



“A STUDY TO ASSESS THE EFFECTIVENESS OF VIDEO ASSISTED TEACHING PROGRAMME ON KNOWLEDGE REGARDING PREVENTION AND MANAGEMENT OF PCOS AMONG ADOLESCENT GIRLS AT SELECTED HIGHER SECONDARY SCHOOL, UTTAR PRADESH”

Miss Venus Maurya¹ Mrs.Jasmi Manu²

MSc. Nursing, Rama University, Mandhana, Kanpur, Uttar Pradesh, India²⁻⁷.

Corresponding author mail id-mauryavenus133@gmail.com

ABSTRACT

Polycystic ovary syndrome (PCOS) is a complex condition characterized by elevated androgen levels, menstrual irregularities, and/or small cysts on one or both ovaries. The investigator found adolescent girls have lack of knowledge regarding PCOS and its prevention at the primary level as they are neglecting taking care of the disease. Hence, the researcher is interested to educate the adolescent girls regarding polycystic ovarian syndrome (PCOS) and its prevention and management of PCOS through VAT.

The objective of the study were To assess the level of knowledge regarding prevention and management of PCOS among adolescent girls., To assess the effectiveness of video assisted teaching programme regarding prevention and management of PCOS among adolescent girls. And To find out the association between the knowledge score with their selected demographic variables.

A quasi- experimental one group pre test and post test design was used to conduct the study among 60 adolescence girls who were selected by random sampling technique for the study. The data was collected through structured knowledge questioninior to assess the effectiveness of video assisted teaching program on knowledge regarding prevention and management of PCOS among adolescence girls. The study was conducted in Suriyawan Bhadohi . The data collected and analyzed based on descriptive and inferential statistics.

The result of the study showed that the mean knowledge score mean pretest and posttest knowledge level on polycystic ovarian syndrome. The post test mean score (19.6) was high when compared to the pretest mean (7.1) score of knowledge. The obtained t value (23.02) was greater than table value at 0.05 level of significance, which shows that there is significant difference between pretest and posttest level of knowledge regarding polycystic ovarian syndrome among adolescent girls. Hence, the formulated research hypothesis H1 was accepted.

The association between demographic variables and knowledge score was analyzed by using chi-square test. The test revealed that there was a no significant association of knowledge with selected demographic variables such as Age, Educational status , Age at menarche ,Religion food habit , Area of residency, Consumption of junk food, Menstrual cycle , Family history ,Previous information and source of information.

Key words: Polycystic Ovarian Syndrome, Video Assisted Teaching, Adolescent girls

INTRODUCTION

The term Polycystic Ovarian Disease was first described by Irving stein and Micheal Leventhal as a Triad of ‘Amenorrhoea’, ‘Obesity’, and ‘Hirsutism’ in 1935 when they observed the relation between obesity and reproductive disorders. It is hence also known as the ‘Stein- Leventhal Syndrome’ or ‘Hyper androgenic Anovulation’ and is the most common endocrine ovarian disorder affecting approximately 2-8% women of reproductive age.

NEED FOR THE STUDY

Now a day’s adult girls are unaware about polycystic ovarian disease (PCOD) which is more prevalent. A substantial proportion of the worldwide burden of Polycystic ovarian disease (PCOD) could be prevented through the application of existing knowledge and by implementing programs for control and early detection and treatment is important to prevent long term sequel and to develop a positive attitude and follow healthy life style, as well as public health campaigns promoting physical activity and a healthier dietary intake.

STATEMENT OF THE PROBLEM

“A Study to assess the effectiveness of video assisted teaching programme on knowledge regarding prevention and management of pcos among adolescent girls at selected higher secondary school, Uttar Pradesh”

The objectives of the present study were:

1. To assess the level of knowledge regarding prevention and management of PCOS among adolescent girls.
2. To assess the effectiveness of video assisted teaching programme regarding prevention and management of PCOS among adolescent girls.

3. To find out the association between the knowledge score with their selected demographic variables.

Hypothesis:

H₀₁: There is a no significant gain knowledge in post test score of the higher secondary Students after attending video assisted teaching programme on prevention and management of PCOS .

H₀₂: There is a no significant association between pretest knowledge score regarding prevention and management of PCOS with selected demographic variables .

H₁: There is a significant gain knowledge in post test score of the higher secondary Students after attending video assisted teaching programme on prevention and management of PCOS .

H₂: There is a significant association between pretest knowledge score regarding prevention and management of PCOS with selected demographic variables

METHODS AND MATERIALS:

Research approach:

The quantative evaluative approach study was used in this study.

Research design:

The research design adopted for the current study was Quasi experimental.

Setting of the study:

The study was conducted in selected higher secondary school at dist-Sant Ravidas nagar Bhadohi Uttar Pradesh.

VARIABLES:

Independent variable:

Video Assisted Teaching Programme regarding prevention and management of PCOS. **Dependent variable:**

Knowledge level of the adolescence girls on prevention and management of PCOS.

Demographic variables:

Age, Educational status , Age at menarche, religion Food Habit , Area of Residency, Menstrual cycle , Consumption of Junk Foods, Family History of PCOS ,Previous Knowledge and Source of information

POPULATION:

The population of present study consist adolescence girls.

Target population:

The population of present study consist of adolescent girls those who are present in the selected higher secondary school at Uttar Pradesh.

