



“A STUDY TO EVALUATE THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON POLYCYSTIC OVARIAN DISEASE AMONG ADOLESCENT GIRLS IN SELECTED COLLEGE, GUWAHATI, ASSAM”

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Abstract: Polycystic ovary disease (PCOD) is a condition that affects a woman's hormone levels. The present study aimed to assess the effectiveness of structured teaching programme on polycystic ovarian disease and to find out the association between the pre test knowledge scores of polycystic ovarian disease among adolescent girls with selected demographic variables.

Index terms: effectiveness, structured teaching programme, polycystic ovarian disease, adolescent girls.

Introduction: Polycystic Ovarian Syndrome, (PCOS) is the most common problem that encounter with fertility of women in reproductive age. The prevalence of polycystic ovaries in Indian subcontinent Asian women is very high. The prevalence of polycystic ovarian disease in general population has been estimated to be 5% to 10% of women of reproductive age. Women with PCOS produce higher-than-normal amounts of male hormones. This hormone imbalance causes them to skip menstrual periods and makes it harder for them to get pregnant. As the rates of obesity increases among children and adolescents, polycystic ovary syndrome (PCOS) is certainly one of these conditions suited for nursing for its prevention.

The objectives of the study are:

- 1.To assess the level of pretest knowledge score on Polycystic Ovarian Disease among adolescent girls
- 2.To assess the level of post test knowledge score on Polycystic Ovarian Disease among adolescent girls.
- 3.To assess the effectiveness of Structured Teaching Programme on Polycystic Ovarian Diseases among adolescent girls by comparing pre and post test knowledge scores.
- 4.To find out the association between the pre test knowledge scores of Polycystic Ovarian Disease among adolescent girls with selected demographic variables.

Methodology: With an evaluative approach, a pre experimental one group pre-test post-test design was adopted for the study. The study was conducted in Handique Girls College, Guwahati, Assam and 60 samples of adolescent girls were selected using purposive sampling technique. **Modified Ludwig Von Bertalanffy (1968) General System Theory** conceptual framework was used in this study. The tools used for the study were demographic performa and Structured knowledge questionnaire. The analysis was done by using descriptive and inferential statistics in terms of frequency, percentage, mean, standard deviation, paired 't' test and chi square test.

Result: The present study showed that in selected demographic variables, maximum number of adolescent girls i.e. 50(83.3%) were in the age group of 17-19 years and 55 i.e 91.6% have no family history of PCOD where 5 (8.3%) have family history of PCOD. All 100% of the samples have 21 – 35 days menstruation cycle and 50(83.3%) have history of dysmenorrhea. Among the samples 27(45%) of the adolescent girls previous source of information is from family members, where 23(38.3%) is from health personnel and 10(16.6%) from mass media.

The result revealed that in pre test 71.6% of adolescent girls have inadequate knowledge and 28.3% of the adolescent girls have adequate knowledge Where in the post test 100% have adequate knowledge. So, post-test score remain higher than the pre-test knowledge score.

TABLE 1: Mean, Standard deviation, Mean difference and t value of pre-test and post- test knowledge scores.

N=60							
Sl. No	Knowledge Score	Mean	SD	Mean difference	t-value	Df	Inference
1.	Pre-test	10.4	1.23				
				7.18	41.4*	59	S
2.	Post-test	17.5	1.18				

* S = Significant at P<0.05 level of significance

The data presented in table 1 shows that the mean pre test knowledge score(17.5) is higher than the mean pre test knowledge score(10.4) and the difference between the pre-test and post-test score is 7.18. Thus the calculated value is greater than the tabulated value and hence null hypothesis (H_{01}) is rejected and the research hypothesis is accepted i.e. there is a significant difference between the pre-test and post-test knowledge score on polycystic ovarian disease. This indicates that the structured teaching programme on polycystic ovarian disease was effective in improving the knowledge of adolescent girls.

The result of chi-square analysis revealed that there is significant association between pre test knowledge with selected demographic variables such as family history of PCOD and history of dysmenorrheal and not significant with the age, regularity of cycle and previous source of information Thus the null hypothesis H_{02} and research hypothesis H_2 is accepted.

Conclusion: The study revealed that was the structured teaching programme on polycystic ovarian disease is effective among the adolescent girls. The recommendations suggested were, a similar study can be done by utilizing other teaching strategies and can be undertaken on a large scale.

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