



KNOWLEDGE REGARDING PCOD AMONG NURSING STUDENTS OF A SELECTED NURSING SCHOOL OF KAMRUP(R), ASSAM WITH A VIEW TO DEVELOP INFORMATION BOOKLET

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ABSTRACT

Background: PCOD is a common endocrine disorder affecting women of reproductive age, and its impact extends beyond reproductive health. The WHO in the year 2021 reported that approximately 116 million women (3.4%) are affected by PCOD globally and in India was 37 to 22.5 % PCOD affects an estimated 8-13% of reproductive aged women up to 70% of affected women remain undiagnosed worldwide.

Objective of the study: 1.To find the association between the level of Knowledge regarding PCOD among Nursing Students and selected demographic variable.2.To assess the knowledge regarding PCOD among Nursing Students. **Materials and Methods:** A quantitative research approach with descriptive cross sectional research design was selected for the present study. Convenience sampling technique was adopted to select the 130 samples. Data were collected by self-structured knowledge questionnaire. **Result:** The study result showed that overall knowledge means score was 9.82 with SDI 2.753 results revealed that majority i.e., 48.38% of knowledge belongs to 21 – 23 years , 73.07 % belongs to Hinduism , 77.69% belongs to rural area , 91.53% belongs to nuclear family , 47.69 % income is 15,000 to 44,999 , 32.30 % educational status is GNM 2nd year , 60% work pattern is moderate , 63.84% is non- vegetarian , 93.07 % likes junk food , 32.30% get knowledge from parents/teachers . It was seen that out of 130 students 19.24% were having inadequate, 68.46% of them were having moderately adequate and only 12.30% were having adequate level of knowledge on PCOD.

Conclusion: The findings of the study revealed that there is a significant association between the level of Knowledge on PCOD among Nursing Students with some demographic variables i.e., course of the study, food habits, and source of information. On the other hand, there is no significant association between the level of knowledge with some demographic variables i.e.,age, religion, locality of residence, type of family, income of the family, work pattern, and junk food consumption.

KEY WORDS: knowledge, PCOD, nursing students.

INTRODUCTION:

PCOD (Polycystic Ovarian Disease) is a medical condition in which the woman ovaries produce immature or partially mature eggs in large numbers and over the time these become cysts in the ovaries. Due to these ovaries become large and secrete large number of male hormones (androgens) causing infertility, irregular menstrual cycles, hair loss and abnormal weight gain. PCOD (Polycystic Ovarian Disease) can be controlled by diet and lifestyle modifications.

Worldwide, Polycystic Ovary Disease (PCOD) affects 12% -21% of reproductive age women including nursing students. In this regard, female nursing students should have accurate behaviour as the disease can interfere with their overall health and quality of life.

The World Health Organization estimates of that the PCOD has affected 116 million women (3.4%) worldwide in 2012. Globally, the prevalence estimates of PCOD are highly variable, ranging from 9.13% to as high as 36%. In India, experts claim that 10% of the women are affected by PCOD. Community based studies using Rotterdam criteria among reproductive age group. Women have demonstrated varied figures regarding prevalence in few Asian countries ranging from 2% - 7.5% in China to 6.3% in Sri Lanka, and most studies in India show that the prevalence of PCOD as 9.13% to 36%.

OBJECTIVES:

1. To assess the Knowledge regarding Polycystic Ovarian Disease among the Nursing Students in a selected Nursing School of Kamrup(R), Assam.
2. To find out the association between the level of Knowledge regarding PCOD among Nursing Students with selected demographic variables in a selected Nursing School of Kamrup(R), Assam.

MATERIALS AND METHODS:

A quantitative research approach with descriptive cross sectional research design was selected for the present study. Convenience sampling technique was adopted to select the 130 samples. Data were collected by self-structured knowledge questionnaire.

DESCRIPTION OF THE TOOL:

The tool comprises of two parts:

- **Part I:**

It consists of demographic variables like age in year, religion, locality of residence, type of family, income of the family (monthly), course of the year, work pattern, food habits, junk food consumption, & source of information regarding PCOD.

- **Part II:**

It consists of self structured Knowledge questionnaire regarding PCOD.

