



# “EFFECTIVENESS OF PLANNED TEACHING PROGRAMME ON KNOWLEDGE REGARDING POLYSYSTIC OVARIAN SYNDROME AMONG B.SC. NURSING PART III STUDENTS IN SELECTED NURSING COLLEGE AT JAIPUR”.

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## **Abstract:**

**BACKGROUND AND PURPOSE:** Polycystic Ovarian Syndrome is the most common endocrine disorder among women between the ages between 18-44. It affects approximately 2% to 20% of this age group. It is one the leading endocrine disease and which affects one in 15 women in worldwide. The incidence of PCOS among adolescents is estimated to be between 11 and 26% (3) and about 50% are overweight.

**OBJECTIVES:** 1) To assess knowledge regarding polycystic ovarian syndrome among B.Sc. Nursing part III students in selected nursing college. 2) To assess effectiveness of planned teaching programme on knowledge regarding polycystic ovarian syndrome among B.Sc. Nursing part III students in selected nursing college. 3) To find out association between knowledge regarding polycystic ovarian syndrome among B.Sc. Nursing part III students in selected nursing college and selected demographic variables. **DESIGN:** In this study Pre-experimental one group pretest and posttest design without control group will be used in this study for the pretest study to assess the effectiveness of planned teaching programme Polycystic Ovarian Syndrome on level of knowledge among students of B.Sc. Nursing part III. **RESULT:** With regard to the knowledge most of them had inadequate knowledge in pretest and most of them had moderate knowledge in post-test. With regard to the effectiveness of Planned Teaching Programme on knowledge regarding Polycystic Ovarian Syndrome among Students of B.Sc. Nursing Part III, the mean post-test knowledge score was **17.32** more than the mean pre-test knowledge score was **12.47 (17.32>12.47)**. The obtained „t“ value was highly significant. The study revealed that Planned Teaching Programme was effective in improving the level of knowledge

regarding Polycystic Ovarian Syndrome. With regard to the association between the knowledge with their selected demographic variables in the present study findings revealed that there was a significant association between the knowledge among Students of B.Sc. Nursing Part III and their religion and source of information about PCOS. The study findings revealed that among B.Sc. Nursing part III students, the mean pre-test score was mean score was **12.47** with the standard deviation of **2.35** and post-test score mean score was **17.32** with the standard deviation of **2.83**. The mean difference was **4.85**. The obtained „t“ value **8.222** was statistically significant at **p<0.05** level. Hence the stated hypothesis (H1) was accepted. It was inferred that the mean post-test level of knowledge score was more than the pre-test level of knowledge score. There is a significant difference between the mean pre and post-test level of knowledge among B. Sc. Nursing part III students. Thus Planned Teaching Programme was proven effective on the level of knowledge regarding PCOS among students of B.Sc. Nursing part III.

**Index Terms** - Effectiveness of planned teaching programme, ovarian syndrome.

## I. RESEARCH METHODOLOGY

In this study quantitative evaluative research approach will be used to assess the effectiveness of planned teaching programme level of knowledge regarding Polycystic Ovarian Syndrome among B.Sc. Nursing part III students. In this study Pre-experimental one group pretest and posttest design without control group will be used in this study for the pretest study to assess the effectiveness of planned teaching programme Polycystic Ovarian Syndrome on level of knowledge among students of B.Sc. Nursing part III. Planned teaching programme on PCOS was the independent variable in this study. In this study the dependent variable is the knowledge of students regarding PCOS. The demographic variables in the study are gender, religion, types of family, area of living, source of information about PCOS.

“Sample consists of a subset of population selected to participate in a research study. The sample consists of 40 students of B.Sc. Nursing part III who fulfill the criteria of the study. The demographic variables were analyzed by using descriptive measures (frequency and percentage).

### 3.1 Population and Sample

Polit and Hungler, (2005) stated that “sample consists of a subset of population selected to participate in a research study. The sample consists of 40 students of B.Sc. Nursing part III who fulfill the criteria of the study.

### 3.2 Data and Sources of Data

Prior to data collection permission was obtained from principal, Institute of Medical Technology and Nursing Education, Jaipur. In this study 40 Students of B.Sc.

Nursing part III was involved. Before giving structured multiple choice questionnaire, the purpose of the study was explained to the Students of B.Sc. Nursing part III with self- introduction. Pretest questionnaire were given to the sample and they took 15-20 minutes for answering it. After that Planned Teaching Programme on Polycystic Ovarian Syndrome was given for 45 minutes through LCD. The same questionnaire was provided to the samples and was asked them to answer; they took 10-15 minutes to complete the questionnaire.

