculated value of 't' 43.63 was higher than table value at 0.05 level of significance. Therefore, it can be interpreted that awareness programme was effective to increase the knowledge level of participants.

SECTION D : Chi square test between pretest knowledge level and selected sociodemographic variables.

In this table calculated chi square value for the variables age, familiarization to PCOD, family history, sleeping pattern and physical activity was 2.92, 0.62, 0.86, 0.46 and 2.54. The calculated chi value was lower than table value. Therefore familiarization of PCOD, family history of PCOD and sleeping pattern was not associated with participant's knowledge level. Background information i.e. Age and physical activity was found to be statistically not significant at 0.05 level of significance.

DISCUSSION

In the present study here we assess the knowledge level regarding PCOD and effectiveness of awareness programme among adolescent girls in studying in 11th and 12th standard. The objectives of the study is to assess the knowledge level regarding prevention and management of PCOD, to assess the existing knowledge regarding prevention and management of PCOD as measured by a structured knowledge questionnaire, to find the association between pre test knowledge level with selected socio demographic variables. Our total participants 115 by using non probability convenience sampling technique.

The paper pencil techniques is used to assess knowledge.

The findings of the study in pretest 45 participants (39.13%) have good knowledge, 37(32.17%) have average knowledge, and 33participants (28.69%) have poor knowledge. In post test 27 participants (23.47%) have poor knowledge, 60participants (13.91%) have average

knowledge and 62 participants (53.91%) have good knowledge. The limitation of the study was conducted in one setting that can restrict the generalization of findings, sample selected in the present study through convenience sampling method that not represent the population.

CONCLUSION

The knowledge score of post test is higher than the pretest after giving awareness programme regarding prevention and management of PCOD. The awareness programme is effective.

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