Level of Knowledge on Polycystic Ovarian Syndrome among Adolescent Girls

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Abstract

Polycystic ovarian syndrome (PCOS) is a condition in which woman has an imbalance of female sex hormones. This may lead to changes in the menstrual cycle, cyst in the ovary, failure to conceive and causes other health problems. It affects 5% to 10% of women in their reproductive age group and is the leading cause of infertility.[1] Purpose of the study was to assess the knowledge on polycystic ovarian syndrome among adolescent girls with a view to prepare a self instructional module regarding PCOS in selected colleges at Coimbatore. Quantitative approach with a descriptive design was adopted. Samples were selected by simple random sampling techinique. Knowledge on PCOS was assessed by structured questionnaire followed by the distribution of self-instructional module. Results revealed that Majority of the adolescent girls had inadequate knowledge on polycystic ovarian syndrome and there is no significant association between level of knowledge with selected demographic variables.

Keywords: Polycystic ovarian syndrome; Adolescent girls.

Introduction

Adolescence is a stage of transition from childhood to adulthood. Adolescents are more prone to health risk due to hormonal changes, lifestyle changes and lack of knowledge. So it is important to minimize the complication in later adolescent by maintaining healthy lifestyle and recognition of health problems.[2] A healthy lifestyle is one of the most important aspects of managing polycystic ovarian syndrome successfully. A healthy diet will ensure that the adolescent girls are getting an adequate intake of nutrients, vitamins and minerals. Healthy diet avoiding junk foods and regular exercise reduces the severity of polysystic ovarian symptoms.[3] Polycystic ovarian syndrome is a systemic, complex disorder that needs to be

actively managed by Adolescents for the rest of their life.[4] They need to go to develop certain health practices that will help their body to naturally minimize the symptoms and long-term risks of Polycystic ovarian syndrome. Globally, prevalence estimates of PCOS are highly variable, ranging from 2.2% to as high as 26%. Community-based studies using Rotterdam criteria among reproductive age group women have demonstrated varied prevalence figures in few Asian countries ranging from 2% to 7.5% in China to 6.3% in Srilanka.[8,9] Most prevalence studies in India are in hospital setups and recently a few studies among adolescents in schools report prevalence of PCOS as 9.13% to 36%.[5,6] In Tamilnadu, 32.11% female were affected by Polycystic ovarian syndrome. Educating the adolescent girls regarding Polycystic ovarian syndrome helps the adolescent girls to identify the signs and symptoms and early recognition of Polycystic ovarian syndrome and prevents its complication and improve the fertility.

Statement of the Problem

A study to assess the level of knowledge on polycystic ovarian syndrome among adolescent girls in a view to prepare a self instructional module regarding polycystic ovarian syndrome in selected college of health sciences, coimbatore.

Objectives

- To assess the level of knowledge on polycystic ovarian syndrome among adolescent girls.
- To associate the findings with selected demographic variables
- To prepare and administer self-instructional module on polycystic ovarian syndrome among adolescent girls.

Materials and Methods

Research Design: Descriptive research design

Setting: The study was conducted in selected College of Health sciences, Coimbatore.

Population: Adolescent girls studying in selected Health science colleges are considered as target population. Adolecsent girls who met the inclusion criteria was considered as accessible population.

Sample size and Sampling technique: 60 adolescent girls were selected by simple random technique by using lottery method

Criteria for sampling selection

Inclusion Criteria

- Adolescent girls between the age group of 18–21 years.
- Adolescent girls Who are having irregular menstruation.

Exclusion Criteria

- Adolescent girls who have Anaemia, Infection, Pelvic inflammatory diseases, Fibroids.
- Adolescent girls Who are not willing to participate in this study.

Description and interpretation of the tool

Section A: Demographic variables - It includes Age, Educational status, Religion, diet pattern, Height, Weight, BMI, Habit of taking junk foods, Age at Menarche, Duration of Cycle, Duration of Menstruation.

Section B: Structured questionnaire to assess the Knowledge on polycystic ovarian syndrome. It comprises of 30 multiple choice questions.

Data Collection

Written Permission was obtained from concerned authority. Sixty adolescent girls who met the inclusion and exclusion criteria were chosen by simple random sampling technique. An oral consent was obtained from the samples. The demographic data was collected. The knowledge on polycystic ovarian syndrome among adolescent girls was assessed by using structured questionnaire followed by distribution of Self-instructional module.

Results

Description of Demographic Variables

Among 60 samples majority of them have the habit of consuming junk foods, Most of them had attained menarche at the age of 13–14 years and most of them are non-vegetarian.