According to Polit and Hungler (2005), “A population is the entire aggregation of cases in which a researcher is interested”.

**Target population** selected for this study was All students studying in B.Sc. Nursing part III at Institute of medical technology & nursing education sitapura, Jaipur, Rajasthan.

**Accessible population** selected for this study includes All B.Sc Nursing students studying in 3<sup>rd</sup> year at in Institute of medical technology & nursing education sitapura, Jaipur, Rajasthan

The findings of the study were grouped and analyzed under the following sessions.

### The hypothesis (H<sub>2</sub>)

**H<sub>1</sub>:** The mean post-test knowledge score of nursing students who are exposed to planned teaching programme will be significantly higher than the mean pretest knowledge scores.

**H<sub>2</sub>:** There is significant association between the pre-test knowledge regarding polycystic ovarian syndrome and selected demographic variables.

## IV. RESULTS AND DISCUSSION

**Section A:** Description of the demographic variables.

**Section B:** To assess the level of knowledge regarding Polycystic Ovarian Syndrome among B.Sc. Nursing part III students by conducting pre- test and post- test.

**Section C:** Effectiveness of planned teaching programme on knowledge regarding Polycystic Ovarian Syndrome among B.Sc. Nursing part III students.

**Section D:** Association of pretest level of knowledge on Polycystic Ovarian Syndrome among B.Sc. Nursing part III students with selected demographic variables.

### Figures and Tables

#### SECTION A

**Table 4.1** Frequency and percentage distribution of demographic variables B.Sc. Nursing part III students

(N=40)

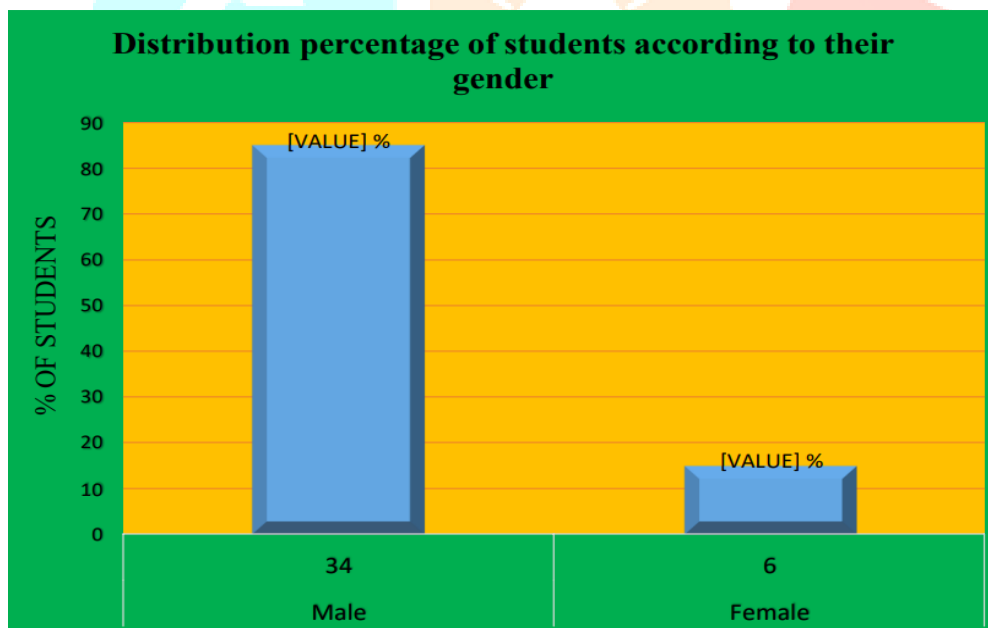
Sr. no.	Demographic variable	Frequency	Percentage (%)	
1.	Gender	Male	34	85
		Female	6	15
2.	Religion	Hindu	39	97.5
		Muslim	1	2.5
		Christian	0	0
		Other	0	0
3.	Types of family	Nuclear	22	55
		Joint	18	45

4.	Area of Living	Rural area	27	67.5
		Urban area	13	32.5
5.	Source of information	Seminar and workshop	16	40
		Family and friends	4	10
		Mass media	20	50
		No information	0	0

**Table 4.1** shows that most of the samples 34(85%) are male, most of them are Hindu39 (97.5%), Most of the male belong Nuclear family 22 (55%)%. Area of Living Are Rural area 27 (67.5%) and most of sample are have source of information from mass media 20 (50%),

**Figures4.1, 4.2, 4.3, 4.4, 4.5** depict the percentage distribution of the sample according to their Gender, Religion, Type of family, Area of living, Source of information about PCOS.

