



A Pre- Experimental Study To Evaluate The Effectiveness Of Structured Teaching Programme On Knowledge And Attitude Regarding Poly Cystic Ovarian Disease Among Young Adulthood (18 – 21) Years In B.Sc Nursing 1 St Year Students At Lord Mahavira Nursing College, Nalagarh, Distt – Solan. (Hp)

Mrs. Chandreleka. N

(Professor, Medical Surgical Nursing, Lord Mahavira Nursing College, Nalagarh)

Mr. S. Prathaban

(Professor, Child Health Nursing, Lord Mahavira Nursing College, Nalagarh)

Mrs. Ranjna

(Associate Professor, Obstetrics and Gynaecological Nursing, Lord Mahavira Nursing College, Nalagarh)

Mrs.Sangeeta

(Associate Professor, Medical Surgical Nursing, Lord Mahavira Nursing College, Nalagarh)

ABSTRACT: Polycystic Ovarian disease is a one of the most prevalent endocrine system conditions affecting women of reproductive age. It usually starts during adolescence, but symptoms may fluctuate over time. The study was conducted by using quantitative research approach with one group pre-test and post-test research design was adopted for this study. The study was conducted in Lord Mahavira Nursing College Nalagarh, Distt. Solan. Convenience sampling technique was used to select a 60 sample who fulfil the inclusive criteria. The structured knowledge questionnaire was used to assess the knowledge regarding polycystic ovarian diseases. 5 – Point Likert scale was used to assess the level of attitude regarding polycystic ovarian diseases among young adulthood. The study findings revealed that paired “t” value for knowledge was (8.13) for attitude was (14.23) which was significant at $p < 0.05$. The findings revealed that after structured teaching programme the majority of participants gained knowledge and had favourable attitude regarding polycystic ovarian disease.

Keywords: Polycystic ovarian disease, Structured teaching programme, Effectiveness, Young adulthood, Knowledge, Attitude.

INTRODUCTION: The term polycystic ovarian disease was first coined by Irving Stein and Michel Leventhal as the Trinity of Amenorrhoea, Obesity and Hirsutism in 1935 when they observed a link between obesity and reproductive defects. Adolescents –young people between the age of 12-19 years are often thought of as healthy group. It is the transition stage between childhood and adolescent. The impact of modernization and technological ascertainment reflects in daily life. The unhealthy eating habits and lack of exercise leads to many diseases in adolescents as polycystic ovarian disease.

Polycystic ovarian disease is a heterogeneous endocrine disorder distinguished by the manifestation of ovarian cysts, anovulation and endocrine variations that, severely impact the life of women. The disturbance in the reproductive hormones like LH, FSH, Estrogen and Testosterone interrupts the normal menstrual cycle and would lead to oligo menorrhoea, amenorrhea, like irregularities.

Adolescents and young adulthood are around forty percentage of the population in India. Young adulthood is a critical transitional period that includes biological changes of puberty and the need to negotiate key developmental tasks, such as increase independence and normative experimentation.

Polycystic ovarian diseases are a common health problem which increases in young adulthood during the reproductive years. The term polycystic means many cysts its name because of clusters of small, pearls size cysts in ovaries. The cysts are fluid filled bubbles that contain eggs that have not get been released because of hormonal in balance.

NEED FOR THE STUDY:

The world health organization (WHO) data suggests that approximately 116 million women (3.4%) are affected by PCOS globally. Polycystic ovary syndrome affects an estimated 8-13% of reproductive aged women. Up to 70% of affected women remain undiagnosed worldwide. PCOS is the commonest cause of anovulation and a leading cause of infertility.

According to the Times of India, PCOS affects women of reproductive age (15-49 years). Worldwide, it affects 4-20% (8-40 crore) of women. In India, it affects 3.7% to 22.5% (1.3- 7.9 crore) of women.

In India 35% percent of adolescent girls are suffering from PCOD. It is mainly due to the lifestyle changes. There are two main reasons for increase of PCOD diagnoses in Indian women, the adoption of unhealthy eating habits and a sedentary lifestyle. Whereas older generations of Indian women eat traditional food items. Which may lead to healthy life.

