To Assess the Effectiveness of Planned Teaching Programme on PCOS [Polycystic Ovarian Syndrome] among Adolescent Girls from 15 -18 Years of Age in Selected School of Bharuch

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Abstract: *Polycystic ovarian syndrome [PCOS] is a condition which can affect women's menstrual cycle, fertility, hormones, and aspect of her appearance. Polycystic ovaries are slightly larger than normal ovaries and twice the number of follicles [small cyst]. Polycystic ovaries are very common that mostly affects women. PCOS produce symptoms in approximately 5 % to 10% of women of reproductive age [12 – 45 years old].*

Keywords: Assess, Effectiveness, Planned Teaching Programme, PCOS (Polycystic Ovarian Syndrome), Adolescent Girls

1. Introduction

Poly Cystic Ovarian Syndrome is a relatively common endocrine disorder in women of reproductive age group. It is found that in around 70% of women those having ovulation difficulties leading to sub-fertility. Fertility problems experienced by women with Poly Cystic Ovarian Syndrome may be related to the elevated hormone, insulin or glucose levels, all of which can interfere with implantation as well as development of the embryo. (Rizvi Javad-2015). PCOS [polycystic ovarian syndrome] was first described in 1935 by American Gynecologist "irving f. Stein sr. ,and Michael L. Leventhal syndrome is taken. PCOS is also known as "**STEIN LEVENTHAL SYNDROME.**"

1.1 Need of the Study

Polycystic ovary syndrome is a heterogeneous endocrine condition that affects approximately 5% to 10% of women in the reproductive age group. Polycystic ovarian syndrome (PCOS) has drawn a lot of attention in the recent years being the leading cause of infertility among women. The incidence of PCOS is more among adolescents suffering from physical and psychological morbidity. Assessment of adolescents regarding polycystic ovarian syndrome (PCOS) is desirable to understand this upcoming health issue and formulate effective programme to enhance the quality of life of the people.

1.2 Statement of the problem

''A Study to Assess the Effectiveness of Planned Teaching Programme on PCOS [Polycystic Ovarian Syndrome] among Adolescent Girls From 15 -18 Years Of Age In Selected School of Bharuch.''

1.3 Objectives

1) To assess the pre test knowledge of adolescent girls regarding PCOS [polycystic ovarian syndrome].
2) To evaluate the effectiveness of planned teaching programme on knowledge of adolescent girls regarding PCOS [polycystic ovarian syndrome].
3) To find out association between their pre test knowledge of adolescent girls with selected demographical variables.
4) To find out comparison between pre test and post test level of knowledge on PCOS [polycystic ovarian syndrome adolescent].

1.4 Hypothesis

H1: The mean post test knowledge on PCOS [polycystic ovarian syndrome] among students of selected school will be significantly higher than that of their pre test knowledge scores.
H0: There will be no significant association between the knowledge of adolescent girls with regard to PCOS [polycystic ovarian syndrome] and their age.

1.5 Research Methodology

Research methodology provides fundamental base of a research investigation. Research methodology provides a detail description of all the research procedures in the research project. . It includes the research approach, research design, the setting, the population, sample and technique, development and description of tools, pilot study, and procedure for data collection and plan for data analysis.

1.6 Research Approach

A quantitative research approach was adopted in present study as the researcher wants to assess the effectiveness of

planned teaching programme on PCOS [Polycystic Ovarian Syndrome] among adolescent girls from 15-18 years of age in selected school of Bharuch.

1.7 Research Design

The research design selected in this study is "pre experimental one group pre test-post test design to assess the effectiveness of planned teaching programme on PCOS [polycystic ovarian syndrome] among adolescent girls from 15-18 years of age."

1.8 Variables

1) Dependent variable
- It is the outcome or response that researcher want to predict or explain changes into the dependent variable are presumed to be caused by the independent variable.
- Dependent variable in this study is knowledge of adolescent girls on PCOS.

2) Independent variable
- Independent variable also called treatment variable or experimental variable is stimulus or activity that is manipulated or varied by the researcher to create an effect on the dependent variable.
- Independent variable in this present study is planned teaching programme.

Setting
The study was conducted in Swami Narayan Goodwill High School, Bharuch.

Population
In this study population comprises of adolescent girls in age of 15-18 years.