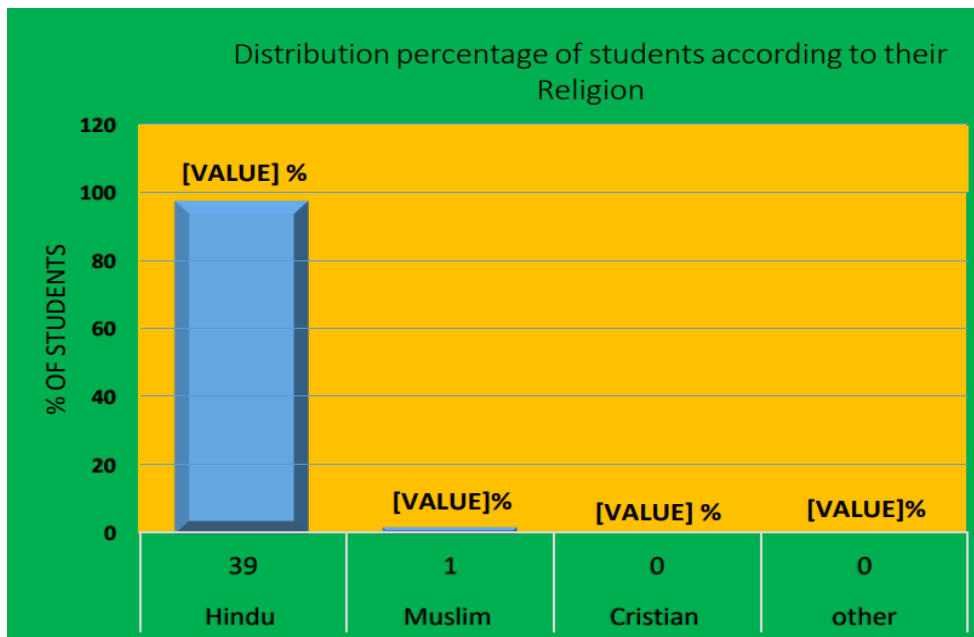
#### 4.1-Distribution percentage of students according to their gender



**Figure 4.1:** Bar diagram depicting percentage distribution of the sample according to their gender

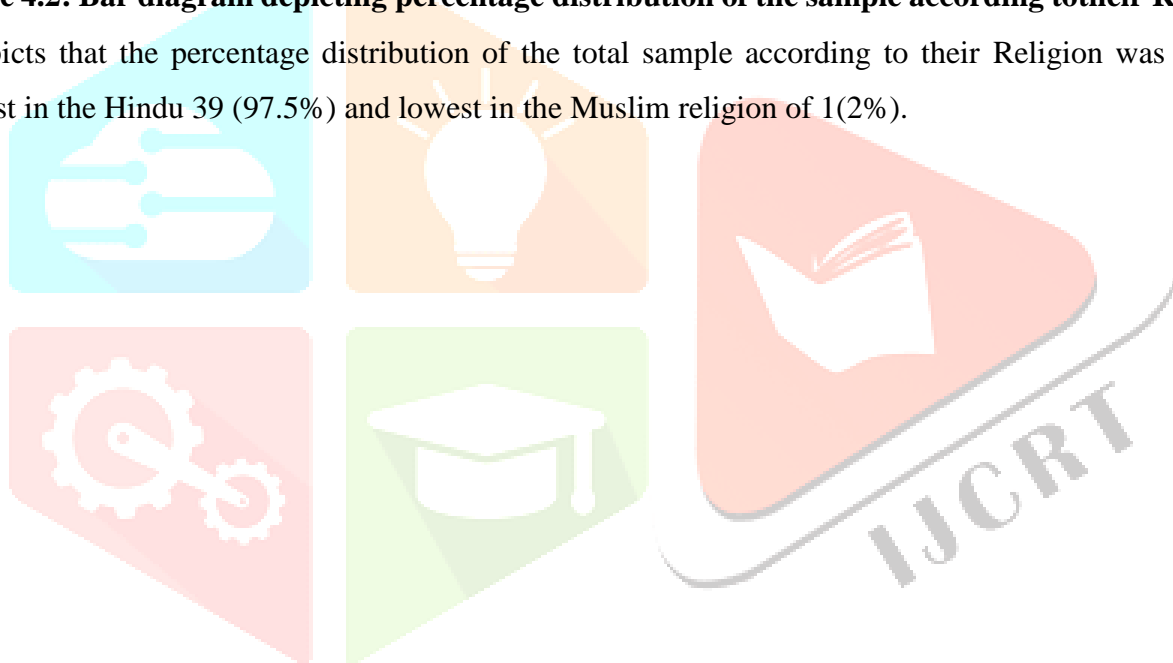
It depicts that the percentage distribution of the total sample according to their gender was found to be highest in the male of 34 (85%) and lowest in the female of 6 (15%).