PLAN FOR DATA ANALYSIS AND INTERPRETATION

Descriptive statistic:

1. Frequency and Percentage were computed for analysis of the selected demographic variables.
2. Mean and standard deviation, frequency and percentage were used to analyze the knowledge of PCOD.

SECTION –I: Frequency and percentage distribution of Nursing Students. According to their demographic variables

n=130

DEMOGRAPHIC VARIABLES	FREQUENCY(f)	PERCENTAGE(%)
AGE IN YEARS		
18-20	54	41.54%
21-23	61	46.93%
24-26	13	10%
27 & ABOVE	2	1.54%
RELIGION		
HINDUISM	96	73.85%
ISLAM	16	12.31%
CHRISTIANITY	18	13.84%
LOCALITY OF RESIDENCE		
RURAL	101	77.69%
URBAN	29	22.30%
TYPE OF FAMILY		
NUCLEAR FAMILY	117	90%
JOINT FAMILY	13	10%
FAMILY INCOME		
15,000-44,999	58	44.61%
45,000-64,999	39	30%
65,000-84,999	22	16.93%
85,000-1,00,000	11	8.47%

COURSE OF THE YEAR		
GNM 1 ST YEAR	40	30.76%
GNM 2 ND YEAR	42	32.30%
GNM 3 RD YEAR	34	26.15%
ANM 1 ST YEAR	2	1.53%
ANM 2 ND YEAR	12	9.23%
WORK PATTERN		
SEDENTARY	36	27.69%
MODERATE	79	60.76%
STRENUOUS	15	11.53%
FOOD HABITS		
VEGETARIAN	14	10.76%
NON- VEGETARIAN	84	64.61%
MIXED	32	24.61%
LIKE JUNK FOOD		
YES	120	92.30%
NO	10	7.69%
SOURCE OF INFORMATION		
HEALTH PERSONNEL	37	28.46%
MASS MEDIA	35	26.92%
PARENTS/TEACHER	45	34.61%
NO INFORMATION	13	10%

Table I depicts that majority of the respondents that is, 59(49.38%) belongs to 21-23 years. 95(73.07) belongs to Hinduism. 101(77.69%) belongs to rural area.119(91.53%)belongs to nuclear family.62(67.69%) income is 15,000-44,999.42(32.30%) educational status is GNM 2nd year.78(60%) work pattern is moderate. 83(63.84%) is non-vegetarian. 121(93.07%) likes junk food. 42(32.30%) source of Knowledge was from parents/teachers.

SECTION –II TABLE NO – II.A DISTRIBUTION OF KNOWLEDGE LEVEL OF RESPONDENTS IN MAXIMUM SCORE, MINIMUM SCORE, RANGE, MEAN, MEDIANMODE

n=130

CHARESTERISTICS	VALUES
MINIMUM SCORE	4
MAXIMUM SCORE	18
RANGE	14
MEAN	9.8
MEDIAAN	10
MODE	9
STANDARD DEVIATION	2.753

Table –II.A shows the knowledge level of respondents in maximum score, minimum score, range, mean, median, mode & standard deviation.

TABLE NO –II.B FREQUENCY AND PERCENTAGE DISTRIBUTION OF NURSING STUDENTS ON ACCORDING TO LEVEL OF KNOWLEDGE

n=130

CATEGORY	LEVEL OF KNOWLEDGE	FREQUENCY	PERCENTAGE
INADEQUATE	3-7	25	19.24
MODERATE	8-12	89	68.46
ADEQUATE	13-18	16	12.30
TOTAL		130	100%

Table II-B depicts that majority of the students had moderately adequate knowledge that is 68.46%, whereas 12.30% have adequate knowledge and 19.24% have inadequate knowledge.