The investigator felt that as the adolescent have poor knowledge and negative lifestyle attitude towards polycystic ovarian disease. A structured teaching programme will helpful for them to acquire knowledge regarding PCOD its causes, management and also them to change the healthy lifestyle.

OBJECTIVES:

- 1.To assess the pre-test and post-test knowledge and attitude regarding polycystic ovarian disease among young adulthood.
- 2.To evaluate the effectiveness of structured teaching programme on knowledge and attitude regarding polycystic ovarian disease among young adulthood.
- 3.To find out the association between post- test knowledge regarding polycystic ovarian disease among young adulthood with their selected demographic variables.

HYPOTHESES:

- H1: There is a significant relationship between pre-test and post-test knowledge regarding polycystic ovarian diseases among young adulthood.
- H2: There is a significant relationship between pre-test and post-test attitude regarding polycystic ovarian diseases among young adulthood.
- H3: There is an association between post- test knowledge with demographic variables regarding polycystic ovarian diseases among young adulthood.

RESEARCH METHODOLOGY:

RESEARCH APPROACH: Research approach was used for this study is quantitative research approach as it aimed to assess the knowledge and attitude regarding polycystic ovarian disease among young adulthood. (18-21) years.

RESEARCH DESIGN: The research design used for this study was pre experimental – One group pre-test post –test design.

Group	Pre test	Intervention	Post test
Young adulthood	O1	X	O2

O1 – Pre-test Knowledge regarding polycystic ovarian disease

X - Intervention of structured teaching programme regarding polycystic ovarian disease.

O2 – Post-test knowledge regarding polycystic disease.

VARIABLES UNDER STUDY:

Independent variable: A Structured teaching programme on polycystic ovarian disease.

Dependent variable: knowledge and Attitude.

POPULATION: The population of the study was young adulthood age group 18-21 years of Lord Mahavira Nursing College, Nalagarh.

RESEARCH SETTING: The study was conducted in Lord Mahavira Nursing College, Nalagarh ,Distt .Solan.

SAMPLE SIZE: The sample size for the study was 60 young Adulthood 18 -21 years.

SAMPLING TECHNIQUE: The sampling technique was used for this study was Convenience sampling technique.

SAMPLING CRITERIA:

Inclusive criteria:

- Young adulthood who are aged between 18 -21 years.
- Young adulthood who are willing to participate in the study.
- Young adulthood who are present during the data collection.
- Young adulthood who are able to read and write Hindi and English.

Exclusive criteria:

- Young adulthood age group less than 18 years and more than 21 years.
- Young adulthood who are sick.

DEVELOPMENT OF THE TOOL: Description of the consist of 3 parts:

Part –I: It deals with demographic variables such as age, religion, type of family, marital status, family income, dietary pattern, area of living, history of menstrual problem, sources of information regarding PCOD.

Part –II Structured knowledge questionnaire: It consist of 20 multiple choice question related to assess the knowledge of Polycystic ovarian disease. Each correct answer score is one (1) and Each incorrect answer score is zero (0).

Scoring of knowledge questionnaire was by:

0-6: Inadequate knowledge

7-13: Moderately adequate knowledge.

14- 20 Adequate knowledge.

Part –III: 5- Point Likert scale used to assess the level of attitude regarding Poly cystic ovarian disease. It consists of 20 statements in which sample have to choose between various option.

Scoring of attitude scale was by:

Statement	Strongly agree	Agree	Uncertain	Disagree	Strongly disagree
Positive statement	5	4	3	2	1
Negative statement	1	2	3	4	5

RESULTS:

Table -1: compare the pre-test and post-test knowledge score regarding PCOD among the young adulthood (B.Sc. (N) 1st year students).

N=60

Level of knowledge	Pre-test knowledge		Post-test knowledge	
	Frequency	Percentage	Frequency	Percentage
Inadequate knowledge	16	26.7%	0	0%
Moderately adequate knowledge	40	66.7%	12	20%
Adequate knowledge	4	6.6%	48	80%

Table-1 shows that during pre- test level of knowledge score 16(26.7%) young adulthood having inadequate knowledge, 40 (66.7%) young adulthood having moderately adequate knowledge and 4(6.6%) young adulthood having adequate knowledge regarding polycystic ovarian disease. During post-test level of knowledge score 12 (20%) young adulthood having moderately adequate knowledge and 48 (80%) young adulthood having adequate knowledge regarding polycystic ovarian disease.