#### 4.2-Distribution percentage of students according to their Religion

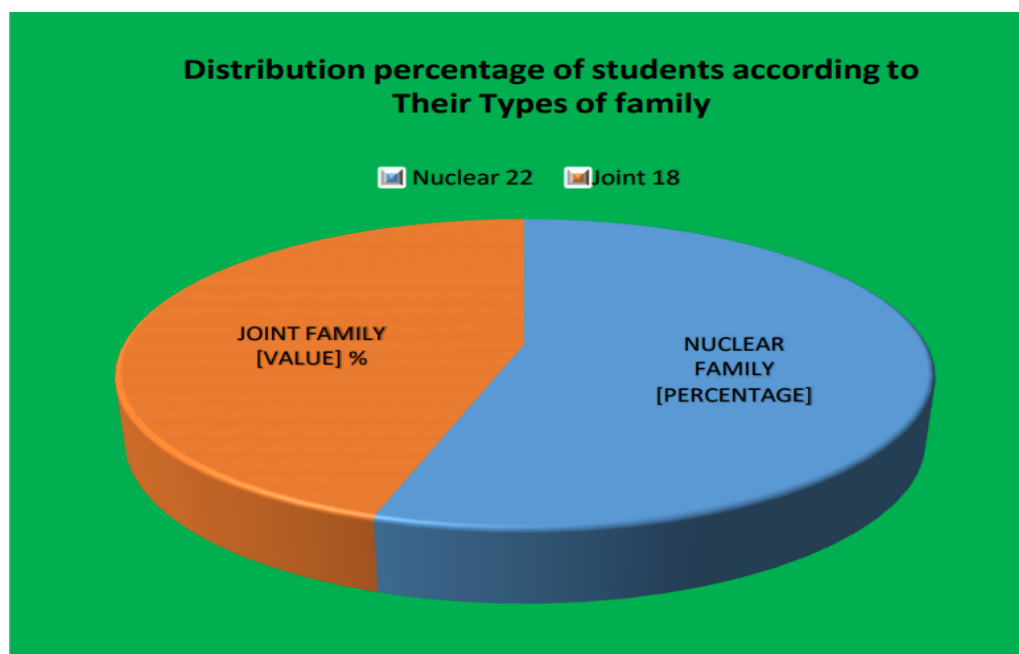


**Figure 4.2: Bar diagram depicting percentage distribution of the sample according to their Religion**

It depicts that the percentage distribution of the total sample according to their Religion was found to be highest in the Hindu 39 (97.5%) and lowest in the Muslim religion of 1(2%).



