

AN EXPLORATORY STUDY TO ASSESS THE KNOWLEDGE REGARDING POLYCYSTIC OVARIAN SYNDROME AMONG ADOLESCENT GIRLS IN SELECTED JUNIOR COLLEGES OF PUNE CITY

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Abstract

The polycystic ovarian syndrome is a hormonal illness that effect on women and occurs irregular menstrual cycle. Adolescents are more susceptible to health problems as a result of hormonal changes. The Polycystic Ovarian Syndrome symptoms, such as infertility, scalp psoriasis, acne, or obesity. Polycystic Ovarian Syndrome may cause various complications such as infertility, stillbirth, diabetes, cardiovascular disease, and cancer so it require proper care .Aim of the study: Assess the knowledge regarding Polycystic Ovarian Syndrome among adolescent girls. Material and method: The research design adopted for the study was non exploratory descriptive study.100 adolescent girls were selected from junior colleges by non purposive sampling technique used. Demographic variables such as age, birth , order, normal flow of menstrual cycle, education of mother and father, previous knowledge about Polycystic Ovarian Syndrome and knowledge score such as poor, good ,adequate were assessed among adolescent girls. Result: finding of the study ,about adolescent girls were from 15 to 17 yr of age group the knowledge assessed by using questionnaire among adolescent girls. There was no association found between knowledge regarding Polycystic Ovarian Syndrome and demographic variables like age ,type of family, birth order, flow of menstrual cycle ,educational status of mother and father, previous knowledge and source of information. Conclusion: The study concluded that maximum adolescent girls have poor knowledge about PCOS. (86%) of adolescent girls have poor knowledge and the remainder (14%) have average knowledge majority of 51(51%) adolescent girls were from age group of 17 years, 39(39%) adolescent girls were from nuclear family, 47(47%) adolescent girls having 2nd birth order, 57(57%) adolescent girls were having normal flow of menstrual cycle, 66(66%) adolescent girls were having regular cycle, 33 (33%) father of adolescent girls have completed no formal education, 53 (53 %) mother of adolescent girls have completed Primary education, 54(54%) adolescent girls were having previous information about Polycystic Ovarian Syndrome, 31(31%) adolescent girls were having teacher as a source of information.

Keywords Assess ,knowledge. Score, adolescent girls. Polycystic Ovarian Syndrome (PCOS).

INTRODUCTION

Polycystic Ovarian Syndrome has a more prevalence. Polycystic ovarian syndrome (PCOS) is a hormonal illness that affects women and occure irregular menstrual cycles PCOS affect over 5%-10% of women in age group 12-45 years .PCOS is curable .the PCOS reduced by using medical treatment which focus on symptoms such as infertility ,hair fall , obesity, hormonal imbalance ,irregular menstrual cycle. Nowadays, it is often

referred to as 'Syndrome O,' which stands for excessive nutrition, excessive insulin production, ovarian confusion, and ovulatory disruption. Polycystic ovarian condition, functioning ovarian, ovarian hyperthecosis, sclerocystic ovarian syndrome, and Stein–Leventhal syndrome are further terms. A cystic ovary has an excessively high number of maturing eggs that are visible at the surface, resembling several little cysts. Obesity is a significant risk factor for polycystic ovarian disease (PCOD). Adolescence is a developmental stage that occurs between childhood and adulthood. Adolescence is marked by a slew of physical effects, including fast physical development, hormonal shifts, and the sudden appearance of main and secondary sex characteristics. Adolescents are more susceptible to health problems as a result of hormonal changes. Medical treatment for PCOS focuses on your individual symptoms, such as infertility, scalp psoriasis, acne, or obesity. Reintroduction of fertility, blood glucose control Treatment of purities or acne, period resumption, and avoidance of fibroids and endometrial cancer. Those with diabetes, hypertensive, or high cholesterol have been demonstrated to benefit from weight reduction (which may be challenging). Even a 5% reduction in body mass has been demonstrated to help with hormonal imbalances and infertility therapy.

The polycystic ovarian syndrome is common female endocrine disorder between 4% and 18 % of globe. PCOS cause the menstrual irregularities, an ovulation, apnea, dyslipidemia, myometrial hyperplasia, congenital adrenal hyperplasia. ¹¹This study is aimed to assessing the knowledge about PCOS.

