"A Descriptive Study To Assess The Knowledge On Polycystic Ovariansyndrome Its Early Identification And Management Among Girls Age Between 18 – 23 Years In Selected Iims College Of Nursing, Indore'' (M.P.)

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Abstract: Introduction: Adolescence is a period of transition from childhood to adulthood, a time of physiological, psychological, social and emotional adaptation. Nowadays adolescence is being attracted to the current technological world and has a greater impact on their lifestyle in all aspects. So they need more guidance and care. Adolescence is one of the most fascinating and complex transitions in the life span: a time of accelerated growth and change. A time of expanding horizons, self-discovery, emerging independence and a time of metamorphosis from child to adulthood. Specifically, adolescent girls need more consideration in their health because the current gynaecological problems are gradually arising and that stem from the girls passing through their motherhood. Polycystic ovarian syndrome is one the most growing gynaecological and endocrine problems, which is most common among adolescent girls. It adversely affects their life process and leads them to infertility in later life, thus it prevents them from enjoying their motherhood and causes more stress throughout their life. *Need of the Study:* During a clinical posting experience in Gynae OPD, I came across many adolescent girls diagnosed with PCOS. They had inadequate knowledge regarding prevention, early detection and treatment of polycystic ovarian syndrome. So I felt the need to assess and provide a structured teaching program to adolescent girls to impart the knowledge regarding polycystic ovarian syndrome. *Objectives:* To assess the knowledge on polycystic ovarian syndrome, its early identification and management among girls aged between 18- 23 years in IIMS College of Nursing Indore [M.P.]. To determine the association of knowledge on polycystic ovarian syndrome its early identification and management among girls between 18 – 23 years with selected demographic variables. *Research Hypothesis: H0:* There is no significant association with selected demographic variables knowledge of early identification and management of polycystic ovarian syndrome among girls aged between 18 – 23 years in IIMS College Of Nursing Indore M.P. *Hypothesis :H1:* There is significant association with selected demographic variables knowledge of early identification and management of polycystic ovarian syndrome among nursing students between the age group 18 – 23 years in IIMS College Of Nursing Indore M.P. *Method:* A descriptive approach was used for assessing the knowledge of girls 18- 23 years of age regarding Polycystic Ovarian Syndrome. The tool used for the study is a knowledge-based questionnaire. Total 100 girls were selected by using a purposive sampling technique. The data analysed were interpreted in terms of objective and hypothesis. *Inclusion Criteria:* Girls accessible at IIMS College ofNursing, Indore (M.P.). Girls available at the time of data collection. Girls who are willing to participate in the study. Girls between the age group 18 – 23 years. *Exclusion Criteria:* Girls who are not willing to participate in the study.Girls of age less than 18 and more than 23 years. *Result:* A descriptive approach was used for assessing the knowledge of girls 18 – 23 years of age regarding Polycystic Ovarian Syndrome. The data was collected from 100 girls of IIMS College of Nursing,Indore, (M.P.) by using a knowledge-based questionnaire. The tools consist of two sections: *Section 1:* Socio Demographic Data. *Section 2:* Questionnaire regarding the knowledge of Polycystic Ovarian Syndrome among the girls 18 – 23 years of age . Data were collected on 17/3/2023. The data collected was analyzed by using descriptive and inferential statistics and presented in the form of tables and graphs. Post test score was used to calculate the early identification and management of Polycystic Ovarian Syndrome. *Major Finding Of The Study: 1.* Analysis revealed that 25% among girls in the age group of 18 – 19 years, 25% among girls in the age group 20-21 years, 20% among girls in the age group 22-23 years, 30% among the girls above 23 years . 2.Majority of girls who have previous knowledge about Polycystic Ovarian Syndrome is 68% and others who do not have any knowledge regarding Polycystic Ovarian Syndrome is 32%. 3.Analysis revealed that dietary habits of girls in the age group 18 – 23 years are 46% of girls are vegetarian , 24% of girls are non- vegetarian , and 30% of girls are eggetarian. 4 Analysis revealed that 64% of girls have a regular menstrual cycle , 36% of girls have irregular menstrual cycle. 5. Analysis revealed that 60% of girls had <28 days, 4% of girls had 28 – 32 days, 36% of girls had >32 days of interval between 2 menstruation cycles.6 Analysis revealed that BMI – Body Mass Index 60% in 18.5 – 24.9, 40% in 25.0- 29.9, 0% in 30.0- 34.9, 0% in 35.0-39.9.7 Analysis revealed that the pre– test knowledge score of girls is 0% of girls had poor knowledge, 60% of girls had average knowledge, 23 % of girls had good knowledge , 17 % of girls had excellent knowledge , the mean was 25 and S.D. was 21.89. 8.Early identification and management for

the girls regarding Polycystic Ovarian Syndrome was effective and the chi- square test was 3.48 that is $P \leq 0.05$.

Conclusion: The chapter deals with the conclusion, nursing implications such as nursing practice ,nursing education, nursing research, nursing administration ,limitation of the study, suggestions and recommendations. The focus of the study was to assess the knowledge level of the girls regarding Polycystic Ovarian Syndrome in selected IIMS College of Nursing, Indore. A descriptive design was used in the study. The data was collected from 100 girls through a Knowledge Questionnaire. The following conclusion was made on the basis of the following study. Present study shows that there was an average, good, excellen post test knowledge score regarding polycystic ovarian syndrome.

