



A study to assess the effectiveness of PTP on knowledge regarding polycystic ovarian syndrome among 3rd year B.Sc nursing students

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Abstract

Introduction: Polycystic Ovarian Syndrome is a common health problem which is now increasing in adolescent girls and young women during their reproductive years. It is one of the most common endocrine disorders of women in reproductive age, with prevalence of 5-10% in different ethnic populations and as much as 22% of women in general population have polycystic ovaries on ultrasound. Furthermore, it is considered as the common endocrine disorder that can lead to infertility in women during their reproductive ages. India has witnessed about 30% rise in Polycystic Ovarian Syndrome (PCOS) cases in the last couple of years. Lack of knowledge and lifestyle changes are considered to be the major factor leading to this phenomenon. There is a need to increase awareness among women so as to avoid major cases of fertility problems in the future. The present study conducted was "A study to assess the effectiveness of Planned Teaching Programme on knowledge regarding Polycystic Ovarian Syndrome among 3rd year B.Sc. nursing students in a selected college of nursing at Mangalore, Karnataka."

Objectives: Assess the pre test knowledge regarding Polycystic Ovarian Syndrome among 3rd year B.Sc. nursing students using structured knowledge questionnaire. Evaluate the effectiveness of Planned Teaching Program among 3rd year B.Sc. nursing students in terms of gain in mean post test knowledge score

Methodology: Quantitative Evaluative Approach with a pre-experimental one group pre-test post-test design was used for the study. The study was conducted at selected college of nursing at Mangalore. 30 samples were drawn using simple random sampling technique. Pre-test was done using demographic perform and structured knowledge questionnaire, and post test was conducted using the same structured knowledge questionnaire.

Result: Pre test the result revealed that 20% of the subjects had inadequate knowledge, 77% of the subjects had moderately adequate knowledge and 3% of the sample had adequate Knowledge regarding PCOS. During post test the result revealed that 67% of the subjects had adequate knowledge, 33% of the subjects had moderately adequate knowledge and none of The subjects had inadequate knowledge regarding PCOS. Range of post test knowledge score was 14 – 29 and that of pre test knowledge score was 8- 24. The mean and the standard Deviation of post test knowledge score was 21.8±4.29 and the mean and standard deviation of Pre test knowledge score was 15.8±4.23. The 't' value was calculated to analyse the Difference in knowledge of adolescent girls, and the findings revealed that the calculated 't' Value 5.009 is greater than the table value 2.02 level of significance. Therefore the Research hypothesis H₁ was accepted. This shows that planned teaching programme was effective in improving the knowledge of students.

Interpretation and conclusion: The present study revealed that Planned Teaching Programme has improved the Knowledge of the B.Sc. nursing students regarding Polycystic Ovarian Syndrome. Therefore it was concluded that Planned Teaching Programme is highly effective in improving the Knowledge of B.Sc. nursing students.

Keywords: PTP, Polycystic Ovarian Syndrome, reproductive, nursing students

Introduction

Adolescent period is a unique period where there is a change from childhood to adulthood, a time of physiological, social and emotional adaptation. During this period individuals emotional maturity will be imbalanced whereas adolescents attain physical and sexual maturity. Adolescents period has been identified as a distinct period in human development marked by biological changes beginning at the onset of puberty? With the arrival of puberty, hormonal changes particularly, the production of male and female hormones takes place.

Polycystic ovarian syndrome is very common among girls. The main symptoms are irregular no Menstruation, multiple small cyst in the ovary, high blood pressure, excessive pimples and rise in the level of insulin. A diagnosis of PCOS suggests that there is increased risk of the following conditions like endometrial cancer, Type 2 diabetes, high

blood pressure, depression and anxiety, dyslipidemia, cardiovascular disease, strokes, weight gain, miscarriage etc. Early diagnosis and treatment may reduce the risk of some of these, such as Type 2 diabetes and heart diseases.

