Structured teaching program on knowledge regarding PCOD among girls.

**Abstract**

Background of the study: Stein and Leventhal were the first to recognize an association between the presence of polycystic ovaries and signs of hirsutism and amenorrhea. After women diagnosed with Stein-Leventhal syndrome underwent successful wedge resection of the ovaries, their menstrual cycles became regular, and they were able to conceive. Methodology: The investigator used pre-experimental one group pre-test post-test design. This study was based on evaluatory approach. The populations were the adolescent girls (age 15-18 year) present in selected junior colleges. Total 100 samples were selected as per inclusion criteria. The sampling technique non-probability purposive sampling. Result: the knowledge of the samples regarding PCOD improved remarkably after the structured teaching program. Key words: PCOD, structured teaching program, girls.

We are in a unique position to provide care for patients who benefit from our experience not only providing care for the problem at hand but also knowing the best means for management of that problem in the future. As the rates of obesity increases among children and adolescents, polycystic ovary disease (PCOD) is certainly one of these conditions suited for preventive medicine.

Introduction

One of the privileges of practicing preventive medicine is being able to provide care for conditions that can span the periods from childhood to adulthood.

Today we are living in a period of modernization. The effect of modernization and technological advancement reflects in everyday life. Our lifestyle also has changed a lot. Food intake is becoming more concentrated on sugar, fast food and soft drinks and less on healthy, traditional fare. This unhealthy food habits and lack of exercise leads to many diseases in adolescents like Polycystic Ovarian disease PCOD.

Polycystic ovary disease (PCOD) is a common health problem which is alarmingly increasing in teenage girls and young women during their early reproductive years. It is one of the most common endocrine disorders of women in reproductive age group, with prevalence of 4-12% globally. In India the incidence of PCOD is 0.5%-4%.
Adolescence is a period of transition between childhood and adulthood, a time of profound biological, intellectual and psychological changes. During this period individual reaches physical and sexual maturity. This is the time when they need guidance and care. Gynaecological diseases are fairly common but most of the women ignore the symptoms or they are unaware, till the time the problem really worsens. One of them, now a day's is polycystic ovarian disease.

‘Effectiveness of structured teaching program on knowledge regarding PCOD among girls in selected junior colleges.’

Objectives of the study
1. To assess pre-test knowledge level of PCOD among girls in selected junior colleges.
2. To assess post-test knowledge level of PCOD among girls in selected junior colleges.
3. To compare pre-test and post-test knowledge level of PCOD among girls in selected junior colleges.
4. To find out association between the pre-test level of knowledge with selected demographic variables.

Hypothesis
H0– There is no significant effect of structured teaching program on knowledge regarding PCOD among girls in selected junior colleges.
H1– There is significant effect of structured teaching program on knowledge regarding PCOD among girls in selected junior colleges. (p=0.05)

Conceptual framework
General system model

Research methodology
The investigator used pre-experimental one group pre-test post-test design. 100 adolescent girls (age 13-18 year) were included as per the inclusion criteria from the selected junior colleges.

This study was based on evaluatory approach. The populations were the adolescent girls (age 15-18 year) present in selected junior colleges. Total 100 samples were selected as per inclusion criteria. The sampling technique used in this study was non-probability purposive sampling. The tool for the present study was semi-structured questionnaire which had two sections.

Section I: Consists of items of demographic data.
Section II: Consists of structured questionnaire on knowledge regarding polycystic ovarian disease.

Result

Section I:
Analysis of the sample described in terms of frequency of type of family, religion, place of living, family history, previous knowledge, source of information. The findings are presented in tables and figures. This section deals with frequency of subjects in each demographic variable along with their Percentage.

1. Study comprises of samples from Nuclear family was 71(71%), Joint family 27(27%) 02(02%) samples of single parent and none of samples from Extended family. So majority of the samples from nuclear family.
2. Sample comprises of 87(87%) of samples was Hindu, 08(08%) of samples was Muslim, 02(02%) of samples belongs Christian family and 03(03%) of samples from other religion
3. Place of livings of samples are 03(03%) of samples are Hostilities and 97(97%) of samples with family accommodation.
4. As per family history. 06(06%) of samples have family history of PCOD, 94(94%) of samples not having family history of PCOD.
5. Samples comprises of 33(33%) of samples have previous knowledge
about PCOD, 67(67%) of samples not having previous knowledge about PCOD. Which also reflected in pre-test.

**Section II**

In pre-test, 57% of the girls had inadequate knowledge (Score <50%) and 43% of them had moderate knowledge (Score 51-75%) regarding PCOD. The overall Mean score found to be (9.0) with Standard Deviation (2.3). Which indicate majority of the samples were having inadequate knowledge of PCOD in pre-test.

**Figure:** Percentage distribution according to post-test knowledge level on PCOD:

In post-test, 29% of the girls had moderate knowledge (Score 51-75%) and 71% of them had adequate knowledge (Score >75%) regarding PCOD. The overall mean score found to be (16.5) with Standard deviation (1.7). Which indicate majority of the samples were having adequate knowledge of PCOD in post-test.

**Section III:**

Frequency and percentage distribution of girls post-test knowledge scores on PCOD.

In post-test, 29% of the girls had moderate knowledge (Score 51-75%) and 71% of them had adequate knowledge (Score >75%) regarding PCOD. The overall mean score found to be (16.5) with Standard deviation (1.7). Which indicate majority of the samples were having adequate knowledge of PCOD in post-test.

**Section IV:**

The mean, standard deviation and paired t value regarding overall pre-test and post-test knowledge on PCOD. In pre-test, (57%) of the samples had inadequate knowledge (Score <50%) and (43%) of them had moderate knowledge (Score 51-75%) regarding PCOD. In post-test, (29%) of the samples had moderate knowledge (Score 51-75%) and (71%) of them had adequate knowledge (Score >75%) regarding PCOD. This indicates that the knowledge of the samples regarding PCOD improved remarkably after the structured teaching program. Researcher applied paired t-test for the comparison of pre-test and post-test knowledge level of PCOD among samples in selected junior colleges. Average knowledge score in pre-test was (9) which increased to (16.5) in post-test. T-value for this test was (50.1) with 99 degrees of freedom. Corresponding p-value was small (less than 0.05), the null hypothesis is rejected. It is evident that the knowledge of the samples regarding PCOD improved significantly after the structured teaching program.
Table: Paired t-test for the comparison of pre-test and post-test knowledge level of PCOD among girls in selected junior colleges:

<table>
<thead>
<tr>
<th></th>
<th>Mean</th>
<th>SD</th>
<th>T</th>
<th>Df</th>
<th>p-value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre-test</td>
<td>9.0</td>
<td>2.3</td>
<td>50.0</td>
<td>99</td>
<td>0.000</td>
</tr>
<tr>
<td>Post-test</td>
<td>16.5</td>
<td>1.7</td>
<td></td>
<td></td>
<td></td>
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</tbody>
</table>

Section V:
Doing association between demographic factors and pre-test knowledge level on PCOD.

It was found that following demographic variables values. P value as per Type of family p=0.626, Religion p= 0.659, Place of living p= 0.576 Family history p= 0.398 and Source of information p= 0.521 were found significant hence hypothesis (H1) accepted.

All the p-values are large (greater than 0.05), none of the demographic variables was found to have significant association with the knowledge of the samples regarding PCOD.

Conclusion:
The structured teaching program significantly brought improvement in the knowledge of girls regarding PCOD. Analysis of data showed that there was significant increase in the post-test knowledge.

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