Summary: The purpose of this study was to assess the knowledge of girls regarding Polycystic Ovarian Syndrome .The study descriptive in nature. The main study was conducted from 17/03/2023 in IIMS College of Nursing, Indore(M.P.) The total number of 100 Nursing girls who meet the inclusion criteria were selected from IIMS College of Nursing, Indore (M.P.) by using purposive sampling techniques. The researcher first introduced her to girls and obtained the consent for the present study. The researcher selected 100 Nursing girls. The conceptual framework of the study was modified open system model "Roy's Adaptation model '' the instrument used for the study was a knowledge based questionnaire. The knowledge based questionnaire was prepared to determine the level of knowledge of girls regarding Polycystic Ovarian Syndrome .The knowledge based questionnaire consists of two sections. The tools were submitted to experts. The data obtained from the study subject were analyzed and interpreted for data analysis. The level of significance was set at $P \leq 0.05$.

The tools consist of two sections: **SECTION 1:** First section consists of 6 items for obtaining information about socio demographic variables.

S.NO	SOCIO – DEMOGRAPHIC VARIABLES	FREQUENCY	PERCENTAGE (%)
1.	**Age in years**		
a.	18 – 19 years	25	25%
b.	20-21 years	25	25%
c.	22-23 years	20	20%
d.	Above 23 years	30	30%
2.	**Previous knowledge on polycystic ovarian syndrome**		
a.	Yes	68	68%
b.	No	32	32%
3.	**Dietary Habits**		
a.	Vegetarian	46	46%
b.	Non -Vegetarian	24	24%
c.	Eggitarian	30	30%
4.	**Menstrual Cycle**		
a.	Regular	64	64%
b.	Irregular	36	36%
5.	**Interval between 2 menstruation cycle**		
a.	< 28 days	60	60%
b.	28 -32 days	04	4%
c.	> 32 days	36	36%
6.	**BMI- Body Mass Index**		
a.	18.5 -24.9	60	60%
b.	25.0 -29.9	40	40%
c.	30.0 -34.9	00	0%
d.	35.0 -39.9	00	0%

SECTION 2: Knowledge Based Questionnaire to assess the knowledge of early identification and management regarding Polycystic Ovarian Syndrome of girls 18 -23 years of age. It consists of items regarding Polycystic Ovarian Syndrome of girls 18 - 23 years of age. Each item in the tool consisted of multiple choice answers.

PRE TEST KNOWLEDGE SCORE

Assessment of pre –test knowledge score among nursing girls (18- 23 years) regarding polycystic ovarian syndrome.

S.N0	PRE-TEST	FREQUENCY	PERCENTAGE	MEAN	S.D.
1	POOR	0	0%		
2	AVERAGE	23	60.00%	25	21.89
3	GOOD	60	23.00%		
4	EXCELLENT	17	17.00%		

ASSOCIATION BETWEEN KNOWLEDGE SCORE AND SELECTED DEMOGRAPHIC VARIABLES.

Association of age group with pre – test knowledge score (N = 100)

Particular	Pre – test knowledge score					Degree of freedom	2 value
	Poor	Average	Good	Excellent	Total		
Age Group						09	Chi –sq. : 3.48
18-19 years	0	06	15	04	25		
20- 22 years	0	04	15	06	25		p>0.05
22-23 years	0	07	10	03	20		
Above 23	0	06	20	04	30		Insignificant
Total	0	23	60	17	100		

Association of previous knowledge with pre – test knowledge score (N= 100)

Particular	Pre– test knowledge					Degree of freedom	2 value
	Poor	Average	Good	Excellent	Total		
Previous knowledge						03	Chi –sq. : 1.81
Yes	0	10	12	10	32		p>0.05
No	0	14	34	20	68		Insignificant
Total	0	24	46	30	100		

Association of Dietary habits with pre test knowledge score (N= 100)

Particular	Pre – test knowledge					Degree of freedom	2 value
	Poor	Average	Good	Excellent	Total		
Vegetarian	0	10	23	13	46		
Non - vegetarian	0	10	04	24	24	9	Chi –sq. :3.72
Eggitarian	0	10	10	15	30		p>0.05
Total	0	30	48	22	100		Insignificant

Association 0f Menstrual cycle with pre– test knowledge score (N= 100)

Particular	Pre– test knowledge					Degree of freedom	2 value
	Poor	Average	Good	Excellent	Total		
Menstrual cycle							
Regular	0	12	32	20	64	3	Chi –sq.:1.47
Irregular	0	10	14	12	36		p>0.05
Total	0	22	46	32	100		Insignificant

Association of Interval between 2 menstrual cycle with pre– test knowledge score (N= 100)

Particular	Pre – test knowledge					Degree of freedom	2 value
	Poor	Average	Good	Excellent	Total		
Interval between 2 menstrual cycle						6	Chi sq.:15.61 P > 0.05 Insignificant
< 28 days	0	36	14	10	60		
28 – 32 days	0	02	01	01	O4		
>32 days	0	07	13	36	36		
Total	0	45	31	24	100		

Association of Body Mass Index (BMI) with pre– test knowledge score (N=100)

Particular	Pre – test knowledge score					Degree of freedom	2 value
	Poor	Average	Good	Excellent	Total		
Body mass index						9	Chi–sq.:5.07 p>0.05 Insignificant
18.5- 24.9	0	20	26	14	60		
25.0- 29.9	0	10	26	04	40		
30.0- 34.9	0	0	0	0	00		
35.0- 39.9	0	0	0	0	00		
Total	0	30	52	18	100		

PRE TEST KNOWLEDGE SCORE

Assessment of pre –test knowledge score among nursing girls (18- 23 years) regarding polycystic ovarian syndrome.

S.N0	PRE-TEST	FREQUENCY	PERCENTAGE	MEAN	S.D.
1	POOR	0	0%	25	21.89
2	AVERAGE	23	60.00%		
3	GOOD	60	23.00%		
4	EXCELLENT	17	17.00%		

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JOURNAL

"International Journal of Nursing Education and research ''Volume – 4 ,issue 2 April, page no. 136.