SECTION-III:ASSOCIATION BETWEEN KNOWLEDGE AMONG THE NURSING STUDENTS WITH SELECTED DEMOGRAPHIC VARIABLES

SI no	DEMOGRAPHIC VARIABLES	INADEQUATE	MODERATE	ADEQUATE	X ² VALUE	df	P VALUE
1	Age in years						
	18-20	16	36	3	10.5807	6	0.102257 ^{NS}
	21-23	8	42	9			
	24-26	2	8	4			
27 & above	0	2	0				
2	Religion						
	Hinduism	21	60	14	3.652	4	0.45516 ^{NS}
	Islam	2	13	2			
Christianity	2	15	1				
3	Locality of Residence						
	Rural	21	67	13	0.1403	2	0.932254 ^{NS}
Urban	6	20	3				
4	Type of Family						
	Nuclear family	24	81	14	0.386	2	0.824482 ^{NS}
Joint family	2	7	2				
5	Income of the						

	family						
	15000-49999	14	40	8			
	45000-64999	5	26	5	1.49	6	0.960156 ^{NS}
	65000-84999	5	15	2			
	85000-10000	2	7	1			
6	Course of the year						
	GNM 1 st year	14	26	0			
	GNM 2 nd year	5	34	3	38.8016	8	0.00001*
	GNM 3 rd year	2	19	13			
	ANM 1 st year	1	1	0			
	ANM 2 nd year	3	9	0			
7	Work Pattern						
	Sedentary setting	11	23	3			
	Moderate	13	54	11	3.5302	4	0.473301 ^{NS}
	Strenuous	2	11	2			
8	Food Habits						
	Vegetarian	6	7	0			
	Non-vegetarian	11	58	14	11.3857	4	0.022561*
	Mixed	7	25	2			
9	Do you like junk food						
	Yes	23	84	14	1.0526	2	0.590787 ^{NS}
	No	2	5	21			

10	source of information regarding PCOD							
	Health personnel	3	29	3		19.489	6	0.003413*
	Mass media	6	21	8				
		7	31	4				
	Parents/ teacher	9	6	3				
	No information							

p<0.05 level of significance

NS- Non-Significant

table III: depicts that the demographic variable course of the year, food habits and source of information regarding PCOD were statistically significant association (Chi Sq=19.489, df=6, p=0.003413) at 0.05 level of significance with Knowledge regarding PCOD of the Nursing Students. The other demographic variable did not show statistically significant association with Knowledge regarding PCOD of the Nursing Students

DICUSSION:

It the present study, it has been found that majority of the students had moderately adequate knowledge that is 68.46%, whereas 12.30% have adequate knowledge and 19.24% have inadequate knowledge. The mean and standard deviation of knowledge regarding PCOD is found to be 9.82 and 2.753 respectively.

The study findings are supported by similar studies conducted by **Dr.Choudhary V.S(2020)** conducted the study to assess the impact of self instruction module (SIM) on knowledge regarding PCOD among BDS 2nd year students, Faridkot Punjab, India by using a pre-experimental research study design. A total of 80 samples were included in this study. The result shows that with regard to level of knowledge out of 80 samples, 57(71.25%) had average knowledge, 16(20%) have poor knowledge and 7(8.75%) have good knowledge.

present study finds the association of knowledge regarding PCOD among nursing students in a nursing school Kamrup®, Assam with demographic variables like age in years, religion, locality of residence, type of family, income of the family, course of the year, work pattern, food habits, junk food consumption, source of information regarding PCOD.

A supportive study is conducted by **Ms Nancy Lohare, Mrs Abhilasha Kujur (2025)** conducted a study to assess the effectiveness of video assisting teaching programme on knowledge regarding PCOD

among Adolescents girls (17-22 years) on 3rd semester Ch. Institute of Nursing, Bilaspur. There was significant association between knowledge score with family history of PCOD and habits.

CONCLUSION:

Knowledge regarding PCOD among Nursing Students in a selected Nursing School, Kamrup(R), Assam with a view to develop information booklet. In this study 12.30% of Nursing Students were having adequate knowledge, 68.46% of Nursing Students were having moderate knowledge and 19.24% of Nursing Students were having inadequate knowledge. It was found that most of the Nursing Students had moderate knowledge regarding PCOD. The findings showed that there was average knowledge of Nursing Students regarding PCOD. The administration of information booklet may have helped the Nursing Students to understand more about PCOD.

The findings of the study revealed that there is a significant association between the level of Knowledge on PCOD among Nursing Students with some demographic variables i.e., course of the study, food habits, and source of information.

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