Findings related to level of knowledge

It shows that, 46 (77%) of them had inadequate knowledge on polycystic ovarian syndrome, 14 (23%) of them had moderately adequate knowledge on polycystic ovarian syndrome and none of them had adequate knowledge on polycystic ovarian syndrome (Table 1).

Table 1: Frequency, percentage, mean, standard deviation of samples based on level of knowledge on polycytic ovarian syndrome

n = 60

S. No	Level of knowledge	Frequency	Percentage	Mean	Standard deviation
1	Inadequate knowledge	46	77		
2	Moderately adequate knowledge	14	23	12.9	31.3
3	Adequate knowledge	–	–		

Component wise comparison of knowledge scores of adolescent girls on PCOS

Result shows that regarding component wise comparison of knowledge scores of adolescent girls on PCOS majority (56.73%) of them had knowledge in causes and risk factors. Only 37.33% of them had knowledge in prevention and management aspects (Fig. 1).
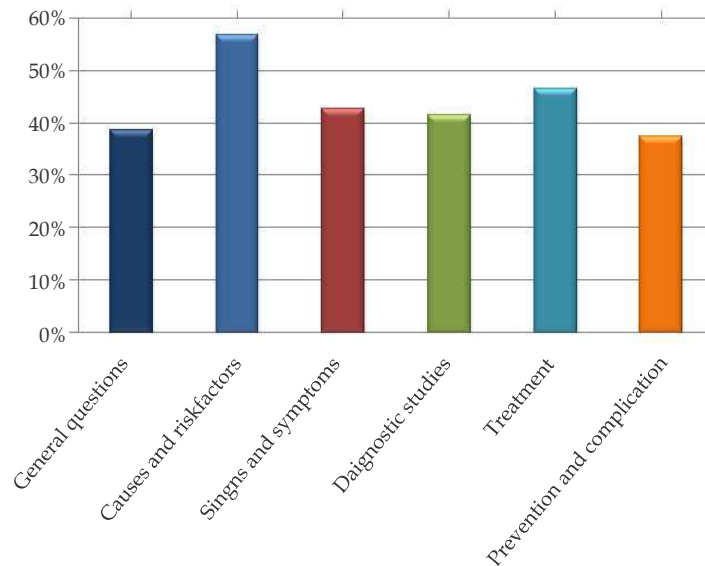

Fig. 1: Component wise comparision of knowledge scores of adolescent girls on PCOS.

Findings regarding Association between the Level of Knowledge among Adolescent Girls with Selected Demographic Variables

There is no significant association between the Age, Educational status, Religion, Diet, BMI, Habit of taking Junk foods, Age at menarche, Duration of cycle and Duration of menstruation and level of knowledge on polycystic ovarian syndrome among adolescent girls.

Discussion

The present study was conducted to assess the knowledge regarding PCOS among 60 adolescent girls studying in selectedCollege of Health sciences, Coimbatore with a view to prepare a self-instructional module. Inorder to achieve the objectives of the study descriptive design was adopted. Samples were selected by simple random sampling technique. It was reported that majority 46 (77%) of the adolescents girls had inadequate knowledge. There was no association between level of knowledge and demographic variables. This was consistent with the findings of the study conductedby Khushboo Brar (2016) regarding knowledge on polycystic ovarian syndrome among 200 teenage girls between the age group of 12–19 years in selected schools at Mohali. The results shows that majority of girls 123 (61.5%) had fair knowledge and minority of girls, i.e. 1 (0.5%) had excellent level of knowledge. Only 35 (17.5%) girls had good level of knowledge. which concluded that there is a lack of knowledge of adolescent girls regarding polycystic ovarian syndrome. The administration of information booklet may have helped the girls to understand more about polycystic ovarian syndrome.[4]

Conclusion

Due to the varied nature of PCOS and large range of possible signs and symptoms, Educating the adolescent girls regarding polycystic ovarian syndrome help them to identify the signs and symptoms, early recognition of polycystic ovarian syndrome, prevents its complications and improves the fertility.[7] Hence the researcher distributed the self instructional module to enhance the knowledge of adolescent girls on polycystic ovarian syndrome

Recommendations for future study

- Continuous health education programme can be given for adolescent girls regarding life style changes such as regular walking, exercise, yoga and avoiding junk foods

- Studies can be conducted to assess the effectiveness of teaching programme on knowledge of adolescent girls regarding polycystic ovarian syndrome.

- A similar study can be conducted on large sample to assess the knowledge and attitude regarding polycystic ovarian syndrome.

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