A Study To Assess The Effectiveness of IEC On Knowledge Regarding Polycystic Ovarian Syndrome Among Adolescent Girls.

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Abstract

PCOS is a common problem among teenage girls and young women in fact among 100 girls 30 girls will be reporting polycystic ovarian syndrome. World wild , PCOS prevalence was estimated with high variable range from 2.2%. to as high as 26 percentage in India experts claim 10 percentage of demand to be affected by PCOS. Aim of my studies is to assess the knowledge regarding polycystic ovarian syndrome among adolescence girls. It's a quantitative research approach with the hundred samples were selected through non probability convenience sampling technique 12.6 and the knowledge score was 24.03 with SP of 1.27 there was a statistically significant increase in the overall knowledge regarding PCOS after the IEC programme at P <.001 Level.

Keywords :- Effectiveness , IEC, knowledge ,polycystic ovarian syndrome.

Introduction

Young adolescent girls means between the age group of 12 to 19 years, they are often thought of a healthy group of girls. It is the transition stage between childhood to adolescence. impact of modernisation and technological advancement that reflect in their daily life , which leading to unhealthy eating habits and lack of exercises, these unhealthy habits may lead to diseases in the adolescence girls like polycystic ovarian syndrome (PCOS) Obesity, Infertility ect.

In 1935 Stein and Leventhal described the hyper androgenic syndrome that is later named as polycystic ovarian syndrome . PCOS is terminal disorder affecting 5-10% of women of child bearing age. It's a common clinical condition manifested during adolescence period and characterised by irregular natural cycle, generally less than six mensural cycle per year and with the features of hyper androgenism.

Polycystic ovarian syndrome is characterised by multiple cysts (Tiny fluid filled in the sac) within the ovaries , due to imbalanced female sex hormone, which can produce unpleasant symptoms like excessive facial and body hair, acne, obesity, irregular mental cycles and infertility.

Polycystic ovaries contain many harmless cyst they are not bigger than 8mm. Normal ovaries have only about half of these numbers of cysts. The cyst are underdeveloped follicles which contain eggs that have not developed properly. Often in cease of PCOS these follicles are unable to release the eggs. It means ovulation doesn't take place. By acquiring knowledge regarding PCOS and it causes preventive measures and management the adolescent girls will be able to improve their lifestyle pattern and change their life style and take a measures to prevent the PCOS.

Statement of Problem

A pre experimental study to assist the effectiveness of IEC on knowledge regarding polycystic ovarian syndrome among adolescent girls in selected settings at kumbakonam.

Objectives

1. To assess the pretest level of knowledge regarding polycystic syndrome among adolescent girls.
2. To evaluate the effectiveness of IEC on knowledge regarding polycystic ovarian syndrome among adolescents.
3. To differentiate the pretest and post test Level of knowledge regarding polycystic ovarian syndrome among adolescent girls.
4. To associate the pretest and post test Level of knowledge regarding polycystic ovarian syndrome with the selected demographic variables among adolescent girls.

Hypothesis

H1:-There is no significant difference between the pre test and post test score on knowledge regarding polycystic ovarian syndrome among adolescent girls after the IEC.

Research Methodology

This study was quantitative in nature. It's a pre experimental one group pretest and post test only design, the independent variable for this study was information ,education and communication devise used by the investigator and the Dependent variable was knowledge on PCOS. The study was conducted at marudhanallur village at Kumbakonam. the participants of this study were adolescents girls with in the age group of 15 to 18 years. Hundred participants were selected through non probability convenience sampling technique. Pre test score on Knowledge was collected through the structured questionnaire by interview method. IEC was administered on the same day, postage was carried out after seven days of intervention. Data analysis and interpretation was done by using descriptive statistics like frequency and percentage distribution, mean, standard deviation, and inferential statistics like 't' test and chi squ.