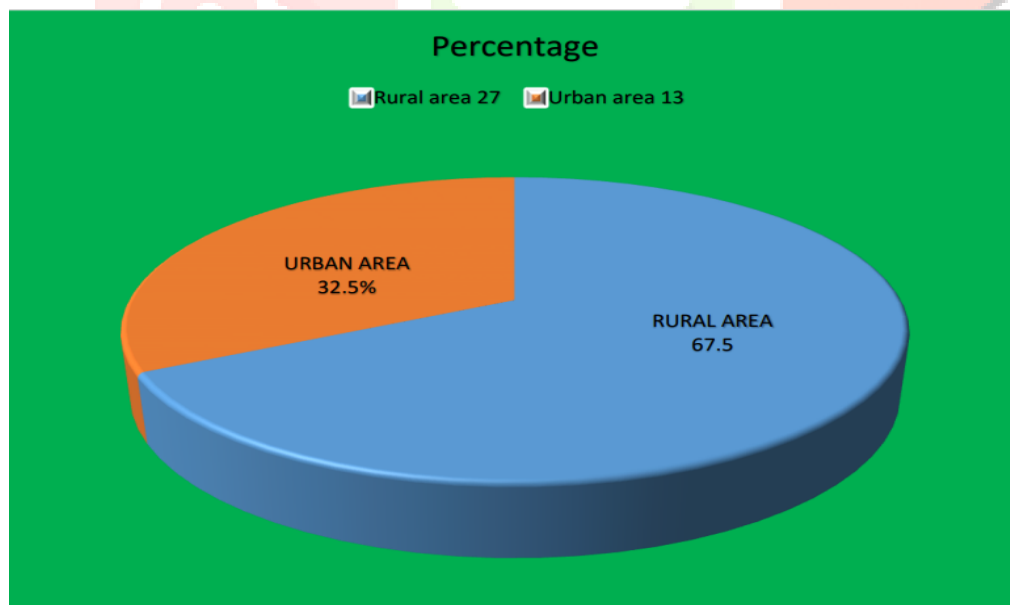
### 4.3-Distribution percentage of students according to their Types of family



**Figure 4.3: Pie diagram depicting percentage distribution of the sample according to their Types of family**

It depicts that the percentage distribution of the total sample according to their Types of family was found to be highest in the nuclear family of 22 (55%) and lowest in the joint family of 18 (45%).

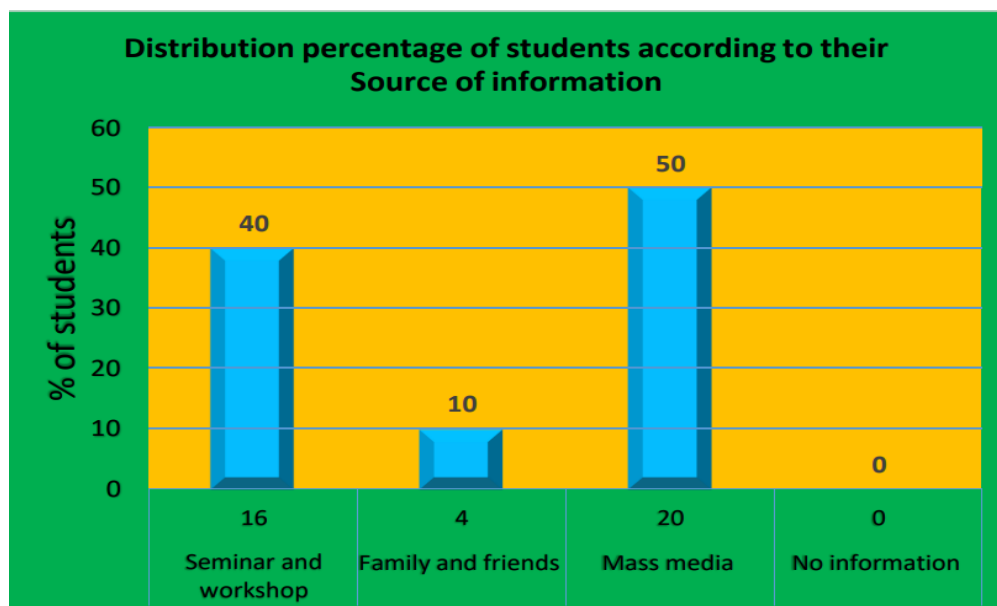
**Figure 4.4: -Distribution percentage of students according to their area of living**



**Figure 4.4: Pai diagram depicting percentage distribution of the sample according totheir area of living**

It depicts that the percentage distribution of the total sample according to theirarea of living was found to be highest in the rural area of 27 (67.5%) and lowest in the urban area of 13 (32.5%)

#### 4.5:-Distribution percentage of students is according to their Source of information about PCOS.



**Figure 4.5: Bar diagram depicting percentage distribution of the sample according to their Source of information about PCOS.**

It depicts that the percentage distribution of the total sample according to their Source of information about PCOS was found to be highest in the mass media of 20 (50%) and lowest in the Family and friends of 4 (10%).

#### SECTION- B

**Table 4.2** Pretest, frequency, percentage, distribution, mean and standard deviation of Polycystic Ovarian Syndrome among Students of B.Sc. Nursing Part III by conducting pre- test.

