

# A Descriptive Study to Assess the Knowledge of Adolescent Girls Regarding Polycystic Ovarian Disease in Selected College, Guntur, Andhra Pradesh

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**Abstract:** A descriptive study to assess the knowledge of adolescent SSSgirls regarding polycystic ovarian disease in selected college Guntur, Andhra Pradesh. **Introduction:** polycystic ovarian disease is a common hormonal disorder in women of reproductive age where ovaries produce immature or partially developed eggs that turn into cysts, leading to hormonal imbalances. **Objectives of the study:** to assess the level of knowledge of adolescent girls regarding PCOD. And to determine the association between level of knowledge among adolescent girls with their selected demographic variables. **Design:** A quantitative non experimental descriptive study. **Setting:** sims college of nursing, Guntur, Andhra Pradesh. **Sample:** 30 adolescent girls. **Intervention:** Data were collected by using structured questionnaire and data analysis was descriptive and inferential statistical method. **Results:** The result shows that majority of 70% girls were having inadequate knowledge, 30% girls were having moderate knowledge regarding PCOD. There was significant association between knowledge and selected demographic variables among adolescent girls. **Conclusion:** The study concluded that adolescent girls were having inadequate knowledge regarding polycystic ovarian disease.

**Keywords:** PCOD, Knowledge, Adolescent girls

## 1. Introduction

According to WHO Health is a state of complete physical, mental, social and spiritual well-being or not merely absence of disease or infirmity. PCOD is a common hormonal disorder affecting women of reproductive age. It is characterized by an imbalance of reproductive hormones, leading to problems in the ovaries. In PCOD, the ovaries may produce immature or partially mature eggs, which can turn into small cysts. In 2021 the global number of PCOD cases was estimated to be 65.77 million. This condition can cause irregular menstrual cycles, excessive hair growth, weight gain. It can be controlled through a healthy diet, regular exercise and medical treatment when needed.

### Objectives:

To assess the level of knowledge regarding PCOD among adolescent girls.

To determine the association between level of knowledge among adolescent girls with their selected demographic variables.

### Hypothesis:

H1: There will be a significant association between level of knowledge regarding PCOD among adolescent girls and their selected demographic variables.

## 2. Materials and Methods

A quantitative non experimental descriptive study was conducted among 30 adolescent girls in selected college of Guntur, Andhra Pradesh. Data were collected using structured questionnaire method. Non probability purposive sampling technique was used to select the sample for the study. Both descriptive and inferential statistics were used to analyze the data.

**Table 1:** Frequency and percentage distribution of demographic variables among adolescent girls

S. No	Socio- demographic variables	Frequency (f)	Percentage (%)
1	Age of menarche		
	11-14 years	17	56.66%
	15-18 years	13	43.33%
2	Marital status		
	Married	2	6.66%
	Unmarried	28	93.33%
3	Educational status		
	B.Sc(n)1 <sup>st</sup> Sem	25	83.33%
	B.Sc(n)2 <sup>nd</sup> Sem	5	16.66%
4	Religion		
	Hindu	13	43.33%
	Christian	17	56.66%
	Muslim	0	0%
	Others	0	0%
5	Dietary pattern		
	Vegetarian	3	10%
	Non vegetarian	5	16.66%
	Mixed diet	22	73.33%
6	Menstrual cycle	26	86.66%
	Regular	4	13.33%
	Irregular		
7	Previous knowledge regarding PCOD		
	Yes	19	63.33%
	No	11	36.66%
8	Source of information		
	Family	14	46.66%
	Friends	13	43.33%
	Health personnel	1	3.33%
	Mass media	2	6.66%

It shows that majority (56.66%) girls were getting their menarche at the age of 11-14 years.

Regarding marital status 93.33% girls were unmarried and 6.66% girls are married.

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Regarding educational status 83.33% girls were studying in b.sc nursing 1st Sem and 16.66% were studying in b.sc nursing 2nd sem.

Regarding religion 43.33% girls were Hindu, 56.66% girls were Christian, others religion were not present.

Regarding dietary pattern 10% girls were vegetarian, 16.66% girls were non vegetarian, and 73.33% girls were taking mixed diet.

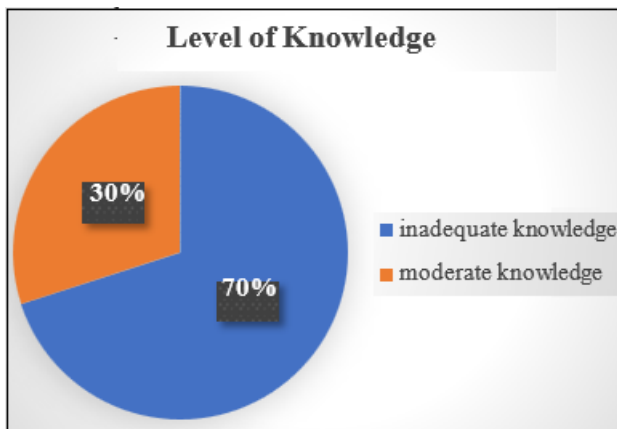
Regarding menstrual cycle 86.66% girls were having normal and regular menstrual cycle and 13.33% girls were having irregular menstrual cycle.

Regarding previous knowledge 63.33% girls were having previous knowledge regarding PCOD, 36.66% girls were not having previous knowledge regarding PCOD.

Regarding source of information 46.66% girls are getting information from their family, 43.33% were getting knowledge from their friends, 3.33% are getting from health personnel, 6.66% are getting from mass media.

**Table 2:** Frequency and percentage distribution of level of knowledge regarding PCOD

Level of Knowledge	Frequency	Percentage
Inadequate Knowledge	21	70%
Moderate Knowledge	9	30%
Adequate Knowledge	0	0%



**Table 3:** To find mean and standard deviation of level of knowledge regarding PCOD among girls

S. No	variables	Mean	Standard Deviation
1.	Level of Knowledge	10	8.6023

### 3. Discussion

In this present study majority of 70% adolescent girls were having inadequate knowledge and 30% girls were having moderate knowledge regarding PCOD.

### 4. Conclusion

The study concluded that most of the adolescent girls were having inadequate knowledge regarding PCOD. A significant association was found between the adolescent girls with their demographic variables such as age at

menarche, religion, education etc.

### 5. Recommendation

Based on the findings of the present study, the following recommendations can be made:

- A similar study can be done on large sample to generalize the findings
- A quasi-experimental study can be done.
- A similar study can be carried out to evaluate the effectiveness of structured teaching programme, information booklet regarding PCOD among adolescent girls.

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