

# A Study to Evaluate the Effectiveness of Structured Teaching Programme on Knowledge about Polycystic Ovarian Syndrome among Adolescent Girls at Selected Colleges, Coimbatore, Tamilnadu

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**Abstract:** Polycystic ovarian syndrome is a common female endocrine disorder affecting 4 – 18% of women in their reproductive age. It is common in adolescent girls. Polycystic Ovarian Syndrome affects throughout the life and produce gynaecological and metabolic health problems. The aim of this study to create the awareness about the polycystic ovarian syndrome to the adolescent girls. A Quantitative approach with pre-experimental design was used to study the effectiveness of STP on Poly Cystic Ovarian Syndrome. Ninety-four adolescent girls aged between 15 - 18 years were conveniently selected. Data was collected by using Structured Knowledge questionnaire. The result shows that more than half 54 (90.0%) were having inadequate knowledge and 6 (10%) were having moderate knowledge regarding PCOS before STP. Structured teaching programme was significantly effective in increasing the knowledge of polycystic ovarian syndrome. The most important role of the nurse is to provide awareness on prevention and health promotion.

**Keywords:** polycystic ovarian syndrome, adolescent girls, awareness, structured teaching programme, health promotion

## 1. Introduction

Adolescent is a stage of transition from childhood to adulthood. Adolescence is undergoing several physiological changes which include body growth, hormonal changes, and sudden development of primary & secondary sex characteristics. Adolescent are more

prone to health risk due to hormonal changes, lifestyle changes and lack of knowledge. So, it is important to minimize the complication in later adolescent or health is maintained by the healthy lifestyles, early recognition of health problems.

During adolescent period the individual becomes capable of reproduction. The adolescent is prone to suffer from medical and health problems peculiar to this age period. Polycystic ovary syndrome is an endocrine disorder that affects women of reproductive age and is a leading cause of infertility. 1 The causes are unknown, insulin resistance, diabetes, and obesity are all strongly correlated with polycystic ovarian syndrome. 2 Adolescent girls are often with oligomenorrhea, amenorrhea- irregular, few, or absent menstrual periods, Hirsutism- excessive and increased body hair, typically in a male pattern affecting face, chest and legs. Hair loss appearing as thinning hair on the top of the head acne, oily skin, seborrhea. Obesity or weight gain: one in two women with PCOS are obese, depression and deepening of voice. All these are due to immaturity of the hypothalamic pituitary ovarian axis during the first years following menarche. 3 During adolescent period general interventions like weight reduction, regular exercise and maintaining a healthy weight can reduce hormonal imbalance, restore ovulation and fertility, and improve acne and hirsutism.

## Statement of the Problem

Structured teaching programme on knowledge about polycystic ovarian syndrome among adolescent girls at selected hospital, Coimbatore, Tamilnadu.

## Objectives of the Study

- To assess the pre-intervention level of knowledge regarding PCOS among adolescent girls.
- To implement a structured teaching programme on PCOS for adolescent girls.
- To evaluate the post-intervention level of knowledge regarding PCOS among adolescent girls.
- To compare the pre- and post-intervention knowledge scores to determine the effectiveness of the structured teaching program.

## Hypothesis

H0: There is no significant difference in the knowledge scores regarding PCOS among adolescent girls before and after the implementation of the structured teaching programme. H1: There is a significant difference in the knowledge scores regarding PCOS among adolescent girls before and after the implementation of the structured teaching programme

## 2. Research Methodology

Structured knowledge questionnaire was administered to collect the data from adolescent girls. The questionnaire consists of 30 items related to polycystic ovarian syndrome. Pre-test was administered to the participants using structured knowledge questionnaire. After pre test researcher conducted structured teaching programme on polycystic ovarian syndrome. After 7 days of intervention the investigator administered the post test to assess the level of

knowledge of adolescent girls using the same structured knowledge questionnaire. The data collected were analysed using frequency percentage, paired t- test and Fishers exact test

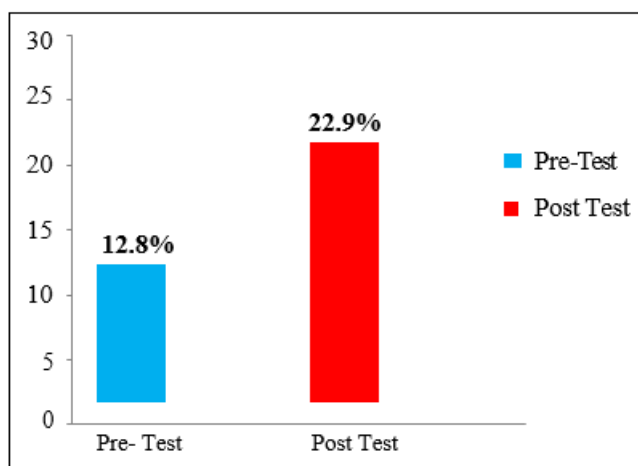
### 3. Result and Conclusion

The findings are tabulated and analyses are interpreted as follows

**Table 1:** Distribution of samples according to knowledge level in pretest and post test

S. No.	Level of knowledge	Pre test		Post test	
		Frequency (f)	Percentage (%)	Frequency (f)	Percentage (%)
1	Adequate	6	10%	54	90%
2	Moderate	38	63.30%	6	10%
3	Inadequate	16	26.70%	0	0

Table 1 shows that, majority of the samples 16 (26.7%) had inadequate knowledge, 38 (63.3 %) had moderate knowledge, 6(10%) had adequate knowledge during pre test, but after the structured teaching programme during the post test, majority of the samples 54 (90%) had adequate knowledge, 6 (10%) had moderate knowledge and none of them had inadequate knowledge. The result revealed that after structured teaching programme the level of knowledge was increased which was evidenced by improved post test level of knowledge score.



### 4. Limitations

- 1) The sample size was only 60, hence the findings could not be generalized.
- 2) The convenient sampling technique does not give a respective sample.

### 5. Recommendations

- 1) Similar kind of study can be done in various settings like women those who are working in mills, factories in Coimbatore. And class III workers of any government organization.
- 2) Study can be conducted by using different teaching modules regarding breast cancer and practices of breast self-examination among women
- 3) Comparative study can be conducted by using two different interventions to improve the knowledge of breast cancer women.

### 6. Conclusion

PCOS is a condition which can lead to severe health related problems and affects the reproductive youth of the country if not treated properly. Teaching adolescent girls on PCOS

helps them to gain knowledge, hence helps to early detect and prevent the PCOS. The present study assessed the knowledge of adolescent girls regarding polycystic ovarian syndrome before and after the structured teaching programme. The study results revealed that adolescents have lack in knowledge about PCOS & the knowledge level increased after the structured teaching programme. So, the study concluded that structured teaching programme is effective in improving the knowledge of adolescent girls.

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