(N=40)

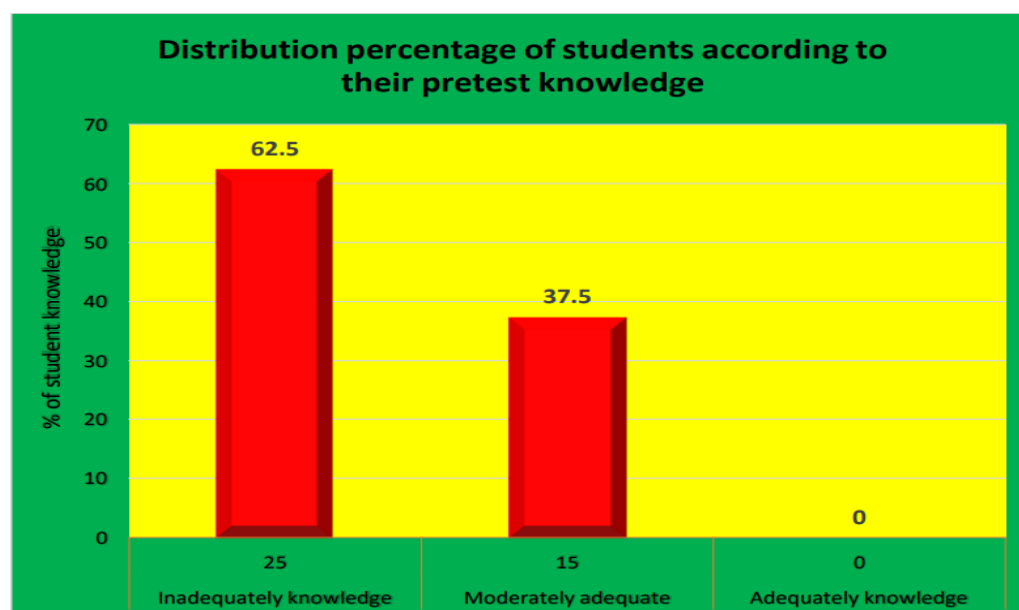
Sr. no.	Level Of Knowledge	Frequency	Percentage(%)	Mean	Standard deviation
1.	Inadequately knowledge	25	62.5	12.47	2.35
2.	Moderately adequate	15	37.5		
3.	Adequately knowledge	0	0		
	Total	40	100		

#### Interpretation-

Data presented in Table-4.2 reveals that most of pretest knowledge on Polycystic Ovarian Syndrome among students of B.Sc. Nursing Part III of students has 25 (62.5%) had Inadequate Knowledge, 15 (37.5.0%) had Moderately Knowledge, and 0 (0.0%) had Adequate Knowledge of B. Sc. Nursing part III students as the

mean score was 12.47 with the sample standard deviation of 2.35.

**Figure:-4.6 Pretest, percentage distribution of level of knowledge among B.Sc. Nursing part III of students**



**Figure: -4.6** Pretest, percentage distribution of level of knowledge among B.Sc. Nursing part III students reveals that most of pretest knowledge on Polycystic Ovarian Syndrome among B.Sc. Nursing part III students has 25 (62.5%) had Inadequate Knowledge, 15 (37.5.0%) had Moderately Knowledge, and 0 (0.0%) had Adequate Knowledge.

**Table 4.3.** Posttest, frequency, percentage, distribution, mean and standard deviation of Polycystic Ovarian Syndrome among Students of B.Sc. Nursing part III by conducting post- test.

(N=40)