The study performed in adolescent girls regarding Polycystic Ovarian Disease which use a well validated instrument shows that health related quality of life, perception, behavior, physical functioning and family activity. However, qualitative psychological studies have demonstrated higher levels of depression, psychological and psychosexual morbidity and an increased responds to stress in girls with PCOS compared with controlled group. Low self esteem, decreased social activity were reported in girls with PCOS, Modification of lifestyle in PCOS is very important because sedentary lifestyle and lack of exercises, and fast food consumption by the ladies are leading to the rise in cases of PCOS especially among adolescent girls.

Deficient Knowledge and the negative lifestyle attitude towards PCOS among girls and not taking any measures to improve their lifestyles by girls which leads to depression psychological problems and even death in many cases. So girls can be helped by their teacher by providing the knowledge regarding PCOS and with a review of change their lifestyle.

Objectives

1. To assess the pretest knowledge regarding Polycystic Ovarian syndrome among 3rd year BSc nursing student using structured knowledge questionnaire.
2. To evaluate the effectiveness of Planned Teaching Program among 1st year B.Sc. Nursing students in terms of gain in mean post test knowledge score.

Methodology

The data collection period was scheduled from 1/10/2021 to 8/10/2021. A formal written permission was obtained from Principal of selected college of nursing for conducting the study by the investigators before the collection of actual data. The investigators met the class Co-ordinator of 1 year B.Sc. nursing and date and time was fixed for data collection and Planned Teaching Programme. On the given date the investigators met the students in their class room and introduced themselves to the students. The purpose of the study was explained to the students and assured the confidentiality of their identity and responses in order to ensure their co-operation and prompt response. An informed consent was taken from the students. The pre-test level of knowledge assessed by administering structured knowledge questionnaire to the students on the day I followed by PTP. The PTP was given with the help of power point using LCD projector.

The average time taken by the students to answer the questionnaire was 15-20 minutes. Planned teaching programme was for 45 minutes.

Post-test level of knowledge was assessed using administering the same tool on the day 7 The average time taken for the post-test was 20 minutes. Data collection process was concluded by thanking the student for their participation and co-operation.

The data collected was then compiled for data analysis. The score was arbitrarily classified as:

Level of knowledge	Score range	Percentage
Poor	0-10	≤33
Average	11-20	34-69
Good	21-30	70-100

Simple random sampling technique was used to select 30 first year B.Sc. nursing students because of the easy availability, proximity, and easy to get permission

Inclusion criteria

- Students who are available at the time of data collection.
- Students who are willing to participate in the study.

Exclusion criteria

- Students who are not selected by simple random sampling technique.
- Students who are not willing to participate.
- Students who are unavailable at the time of study.

- Students who previously participated in any research study on Polycystic ovarian syndrome.

Pre experimental one group pre-test post –test research design was used for the present study.

Group	pre-test	intervention	post	test
3 rd year students	BSc	nursingO1	X	O2

RESULTS: The analysis and interpretation of data have been organized and presented under the following sections:

Section 1: Description of demographic variables by using frequency and percentage distribution

Section 2: Determination of the level of knowledge

Section 3: Effectiveness of planned teaching programme on PCOS

Section 1: Description of demographic characteristics

Table 1: Frequency and percentage distribution of sample characteristics
SI No Demographic Variables Frequency Percentage

1. Age in years			
a.	15-18	4	13
b.	19-22	23	77
c.	23and above	3	10

2. Area of living			
a.	Rural	24	80
b.	Urban	6	20

3. Type of family			
a.	Nuclear	25	83
b.	Joint	5	17
c.	Extended	00	00

4. Diet preferred the most			
a.	Fast food, fried items	9	30
b.	Vegetables and fruits	17	57
c.	Milk products	4	13

5. Age at which menarche is achieved			
a.	Less than 13 years	4	13
b.	Between 13 to 18 years	26	87
c.	Above 18 years	00	00

6. Regular menstruation			
a.	Yes	25	83
b.	No	5	17

7. Duration of menstruation			
a.	Less than 3 days	00	00
b.	3 – 7 days	29	97
c.	More than 7 days	1	3

8. Family members with PCOS			
a.	Yes	1	3
b.	No	29	97

9. Previous knowledge of PCOS			
a.	Yes	7	23
b.	No	23	77

If yes, then source of information			
1.	Family members	3	43
2.	Mass media	3	43
3.	Personal experience	00	00
4.	Any others	1	14