Sampling Process

Sample: The sample of present study include, girls [15-18 years] of Swaminarayan Goodwill High School, Bharuch.

Sample size: 30

Sampling techniques
Probability simple random sampling technique was used for the present study.

1.9 Sampling Criteria

Inclusion criteria:
1) Adolescent girls between 15-18 years.
2) Adolescent girls who are willing to participate in the study.

Exclusion criteria:
1) Adolescent girls below the 15 and above the 18 years are excluded.
2) Adolescent girls who are not willing to participate in study.

1.10 Development / Selection of Tools

Description of Tool
Section 1: Questionnaire to elicit the demographic characteristics.This part of questionnaire is to find out the information from adolescent girls (15-18 years) about their age, religion, menstrual regularity, lifestyle, types of the diet, source of information.
Section 2: A structured questionnaire to assess the level of knowledge among adolescent girls (15-18 years) regarding PCOS.

2. Result and Findings

Data Analysis and Interpretation
The chapter deals with statistical analysis of collected data. The data collected from adolescent girls regarding to assess the level of knowledge regarding PCOS were using pre experimental one group pre test post test design.

Description of adolescent girls according to their pre test and post test knowledge level on polycystic ovarian syndrome.

S. No	Level of knowledge	Pre test			Post test		
		F	Mean	%	F	Mean	%
1.	Above average (21-30)	0	0	0	28	0.93	93.3
2.	Average (11-20)	26	0.86	86.6	2	0.06	6.6
3.	Below average (0-10)	04	0.13	13.3	0	0	0

The above table depicts that, the pre test and post test level of knowledge. Majority (26%) of adolescent girls had average knowledge, (4%) had below average knowledge. No one scored above average (above 20) marks in pre test. But in the post test majority (28%) adolescent girls had above average knowledge, and only (2%) had average knowledge level (11-20).

Comparison of pre test and post test knowledge level of Adolescent girls

Sr. no	Level of knowledge	Mean	Mean difference	SD	't' value
1	Pre test	13.53	12.26	3.15	19.49
2	Post test	25.8		2.03	

(significant at 0.05 level). The above table depicts comparison of mean pre test and post test knowledge level on polycystic ovarian syndrome. The post test mean score (25.8) was high when compared to the pre test mean (13.53) score of knowledge. The obtain 't' value (19.49) was greater than table value at 0.05 level of significance , which shows that there is significant difference between pre test and post test level of knowledge regarding polycystic ovarian syndrome among adolescent girls. Hence, the formulated research hypothesis H1 was accepted.

3. Discussion

Polycystic ovarian syndrome is relatively common endocrine disorder in women of reproductive age group. It is found in around 70% of women who have ovulation difficulties leading to infertility.

Major findings of the study

- Pre test knowledge sore regarding polycystic ovarian syndrome was assessed. Majority (86.6%) had average knowledge and (13.33%) had below average knowledge. No one had above average knowledge regarding polycystic ovarian syndrome.
- In post test majority (93.3%) had above average knowledge and only (6.6%) had average knowledge. The post test mean score (25.80) was higher than pre test mean (13.53) score of knowledge. The obtain 't' value (19.49) was greater than table value at 0.05 level of significance, which shows there is a significance difference between the pre test and post test knowledge of adolescent girls. So we can say that the formulated research hypotheses **H1 was accepted.** This shows that there was a significant improvement in knowledge of adolescent girls regarding polycystic ovarian syndrome after planned teaching programm, so the planned teaching programme was effective in improving knowledge of adolescent girls on polycystic ovarian syndrome.

4. Summary

The findings of the study proved that the adolescence girls were lack in knowledge regarding PCOS. Planned teaching programme was effective to increase their knowledge. Majority (26%) of adolescent girls had above average knowledge, (4%) had below average knowledge. No one scored above average (above 20) marks in pre test. But in the post test majority (28%) adolescent girls had above average knowledge, and only (2%) had average knowledge level (11-20). The finding summarizes that, the planned teaching programme has significant beneficial effect in the level of knowledge among adolescent girls. The post test mean score (25.8) was high when compared to the pre test mean (13.53) score of knowledge. The obtain 't' value (19.49) was greater than table value at 0.05 level of significance, which shows that there is significant difference between pre test and post test level of knowledge regarding polycystic ovarian syndrome among adolescent girls.

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