Need of Study

Adolescents account up a significant portion of India's population, accounting for around 22.5 percent. Adolescent females must be more concentrated since they are going through a phase of fast physical development, sexual, pharmacological, and psychological changes. Adolescent habits and behaviors have a lifetime effect. PCOD, also known as polycystic ovarian syndrome (PCOS), is a prevalent illness that affects 5% to 10% in women ages of 12 to 45.

Over 7 million individuals suffer with PCOS. That figure exceeds the combined totals for breast cancer, osteoarthritis, neurological disorders, and lupus. PCOS affects around one in every five (20%) Indian Women. The condition might have serious health repercussions if it is not addressed quickly. PCOS is a disorder that expresses itself in a number of ways, according to Dr. Duru Shah, a physician and founder of the PCOS Society of India. "While younger women may suffer from irregular periods, experience hirsute (unwanted male-pattern hair growth) and obesity, in the slightly older age group, it may lead to infertility, risk of miscarriages and more. Conceiving a baby can be difficult with PCOS," said Dr. Shah, adding that there is There is a roughly 40% risk that a female kid may get PCOS if the mom does. A study done in Tamil Nadu evaluated young teenage girls and discovered an 18% incidence of PCOS. Additionally, they determined that urban women had a greater prevalence of PCOS than rural women. A structured education programmed was used to assess adolescent girls' understanding about polycystic ovarian disease. Investigated using a quantitative technique using a before design. Ninety-four teenage females, ranging in age from 18 to 30, were carefully chosen. As a result, the research hypothesis has been accepted. Thus, it is possible to conclude that an organized training programmed was beneficial at increasing the knowledge of teenage females. The study's results indicated that was helpful in increasing teenage girls' awareness of PCOS.

Aim of the Study

This study is aimed to assessing the knowledge about PCOS.

MATERIAL AND METHODS

In the present study, the researcher adopted a Quantitative approach & an exploratory design. The non purposive sampling technique was used, and data were collected using the questionnaire. Data analysis was done mainly

using descriptive statistics.

RESULT

The result was discussed in three sections. Section-I was regarding the description of socio demographic variables of adolescent girls . Section II includes to assess the knowledge regarding PCOS among adolescent girls from selected junior colleges. Section III contain to assess the association score between knowledge and selected demographical variables.

Majority 51% of the adolescent girls are in the age group of 17 years, 39% were belonging to nuclear family, In birth order 47 % 2ndchild .The majority 57% of normal flow of menstrual cycle in adolescent girls .66% girls having normal menstrual cycle .The majority 33% of father had no formal education.53 % women had taken primary education. Majority 54% of adolescent girls have previous information 31 % adolescent girls having information from teachers.

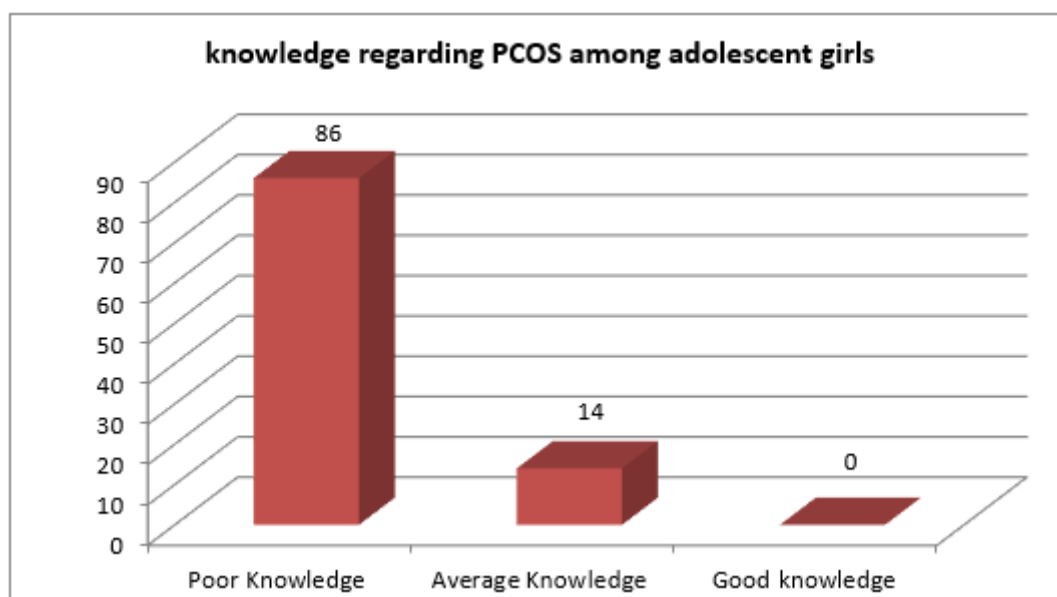
Level of knowledge regarding PCOS among adolescent girls, the major findings are (86%) of adolescent girls had poor knowledge, the remaining (14%) had average knowledge. The mean of the level of knowledge PCOS among adolescent girls is 5.31 with SD is ± 2.71 .It is statistically significant Table 1 indicates the degree of PCOS awareness among teenage girls, with the main results being that (86%) of teenage girls had limited knowledge and the remainder (14%) had average knowledge. The mean level of PCOS awareness among teenage females is 5.31, with a standard deviation of 2.71.