Table 2: Frequency and Percentage Distribution and Grading of knowledge subjects according to their pre-test and post test knowledge scores Maximum score: 30

Range of Pre-test Post test knowledge score Percentage Category						
21 – 30	68 – 100	6	20	20	67	Adequate
11 – 20	34 – 67	23	77	10	33	Moderately adequate
0 – 10	0 - 33	01	03	00	00	Inadequate

Table 3: Range, Mean, Standard Deviation and Mean Percentage of Pretest and Post test Knowledge Scores

Knowledge scores	Range	Mean ± SD	Mean % Mean	Difference
Pre test	8 – 24	15.8 ± 4.23		52.6
Post test	14 - 29	21.8 ± 4.29	72.6	6

Discussion

Part 1: Description of demographic characteristics

- Majority of subjects (77%) where in the group of 19 to 22 years
- Majority of subjects (80%) are living in urban areas
- More than half (57%) of the subjects preferred vegetables and fruits in their diet
- Majority of subject 87% attained menarche at the age between 13 to 18 years
- majority of the subjects 83% are having regular menstrual cycle
- Majority of the subjects 97% menstrual cycle duration is of less than three days and also they had no family history of PCOS
- Majority of subjects 77% had no previous knowledge of PCOS.

Part 2: Determination of level of knowledge

Based on the findings of the study during pre-test it is noted that. • 20% of the subjects. had inadequate knowledge regarding PCOS.

- 77% of the Head moderately adequate knowledge regarding PCOS.
- 3% of samples had adequate knowledge regarding PCOS.

Part 3: Effectiveness of planet teaching programme on PCOS

Comparison of pre test and post test knowledge scores

- Duration the pre-test the result reveals that 20% of the subjects had inadequate knowledge, 77% of the subjects had moderately adequate knowledge and three percentage of the sample had adequate knowledge regarding PCOS.
- During post test the result reveals that 67% of the subjects had adequate knowledge, 33% of the subjects had moderately adequate knowledge and none of the subjects had inadequate knowledge regarding PCOS.
- Range of post test knowledge score has 14229 and that of per test knowledge score was 8 to 24. the mean and standard deviation of post test knowledge score was

21.8±4.29 And the mean and standard deviation of Rita’s knowledge score was 15.8 + 4.23.

- The ‘t’ value was calculated to analyzed the difference in knowledge of adolescent girls, and the findings revealed that the calculation ‘t’ value 5.009 Is greater than the table value t29=2.02 Level of significance. Therefore, the research hypothesis H₁ was accepted

The able findings are supported by a pre experimental study, done too as is the effectiveness of planned teaching programme on knowledge regarding PCOS among adolescent girls. and Approach with the pre experimental design boss used for the study. the sample consisted Off 30 eligible adolescent girls. Samples were selected by lottery method. data was collected by administration Off planet teaching programme. The study subjects showed poor Knowledge during the pretest. the pre test mean knowledge score 52.6% and the posted test mean knowledge score was 72.6%. The study findings showed that the significant difference in the knowledge during pre test and post test.

The able findings were supported by a study which was conducted to evaluate the effectiveness of planned teaching programme on importance of polycystic ovarian syndrome among adolescent girls and evaluate if approach with the one group pre test post test Design was used for the study. 13 samples were selected using lottery method. The transcend study was conducted in selected college at Mangalore. The collected data were analyzed using inferential studies. A significant difference between pre test and post test knowledge was found. The mean pre test knowledge score is 11 and the post test knowledge score is 18. the study findings showed An educational programme has been an effective method of increasing the knowledge of the adolescent girls.

Conclusion

PTP is an effective strategy for increasing knowledge among 3rd year BSc nursing students regarding polycystic ovarian syndrome. Studies conducted earlier have showed that PTP is helpful in increasing the knowledge of the participant.

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