Accessible population:

Accessible population of present study was adolescent girls with the age group 13 to 20year

SAMPLE:

The sample used for this study was Adolescent girls who are meeting the inclusion criteria.

Sample size:

The sample size of this study was consist of 60 adolescent girls.

Sampling technique:

Random sampling technique was used to select the sample.

Sampling criteria:

Criteria for the selection of the sample.

Inclusion criteria:

Adolescent girls who were:

- Students with age group 13 to 20 years.
- Students who were available at data collection period.
- Students who are willing to participate.

Exclusion criteria:

- Students who were exposed to any teaching programme.
- Students with the age group less than 10 years.

DEVELOPMENT AND DESCRIPTION OF TOOLS USED IN THE STUDY:

The tool used for the study was a structured knowledge questionnaire.

The tool consists of two sections.

Section-A. It deals with the demographic data such as age, gender, religion, place of residence family income, type of family and method of waste disposal.

Section-B: Consist of 32 multiple choice questions related to hazards of plastic use.

Scores:

There were 30 items, each item had an option with one most appropriate answer.

The maximum score for the correct response to each item “one” and incorrect “zero”.

Data collection procedure:

“A questionnaire is one of the most common tools used for collecting data. A structured knowledge questionnaire was the type of questionnaires which permits a great coverage of groups with a short period and covers a wide variety of information.”⁸⁵

On the basis of developed framework to achieve the objectives of the study, A structured knowledge questionnaire was prepared to assess the level of knowledge regarding prevention and management of polycystic ovarian syndrome among higher secondary school at Uttar Pradesh. Tool was developed by the

investigator after an extensive review of primary and secondary sources of literature and consultation with the help of experts in the field of Obstetrics and Gynaecological, Nursing Research. The tools were initially prepared in English and then were translated into hindi by the language expert.

There were three research tools involved:

- **Socio demographic variables**
- **Knowledge assessment** :A structured knowledge questionnaire
- **Teaching tool**: Video Assisted Teaching programme.

Description of the tool:

A tool was developed to selected higher secondary school as well as to assess the effectiveness of video assisted teaching (VAT) programme on knowledge regarding prevention and management of polycystic ovarian syndrome (PCOS) among adolescent girls.

Tool consists of 3 parts:

Part 1 -Socio Demographic Variables

Part 2 -Structured Knowledge Questionnaire

Part 3 -Video Assisted Teaching Programme

RESULTS AND FINDINGS

The major findings of our study were:

1. **Findings related to assessment of pre-test knowledge of adolescence girls regarding prevention and management of PCOS.**

The findings reveal that, in the pre test them 53 (88.33%) had inadequate knowledge. 7 (11.67%) had moderate knowledge, no one had adequate knowledge in pre-test.

2. **Findings related to assessment of post-test knowledge of adolescence girls regarding prevention and management of PCOS .**

The findings reveals that, in the post-test majority of them were 22(36.67%) had adequate knowledge, 36(60%) had moderate knowledge, (3.33%) had inadequate knowledge regarding prevention and management of PCOS.

3. Findings related to effectiveness of video assisted teaching program on knowledge regarding prevention and management of PCOS among adolescence girls .

The comparison of mean pretest and posttest knowledge level on polycystic ovarian syndrome The post test mean score (19.6) was high when compared to the pretest mean (7.1) score of knowledge. The obtained t value (23.02) was greater than table value at 0.05 level of significance, which shows that there is significant difference between pretest and posttest level of knowledge regarding polycystic ovarian syndrome among adolescent girls. Hence, the formulated research hypothesis H1 was accepted.

4. Findings related to association of demographic variable with pre test score of knowledge regarding prevention and management of PCOS among adolescence girls .

The association of demographic variable with pretest score of knowledge by using chi square test revealed there statistically no significant association with variables that there was statistically no association at $p > 0.05$ level.

CONCLUSION

The study has concluded that baseline knowledge of (88.3%) adolescent girls was inadequate regarding prevention and management of PCOS. In pre-test it was found that adolescent girls were not aware about the prevention and management of PCOS. After video assisted teaching (VAT) programme the concept regarding prevention and management PCOS was clear to them as indicated by significant increase in post-test mean knowledge scores.

It can be concluded that video assisted teaching (VAT) programme had a great impact on the knowledge regarding Prevention and management of PCOS. Urgent steps are needed to improve the knowledge of adolescent girls to create appropriate awareness regarding prevention and management.

BIBLIOGRAPHY

1. Freud A. Normality and pathology in childhood: Assessments of development. Routledge; 2018 Mar 22.
2. Spear BA. Adolescent growth and development. Journal of the Academy of Nutrition and Dietetics. 2002 Mar 1:S23.

3. Leon LI, Mayrin JV. Polycystic Ovarian Disease (Stein-Leventhal Syndrome). InStatPearls [Internet] 2018 Nov 18. StatPearls Publishing.
4. Spinedi E, Cardinali DP. The polycystic ovary syndrome and the metabolic syndrome: a possible chronobiotic-cytoprotective adjuvant therapy. *International journal of endocrinology*. 2018 Oct;2018.
5. Azziz R, Woods KS, Reyna R. (2004) The prevalence and features of the polycystic ovary syndrome in an unselected population. *J Clin Endocrinol Metab*. 89(6):2745-9.