Table – 2 : Compare the pre –test and post-test attitude score regarding PCOD among the young adulthood (B.Sc (N) Ist year students)

N = 60

Level of attitude	Pre-test		Post-test	
	Frequency	Percentage	Frequency	Percentage
Unfavourable attitude	48	80 %	0	0%
Moderately favourable attitude	12	20%	33	55%
Favourable attitude	0	0%	27	45%

Table -2 shows that during pre-test level of attitude score 48 (80%) young adulthood having unfavourable attitude ,12 (20%) young adulthood having moderately favourable attitude regarding polycystic ovarian disease. During post-test level of attitude score 33 (55%) young adulthood having moderately favourable attitude and 27 (45%) young adulthood having favourable attitude regarding polycystic ovarian disease.

Evaluate the effectiveness of structured teaching programme in term of paired “t” test value of knowledge and attitude regarding polycystic ovarian disease.

Table :3 Comparison of mean, standard deviation and paired “t” test value of young adulthood level of knowledge regarding polycystic ovarian disease in pre-test and post-test.

N= 60

Level of knowledge	Pre-test		Post-test		Calculated value	Table value
	Mean	SD	Mean	SD		
	8.13	2.9	15.56	3.24		

Table – 3 shows that calculated value for level of knowledge regarding PCOD (8.13) is higher than the table value (2.00). Hence structured teaching programme was effective in this study.

Table :4 Comparison of mean, standard deviation and paired “t” test value of young adulthood level of attitude regarding polycystic ovarian disease in pre-test and post-test.

N=60

Level of knowledge	Pre-test		Post-test		Calculated value	Table value
	Mean	SD	Mean	SD		
	30.51	81.04	52.85	204.48		

Table -4: shows that calculated value for level of attitude regarding PCOD (14.23) is higher than the table value (2.00). Hence structured teaching programme was effective in this study.

The chi-square values were calculated to find the association between the post-test knowledge score among young adulthood regarding polycystic ovarian disease with their sociodemographic variables. The results reveals that there was no significant association with demographic variables such as age, religion, area of living, type of family, source of information.

CONCLUSION:

The findings of the study revealed that the almost more than half of the sample had moderately adequate knowledge and unfavourable attitude during pre- test. But after structured teaching programme the majority of the participants gained knowledge and develop positive attitude towards polycystic ovarian disease. Structured teaching programme is found to be affordable, comfortable and effective. After the completion of the study participants taught regarding early identification and management of polycystic ovarian disease.

RECOMMENDATIONS:

On the basis of the findings of the study the following recommendations are made:

- The study can be replied in various setting.
- The similar study can be conduct on larger population.
- The similar study can be conduct with control and experimental group.
- The study can be conduct lifestyle modification.

REFERENCES:

- 1.Basavanthapaa (2006) “Text Book of Nursing research “ Jaypee publication ,Vol.II,110-115.
- 2.Brunner and Suddarth (2011) “ Text Book of Medical Surgical Nursing” Wolters Kulwer Pvt.Ltd 8th Edition. Vol .II, 1385-1392.
- 3.John,S (2021), Effectiveness of structured teaching programme regarding polycystic ovarian disease among adolescents ,International journal of Reproduction ,Contraception, Obstetrics,and Gynecology ,10 (7),2818-2825.
- 4.A.S .Hareesh, D.Divya, Prathima .P (2023) ,Effectiveness of structured teaching programme on knowledge regarding polycystic ovarian diseases among college girls, International Journal of Nursing Education and Research, Vol-II ,11(2) ,175-179.
- 5.Sathiya. S (2025), Effectiveness of planned teaching programme on awareness and attitude regarding early identification and management of polycystic ovarian syndrome among adolescent girls , International Journal of Obstetrics and Gynaecology Nursing.12(1), 01-08.