



## **A study to assess the effectiveness of planned teaching programme regarding polycystic ovarian syndrome and its contributing factors among late adolescent girls in selected colleges at Nagpur city**

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### **Abstract**

**Problem Statement:** "A Study to Assess the Effectiveness of Planned Teaching Programme Regarding Polycystic Ovarian Syndrome and its Contributing Factors among Late Adolescent Girls in Selected Colleges at Nagpur City."

**Objectives of the study:** 1. The objectives of the study were to assess the existing knowledge regarding polycystic ovarian syndrome and its contributing factors among late adolescent girls in selected colleges at Nagpur city. 2. To assess the effectiveness of planned teaching programme on knowledge regarding polycystic ovarian syndrome and its contributing factors among late adolescent girls in selected colleges at Nagpur city. 3. To determine association between post-test knowledge score with selected demographic variables.

**Hypothesis: H<sub>0</sub>** - There is no significant difference between pre-test and post-test knowledge scores of late adolescent girls regarding polycystic ovarian syndrome and its contributing factors by planned questionnaire at  $p < 0.05$  level of significance.

**H<sub>1</sub>** - There is significance difference between pre - test and post-test knowledge scores of late adolescent girls regarding Polycystic ovarian syndrome and its contributing factors by planned questionnaire at  $p < 0.05$  level of significance.

**Method:** The study was based on Quantitative evaluatory approach and one group pretest – post-test design. The setting of the study was Suretech College of nursing, Nagpur and sample size was 30. Non probability convenient sampling technique used for the selection of sample. The tool was structured questionnaires. The pretest was done by using structured questionnaires, and after that planned teaching programme on polycystic ovarian disorder and its contributing factors was done for late adolescent girls.

**Result:** The main study was conducted on late adolescent girls to assess the knowledge regarding polycystic ovarian syndrome and its contributing factors. The level of knowledge seen in 3 categories poor, average and good. The main study pretest revealed that 26.66% late adolescent girls had average level and 73.33% had good level of knowledge. The main study post test showed that 13.33% late adolescent girls had average level of knowledge, 86.66% late adolescent girls having good level of knowledge regarding polycystic ovarian syndrome and its contributing factors and the mean score is 24.47. The data was calculated by using chi square test and t value was calculated as 9.81 at the level of significance 0.05 and table t value is 2.45. So, study revealed that the H<sub>1</sub> hypothesis was accepted.

**Conclusion:** The study showed that the calculated value of main study post test was effectively higher than the pre-test. Based on the above findings, it was concluded that the study was effective and helped the late adolescent girls to improve their knowledge regarding polycystic ovarian syndrome and its contributing factors.

**Keywords:** Polycystic ovarian syndrome and its contributing factors, late adolescent girls

### **Introduction**

Women's health refers to the health of women's, which differs from that of men in many unique ways. Women's health is an example of population health. It is important that every woman has access to knowledge related to the spectrum of women's health issues and polycystic ovarian syndrome is one among them. Polycystic ovarian syndrome is a condition affect a women's hormone severe. Women with polycystic ovarian syndrome produce higher than normal amount of male hormones. This hormone imbalance causes them skip menstrual periods and makes harder for

them to get pregnant. It is common and occurs in approximately 6% of women's child bearing age.

### **Problem Statement**

"A study to assess the effectiveness of planned teaching programme regarding Polycystic Ovarian Syndrome and its contributing factors among late adolescent girls in selected colleges at Nagpur city."

### **Objective of The Study**

1. To assess the existing knowledge regarding polycystic

- ovarian syndrome and its contributing factors among late adolescent girls in selected colleges at Nagpur city.
- To assess the effectiveness of planned teaching programme on knowledge regarding polycystic ovarian syndrome and its contributing factors among late adolescent girls in selected colleges at Nagpur city.
  - To determine association between post-test knowledge score with selected demographic variables.

**Material and Method**

The investigators developed a conceptual framework which was based on Ludwig von Bertalanffy. A quantitative evaluatory research approach was used and research design [One group pretest – post test research design] was used. The tool used for the data collection was structured questionnaires which comprised 30 multiple choice questions on polycystic ovarian syndrome and its contributing factors. The sample size was 30 girls, late adolescent girls and sampling technique was non - probability, convenience sampling technique. Data collected and analyzed by using descriptive and inferential statistics term of frequency, mean, standard deviation, chi square and paired ‘t’ test.