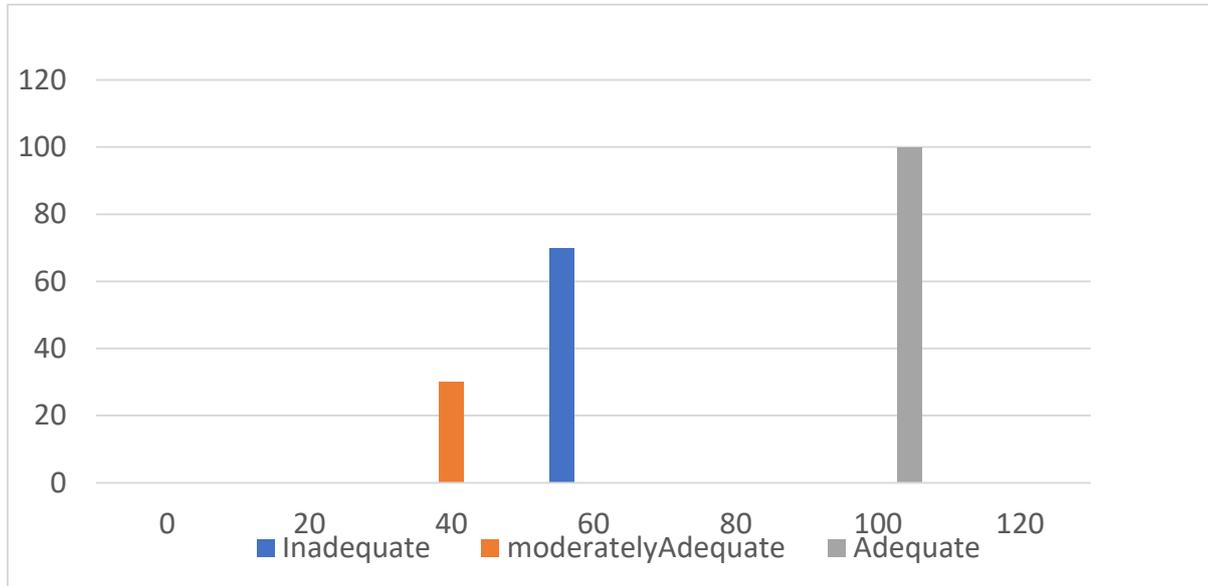## Result and Discussion

Demographic Variables of Samples

Majority 50% of the Participants were in age group of 18 yrs 60% were Hindus, 50% were from nuclear family and 90% were non vegetarian, 36.7% of the samples had rupees 15,000 to 20,000 / monthly family income. 93.3% had regular menstruation. 46.7% had of mental problem in their family. 66.7 % knowledge about PCOS and 55% of got information by healthcare professionals .

This result was supported by a study conducted by Sheelamma M.A(2020) a pre experimental study to assess the effectiveness of IEC on knowledge regarding poly cystic ovarian syndrome among nursing

students. Total 30 students selected through convenient sampling technique and participated it was found that 50 percentage of the student were of age group 20 and 50% were of 21 yrs and above. 20 % got the information from family and friends.3.3% got the information from books and articles. 63.35 got the information from health works. 76.65 belongs to urban and 23.3% belong to rural 63.3% were Christians and 36.6% were Hindus.

The first objective of the study is to assess the pre test and post test score knowledge regarding polycystic ovarian syndrome among adolescents girls.

Fig 1 : Knowledge on PCOS Among Adolescents

Pre Test Post Test Result

According to the second objectives of the study to evaluate the effectiveness of IEC on knowledge regarding polycystic ovarian syndrome among adolescent girls, this result was supported by the study conducted by Kalpana S.P (2019) to assess the effectiveness of structured teaching programme on knowledge regarding polycystic ovaries among pre university students depicts that, enhancement between the pre- test and post- test were 19.75 and obtained paired 't' test value is 7.49 and it was significant at the level of <0.05. This shows the effectiveness of IEC. Chi - Square test revealed that there is statistically significant associations between knowledge of pre University students with their demographic variables.

The third objectives of this study is to associated the selected demographic variables
With their post test score of knowledge regarding polycystic ovarian syndrome.

Table -1 . Comparison of pre test and post test Knowledge score regarding PCOS among adolescent Girls

N= 100

Level of knowledge	Mean	Standard deviation	Paired T-test
Pre-test	11.53	12.6	-18.38
Post test	24.03	1.27	P<0.001*

*p<0.001, S-Significant

There is no statistically significant association was found on post – test level of knowledge with demographic variables such as age, religion, educational status, type of family, dietary habits, monthly family income, age at the time of menarche, cycle of menstruation, history of menstrual problems in the family, previous knowledge on PCOS and source of Information.

This result was supported by the study conducted by B Batra and Sangeetha Tiwari 2000 and 18 study to assess the effectiveness of planned teaching programme on knowledge regarding PCOS among adolescent girls the result revealed that in pretest 60% of the girls had poor knowledge, and 40% girls had averaged knowledge and 10% of the girls are good Knowledge, in post test knowledge 75% of the girls have gained good knowledge , 25 % of the girls had average knowledge, and Non of the girls had poor knowledge. Study also shown that there is no association between pretest Knowledge score on PCOS and demographic variables but in post test knowledge scores some variables showed significant association.

Conclusion

The study was done to assess the effectiveness of IEC on knowledge regarding polycystic ovarian syndrome among women in selected settings of marudhanallur village at Kumbakonam. The findings of this research project revealed that in pre test 70 % of the samples had inadequate knowledge and 30 % of the sample had moderate knowledge and none of them had adequate knowledge. Were in post test 100% of the samples had adequate knowledge. Pre-test mean score of PCOS was 11.53 with SD of 12.6 and the post test mean score was 24.03 with SD of 1.27. There was a statistically significant increase in the overall knowledge regarding PCOS after IEC programme at P<.001 level. In association of post test level of knowledge with demographic variables like age, religion, educational status, type of family, dietary habit, monthly family income, age at the time of menarche and cycle of menstruation. The result reports that the IEC on PCOS was effective in increasing the knowledge on PCOS among adolescent girls.

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