

A Study to Assess the Effectiveness of Planned Teaching Programme on Knowledge regarding Polycystic Ovarian Syndrome among Adolescent Girls in a Selected Junior College at Dhule District Maharashtra

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1. Introduction

Polycystic Ovarian Syndrome is the most common endocrine disorder among women between the age of 18-44. It affects approximately 2% to 22% of this age group. It is one the leading endocrine disease which affects one in 16 women in worldwide. The main aim of the present study was to evaluate the effectiveness of planned teaching programme on knowledge regarding Polycystic Ovarian Syndrome among adolescent girls.

2. Objectives

- 1) To assess the pre- existing level of knowledge regarding polycystic ovarian syndrome among adolescent college girls.
- 2) To administer the planned teaching programme regarding polycystic ovarian syndrome among adolescent girls.
- 3) To determine the effectiveness of planned teaching programme by comparing pretest and posttest knowledge score regarding Polycystic Ovarian Syndrome among adolescent girls.
- 4) To find out association between pre test knowledge score regarding Polycystic Ovarian Syndrome among adolescent girls with their selected demographic variables.

3. Design

A quantitative approach using pre-experimental one group pre-test post-test design.

4. Participants

100 adolescent girls was selected using non probability convenient sampling in MG College Dhule

5. Tools

Structured multiple choice questionnaire on demographic variables and knowledge regarding polycystic ovarian syndrome, are used for data collection.

6. Intervention

Planned teaching on Polycystic Ovarian Syndrome was given for 40 minutes

7. Result

After administration the planned teaching programme, Majority of 81.4% of the adolescent girls had adequate knowledge, moderate Knowledge observed on the 16.12% from adolescent girls and only 2.48% had inadequate knowledge. Analysis used paired 't' test found significant value at $p < 0.01$ level.

8. Conclusion

These study findings conclude that planned teaching programme was effective in improving knowledge regarding Polycystic Ovarian Syndrome among adolescent college girls.

Keywords: assess, effectiveness, Planned Teaching Programme, knowledge, Polycystic Ovarian Syndrome

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