There was no significant association found between knowledge regarding PCOS among adolescent girls with selected socio demographic variables like age, Types of Family, birth order.Flow of menstrual cycle, Menstrual Cycle, Educational Status of father, Educational Status of mother, have any previous information about Polycystic Ovarian Syndrome ,Source of Information. The data has been analyzed and presented in terms of chi-square. The p-value is less than the level of significance.

Table 1: Knowledge regarding PCOS among adolescent girls from selected junior Colleges

Level of Knowledge	Frequency	Percentage
Poor Knowledge	86	86
Average Knowledge	14	14
Good knowledge	0	0
Mean	5.31	
SD	2.21	

Figure 1 knowledge regarding PCOS among adolescent girls



DISCUSSION

This finding of the study is supported by a similar study and the purpose of this research was to see how well adolescent girls knew about polycystic ovarian syndrome. The study is supported by such as A study done in Tamil Nadu evaluated young teenage girls and discovered an 18% incidence of PCOS. Additionally, they determined that urban women had a greater prevalence of PCOS than rural women. A comparable research done in Mumbai reported a PCOS has a prevalence of 22.5 percent when the Rotterdam criteria are used and 10.7 percent when the Androgen Excess Society standards are used. A revised Cronin survey was used in a study of med students at a private medical institution in southern India. According to a 10-question survey, PCOS was a prevalent diagnosis among some of the participants, as was a high prevalence of mood problems. A study on polycystic ovary syndrome awareness and knowledge among nursing students in a South Indian tertiary institution. The goal of this study was to evaluate nursing students' awareness and understanding of PCOS. The study was conducted among student nurses in the Department of Obstetrics at a Tertiary Care Center using a questionnaire-based cross-sectional approach. A total of 88 students were involved in the research. The most common endocrinological condition, according to the majority of kids (89.8%), is polycystic ovaries. In present study, the data has been analyzed and presented in terms of chi-square. A test retest design were used in the study. 100 samples of adolescent girls were taken from junior colleges. The level of knowledge of adolescent girls is 86% poor knowledge and mean of the level of knowledge of PCOS among adolescent girls is 5.31 and SD is +2.71. The study reveals that questionnaire can be used to assessing the knowledge about PCOS in adolescent girls.

CONCLUSION

Based on the findings of the study, it is evident that the demographic variable Majority of the 51(51%) adolescent girls were from age group of 17 years, 39(39%) adolescent girls were from nuclear family, 47(47%) adolescent girls having 2nd birth order, 57(57%) adolescent girls were having normal flow of menstrual cycle, 66(66%) adolescent girls were having regular cycle, 33 (33%) father of adolescent girls have completed no formal education, 53 (53 %) mother of adolescent girls have completed. The study examined the amount of information of PCOS among teenage girls and found that (86%) of adolescent girls lacked knowledge, while the remainder (14%) had average knowledge it can be concluded that 86% poor knowledge and mean of the level of knowledge of PCOS among adolescent girls is 5.31 and SD is +2.71. Maximum adolescent girls have a poor

knowledge 86% and 14 % have average knowledge about PCOS.

There was no significant association found between knowledge regarding PCOS among adolescent girls with selected socio demographic variables .

The result of this study shows that the adolescents girls having poor knowledge on the Polycystic Ovarian Syndrome in age group 15-17 yrs. so there is need to make awareness of the PCOS.

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