



**A STUDY TO ASSESS THE EFFECTIVENESS OF EDUCATIONAL  
INTERVENTION ON KNOWLEDGE REGARDING POLYCYSTIC OVARIAN  
DISEASE AMONG ADOLESCENT GIRLS IN SELECTED COLLEGES IN  
INDORE, M.P.**

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**Abstract**

Teens - young people between the ages of 12 and 19 are often thought of as a healthy group. It is a phase of transition between childhood and adolescence. The impact of modernity and technological validation is evident in everyday life. Unhealthy eating habits and lack of exercise lead to many diseases in young people such as polycystic ovarian syndrome. Polycystic ovarian syndrome is a common health problem that develops in adolescent girls and young women during childbearing age. The term polycystic means that many cysts and polycystic ovarian syndrome get their name because of the small, pearly cysts in the ovaries. Fluid-filled cysts containing eggs that have not yet been released due to hormonal imbalances.

Polycystic ovary syndrome (PCOS) is a complex condition characterized by high androgen levels, irregular menstruation, and / or small cysts in one or both uterus. The disease can be morphological (polycystic ovaries) or especially biochemical (hyperandrogenemia). Hyperandrogenism, the clinical manifestation of PCOS, can cause inhibition of follicular development, microcysts in the ovaries, an ovulation, and menstrual changes.

## **INTRODUCTION**

PCOS is a complex disease that affects at least 7 percent of adult women. According to the National Institutes of Health Office of Disease Prevention, PCOS affects approximately 5 million women of childbearing age in the U.S. The cost to the US health care system for the diagnosis and management of PCOS is about \$ 4 billion a year.

Studies suggest that 5% to 10% of women aged 18 to 44 are affected by PCOS, making it a common endocrine disorder among women of childbearing age in the US. Women seeking the help of health professionals to solve obesity problems, amenorrhea, excessive hair growth, and infertility often find a diagnosis of PCOS. Women with PCOS have higher rates of endometrial cancer, cardiovascular disease, dyslipidemia, and type 2 diabetes.

### **Objectives**

1. To assess a prevalence and risk factor of polycystic ovarian disease
2. To assess and compare pre and post assessment level of knowledge related to prevention of polycystic ovarian disease among adolescent girls.
3. To evaluate effectiveness of educational intervention package on prevention of polycystic ovarian disease.
4. To evaluate post assessment knowledge score regarding polycystic ovarian disease with selected demographic variable.

### **Hypothesis:**

The hypotheses will be tested at 0.05 level of significance.

H1. There is no significant difference in the pre and post assessment score on polycystic ovarian disease.

H2. There is no significant association between post assessment score of polycystic ovarian disease and selected demographic variables of adolescent girls.

## **METHODS AND MATERIAL**

An extensive review of literature was undertaken. The conceptual framework based on health promotional model the An evaluative approach was used to assess the knowledge regarding PCOD among adolescent girls. A pre experimental research design

46

was Considered Appropriate for the Study “Effectiveness of educational intervention on Knowledge Regarding PCOD among adolescent girls”. One group pre test and post test design was used. In order to measure the content validity of the tool, criteria check list for validation of the tool were submitted to 5 experts to establish to content validity. The experts were requested to give their opinion regarding relevance, appropriateness and usefulness of the items of the tool. Tool was collected from all the experts and modification was made as per the suggestion. The tool was found reliability of tool was calculated with split half method and found 0.84 for knowledge which is statically reliable for the present study.

## **RESULT**

To identify the level of knowledge profile, percentage, mean and standard deviation will be used. Distribution of respondents according pre-test and post-test level of knowledge score according to frequency and percentage. Effectiveness of educational intervention on knowledge on PCOD among adolescent girls in pre -test and post-test used by paired “t” test and P value. The major findings of the study revealed that the pre-test mean value is 5.7 and the standard deviation is 10.5. Post- test mean value is 85.7 and the standard deviation is 5.7. The paired "t" value is 16.7 which is statically significant at **p<0.001 level**. Hence the structured teaching programme regarding prevention and management of polycystic ovarian disease among adolescent girls was found to be effective.

## **CONCLUSION**

The study aimed at testing effectiveness of educational intervention on knowledge regarding PCOD among adolescent girls. The result showed that structure teaching programme is an effective strategy in improving the knowledge of adolescent girls regarding prevention and management of polycystic ovarian disease. This chapter has brought out the various implications of this study and has also provided suggestion for future studies. The constant encouragement and direction of the guide, cooperation and interest of the subjects to participate in the study had contributed to the faithful and successful completion of the study. Based on the analysis data, it was felt that there is improvement in the post-test level of knowledge. Hence the present study proved that

the structure teaching programme in prevention and management of polycystic ovarian disease was found in effective.

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