A STUDY TO ASSESS THE KNOWLEDGE REGARDING POLYCYSTIC OVARIAN DISEASE AMONG ADOLESCENTS GIRLS AT SELECTED COLLEGE, KARAIKAL

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Abstract: Background: Polycystic ovarian disease is a condition in which adolescents girls has an imbalance of females sex hormones. This might lead to change in the menstrual cycle, cyst in ovary, failure to conceive and other health problems. It is a common health problem among adolescents girls. Objectives: 1. To assess the knowledge regarding polycystic ovarian disease among adolescents girls. 2. To find the association between the knowledge regarding polycystic ovarian disease with their selected demographic variables among adolescents girls. Material and Methods: Quantitative approach and non-experimental descriptive research design. The study conducted in Vinayaka Mission’s college of Nursing, Karaikal. 6 samples of adolescents girls were selected by Non-probability convenient sampling technique. The tool consists of two sections. Section - A consists of demographic variables and Section - B consists of Structured knowledge questionnaire regarding Polycystic ovarian disease. Result: The study result shows that majority 60% (36) of the adolescents girls had inadequate knowledge, 33% (20) of the adolescents girls had moderate knowledge, and 6.6% (4) of the adolescents girls had adequate knowledge regarding polycystic ovarian disease. There is a significant association between the knowledge regarding polycystic ovarian disease among adolescents girls with their demographic variables such as dietary and source of information regarding polycystic ovarian disease. There is no association with respected to other variables.

Keywords: Adolescents girls, Knowledge , Polycystic ovarian disease.

INTRODUCTION:

Adolescent period is a unique period where there is a change from adolescence to adulthood, a period of physiological, psychological, social and emotional transformation. During this period individual accomplishes physical and sexual development, whereas emotional will be imbalanced.

Polycystic ovarian disease was earlier called Stein Leventhal syndrome. In 1935 Dr.Stein and Leventhal described a syndrome in which women suffered irregular and usually rare periods, hirsutism (unwanted hair growth), and varying degrees of infertility. Polycystic ovarian disease is a typical medical condition among teenage girls and young adolescents. It affects 5% to 10% of adolescent’s girls in reproductive years.
Polycystic ovarian disease symptoms such as acne, hirsutism and irregular menstrual cycle.

**STATEMENT OF THE PROBLEM:**
A study to assess the knowledge regarding Polycystic ovarian disease among adolescents girls at selected college, Karaikal.

**OBJECTIVES:**
- To assess the knowledge regarding polycystic ovarian disease among adolescents girls.
- To find the association between the knowledge regarding polycystic ovarian disease with their selected demographic variables among adolescents girls.

**MATERIAL AND METHODS**
- Research design: Non experimental descriptive design.
- Setting: Vinayaka Mission’s college of Nursing, Karaikal
- Population: Adolescents girls
- Sample: Adolescents girls who are studying First year students of B.Sc., Nursing in Vinayaka Mission’s college of Nursing, Karaikal
- Sampling technique: Convenient sampling technique
- Sample size: Sample size is comprised of 60

**Description and development of tool**
The tool consists of two sections. Section A consist of Questionnaire to elicit demographic variables of adolescents girls such as age in years, religion, residence, type of family, family monthly income, dietary pattern, age at menarche, menstrual bleeding. Do you have knowledge regarding PCOD, if yes source of information regarding PCOD. Section B consists of structured knowledge questionnaire regarding polycystic ovarian disease.

**Ethical consideration:**
The research proposal was approved by the dissertation committee by Vinayaka Mission’s college of Nursing and Research foundation (DU), Karaikal. Formal permission was obtained from the principal of Vinayaka Mission’s college of Nursing, Karaikal, where the study was conducted. Informed consent was obtained from the study participants, after explaining the nature and duration of the study.

**RESULTS AND DISCUSSION:**

**Major findings of the study:**
- With regards to age the study shows that highest 58.3% of adolescent girls were the age group of 17 years only, were as lowest 41.6% of adolescent girls were the age group of 18 years.
- With regards to the religion the study shows that majority 68.3% of adolescent girls were Hindu only, 11.6% of adolescent girls were Muslim, and lowest 20% of adolescent girls were Christian.
- Highest percentage of adolescents 68.3% were residing at rural area, and 31.6% of adolescents girls were residing at urban area.
- Regarding the type of family, majority 53.3% of adolescent girls were from nuclear family only and 46.6% of adolescent girls were from joint family.
- Family monthly income, majority 46.6% of adolescent girls had the family income of Rs.5,000-10,000, 33.3% of adolescent girls had the family income of Rs.10,001-15,000, 13.3% of adolescent girls had the family income of Rs.15,001-20,000, and 6.6% adolescent girls had the family income of above 20,000.
- With regards to Dietary pattern, majority 73.3% of adolescent girls are non-vegetarians only, and 26.7% of adolescent girls are vegetarian.
- According to Age at Menarche, majority 46.6% of adolescents girls attained menarche at 11-12 years, 50% of adolescents girls attained menarche at 13-14 years, 3.3% of adolescents girls attained menarche at less than 10 years. None of the adolescents girls attained more than 15 years.
- According to menstrual bleeding, majority 80% of adolescent girls have moderate bleeding only, 16.6% of adolescent girls have mild bleeding, and 3.3% of adolescent girls have severe bleeding.
- According to Knowledge regarding Polycystic ovarian disease, and majority 86.6% of adolescent girls does not have knowledge regarding Polycystic ovarian disease, 13.3% of adolescent girls have knowledge regarding Polycystic ovarian disease.
• According to source of information regarding Polycystic ovarian disease, majority 80% of adolescent girls have no source of information regarding Polycystic ovarian disease, 11.7% of adolescent girls have source of information regarding Polycystic ovarian disease by mass media, 5% of adolescent girls have source of information regarding Polycystic ovarian disease by health professionals, 3.3% of adolescent girls have source of information regarding Polycystic ovarian disease by friends/relatives.

Level of knowledge regarding polycystic ovarian disease among adolescent girls

The present study results revealed that, level of knowledge regarding polycystic ovarian disease among adolescent’s girls during pre-test 60% (36) of adolescents girls have inadequate level of knowledge, 33.3% (20) of adolescents girls have moderately adequate level of knowledge, and 6.6% (4) of the adolescents girls have adequate level of knowledge. The data was analyzed by using both descriptive and inferential statistical methods.

Fig 1

• The present study revealed that, there will be an association between level of knowledge regarding polycystic ovarian disease with dietary pattern and source of knowledge regarding polycystic ovarian disease which is significant at p<0.05 level. The Chi square test was used to find the association between level of knowledge regarding polycystic ovarian disease with their selected demographic variables.

RECOMMENDATION:

• Studies can be conducted to assess the effectiveness of teaching programme on knowledge of adolescents girls regarding polycystic ovarian disease.
• A similar study can be conducted on large sample to assess the knowledge and attitude regarding polycystic ovarian disease.
• A comparative study to assess the knowledge regarding polycystic ovarian disease can be conducted on urban and rural area.

REFERENCE:

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