**Result**

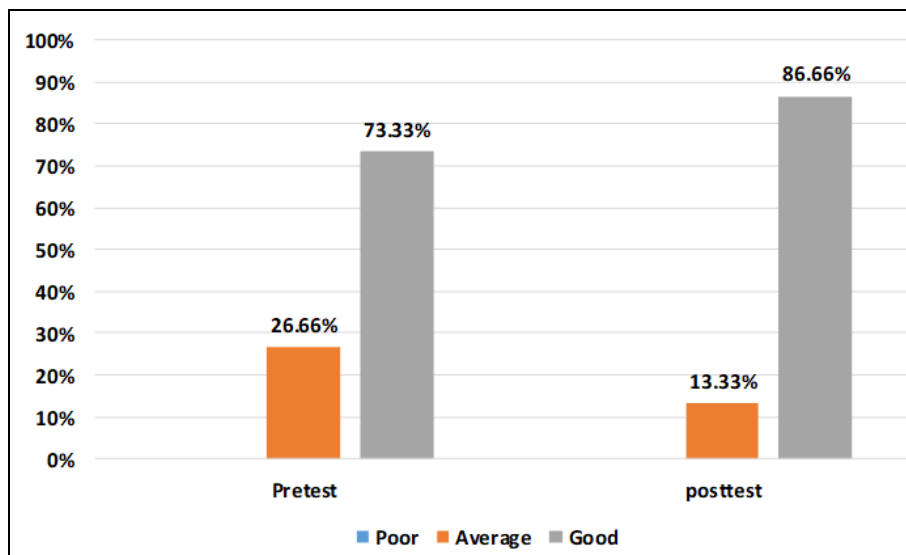
The main study pretest reveals that 0% at poor, 26.66% average and 73.33% had good knowledge score. The main study posttest shows that knowledge regarding polycystic ovarian syndrome among late adolescent girls, 0% late adolescent girls having poor level of knowledge. 13.33% late adolescent girls having average level of knowledge, 86.66% late adolescent girls having good level of knowledge and the mean score is 24.47.

**Table 1:** Significance of difference between knowledge score in pre-test and post-test of late adolescent girls in relation to Polycystic Ovarian Syndrome.

Overall	Mean	SD	Mean Percentage	t- value	p- value
Pre – test	21.1	4.74	70.33%	9.81	<0.05
Post – test	24.47	3.41	81.57%		

The above table reveals that mean value for pre-test is 21.1 and for post-test is 24.47. The standard deviation for pre-test is 4.74 while for post-test is 3.41. Mean percentage for pre-test is 70.33% while for post-test is 81.57%. The t-value for the above table is calculated as 9.81 at the p< 0.05 level of significance.

**Level of pretest and posttest knowledge regarding polycystic ovarian syndrome and its contributing factors**



**Fig 1:** Bar graph shows level of pretest and posttest knowledge regarding polycystic ovarian syndrome

The study showed that the calculated value of main study post test was effectively higher than the pretest. Based on the above findings, it was concluded that the study was effective and helped the late adolescent girls to improve their knowledge regarding polycystic ovarian syndrome and its contributing factors.

**Discussion**

The overall mean score knowledge of pretest and post test of late adolescent girls which reveals that post test mean knowledge score was higher 24.47 with SD of 3.41 when compared with pretest mean score value which was 21.47 at SD of 4.74 . The statistical t-test implies that the difference between pretest and post test knowledge score found to be 9.81 which is statistically significant at 5% level of

significance (p<0.05>). Hence, it is statistically interpreted that planned teaching programme on knowledge regarding polycystic ovarian syndrome and its contributing factors was effective. Thus H1 is accepted and H0 is rejected.

**Conclusion**

After detail analysis, the study leads to following conclusion : The researchers concluded that the pretest and post test knowledge mean score regarding polycystic ovarian syndrome and its contributing factors was 21.1 and 24.47 respectively. The calculated t value was 9.81 and table t value was 2.45. The study showed that the calculated value was higher than tabulated value. Based on the above findings, it was concluded that the H1 is accepted and there is effectiveness of planned teaching programme.

### **Research Funding**

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### **Conflict of Interest**

This statement is to certify that all authors have been approved the manuscript being submitted. We warrant that the article has not received prior publication and is not under consideration for publication elsewhere. We have no conflict to declare.

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