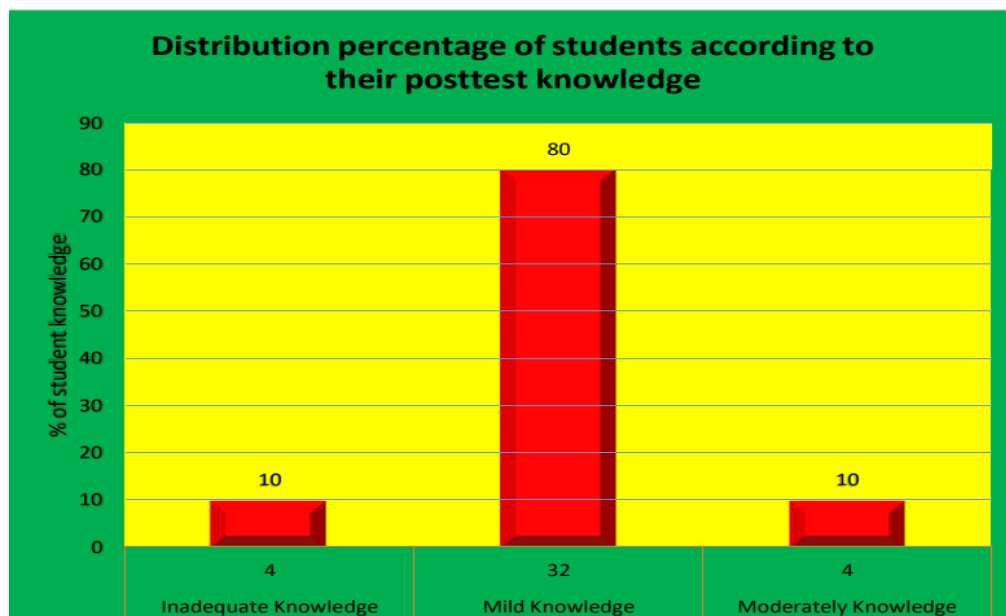
Sr. no.	Level of stress	Frequency	Percentage(%)	Mean	Standard deviation
1.	Inadequate Knowledge	4	10	17.32	2.83
2.	Mild Knowledge	32	80		
3.	Moderately Knowledge	4	10		
	Total	40	100.0		

#### Interpretation-

Data presented in Table-4.3 reveals that most of post test knowledge on Polycystic Ovarian Syndrome among B.Sc. Nursing part III students has 4 (10%) had Inadequate Knowledge, 32 (80.0%) had Moderately Knowledge, and 4 (10%) had Adequate Knowledge of B. Sc. Nursing part III students as the mean score was 17.32 with the sample standard deviation of 2.83.



**Figure: -4.7 Post-test, percentage distribution of level of knowledge among B.Sc. Nursing part III students**



**Figure: -4.7 Post-test, percentage distribution of level of knowledge among B.Sc. Nursing part III students** reveals that most of pretest knowledge on Polycystic Ovarian Syndrome among B.Sc. Nursing part III students has 4 (10%) had Inadequate Knowledge, 32 (80.0%) had Moderately Knowledge, and 4 (10%) had Adequate Knowledge.

### SECTION - C

**Table 4.3:** Comparison of pretest and posttest knowledge scores regarding polycysticovarian syndrome among B. Sc. Nursing part III students.

(n = 40)

Knowledge	Mean	S.D	Paired „t“ Value
Pretest	12.47	2.35	t = 8.222 p = 0.000, S***
Post Test	17.32	2.83	

\*\*\*p<0.001, S – Significant

The table 4.3 shows that in the pre-test, the mean score of knowledge was 12.47 with S.D 2.35 whereas in the post test the mean score of knowledge was 17.32 with S.D 2.83. The calculated paired “t” value of t = 8.222 was found to statistically significant at p<0.001 level. This clearly shows that the planned teaching programme imparted to B. Sc. Nursing part III students had significant improvement in the posttest level of knowledge.

## SECTION - D

**Table 4.4** Association of Pretest level of knowledge regarding Polycystic Ovarian Syndrome among B. Sc. Nursing part III students with selected demographic variables.

(N =40)

Demographic variables		Df	X <sup>2</sup> Value	P<0.05	Significance
Gender	Male	3	5.2	7.82	Not Significant
	Female				
Religion	Hindu	12	23.28	21.03	Significant
	Muslim				
	Christian				
	Other				
Types of family	Nuclear	3	6.01	7.82	Not Significant
	Joint				
Area of Living	Rural area	3	7.03	7.82	Not Significant
	Urban area				
Source of information	Seminar and workshop	12	21.85	21.03	Significant
	Family and friends				
	Mass media				
	No information				

**Table 4.4** shows that in B.Sc. Nursing part III students in religion and source of information are closely associated with their level of knowledge.

## I. ACKNOWLEDGMENT

**“Thank God for today, without his grace and mercy, none of in world be up today”** First thank **Almighty God**, my provider his grace is sufficient for me **My God** shall supply all my needs according to his riches in glory. He will give His angels charge over me, and cares for me. I want to count my blessings which my **Lord Krishna** has given me, name them one by one and see what God has done and in this process these have been the persons who have stood by me, and helped me to put all my efforts to successfully complete my study . In the absence of such support of these people all my toil would have been in vain.

“Special thanks to my guide **Dr. Arvind K. Sharma sir** for guiding me and **Mr. Eashwarprasad V. Lehane sir** for their continuous support, Thanks all helped me out directly and indirectly”.

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