

Video Assisted Teaching on Awareness Regarding Identification Symptoms of Polycystic Ovarian Syndrome Among Adolescent Girls

Ms. Yashasvi Kashiv

Lecturer, Obstetric & Gynecological Nursing, Bombay Hospital College of Nursing, Indore (M.P)

ABSTRACT

Polycystic Ovarian Syndrome is a condition in which the woman has an imbalance of female sex hormones. It is a hyper androgenic disorder associated with chronic oligo-anovulation and polycystic ovarian morphology. This may lead to changes in the menstrual cycle, cyst in the ovary, failure to conceive and other health problems. Most women worried about this imbalance of female sex hormone so the present study aim to assess the effectiveness of video assisted teaching on awareness regarding identification symptoms of Polycystic Ovarian Syndrome among adolescent girls. In these study 40 adolescent girls was selected by using purposive sampling techniques. Pre intervention awareness level was assessed by Self-structured awareness questionnaire. The data collected was analyzed by using descriptive and inferential statistics. The average (Mean \pm Standard Deviation) awareness scoring in pretest to measure the pre-existed awareness regarding identification symptoms of Polycystic Ovarian Syndrome found to be 6.33 ± 1.4 points and the awareness score at post-test stage found to be 13.1 ± 1.3 points. The mean difference of 6.77 points in knowledge scoring between pretest and post-test was statistically strongly significant ($p > 0.05$) which clearly showed the effectiveness of Video Assisted teaching on awareness of adolescent girls regarding identification symptoms of Polycystic Ovarian Syndrome. The positive mean difference of knowledge score shows that Video Assisted teaching was effective.

KEYWORDS: - Video Assisted teaching, Polycystic Ovarian Syndrome, Adolescent girls

INTRODUCTION

Adolescent period is a unique period where there is a change from childhood to adulthood, a time of physiological, psychological, social, emotional adaptation. During this period individual attains physical and emotional maturity, whereas emotional maturity will be imbalanced. The change in adolescent period has important implications to understand the health risk associated with this syndrome. During this period the body changes and there will be development of secondary sex characters. Any difference of secondary sex characteristics can inversely affect physical and emotional adaptation of the adolescents.

Polycystic Ovarian Syndrome affects thousands of women in the world and is a common cause of infertility. Androgen excess and insulin resistance are hallmarks of the disorder. Understanding the pathogenesis of Polycystic Ovarian Syndrome helps understand the breakthroughs in treatments available to practitioners. This review will examine naturopathic treatment options for women with Polycystic Ovarian Syndrome.

A Pre experimental study was conducted by Poornima Mallipeddi, 2024 to evaluate the effectiveness of the video assisted teaching programme on awareness and attitude regarding early identification and management of polycystic ovarian Syndrome among adolescent girls in selected colleges, Bangalore. 60 students in were selected as control group ($n=30$) and experimental group ($n=30$) through non-probability convenience sampling technique. Structured questionnaire and modified attitude scale regarding early identification and management of PCOS were used as the tool. Video teaching was telecasted to the experimental group. After seven days, posttest was done by using structured questionnaire and modified attitude scale. The obtained data was analyzed by using descriptive and inferential statistics. In control group, pretest mean score of awareness was 11.43 ± 3.07 the posttest mean score was 12.27 ± 2.65 , the mean difference was 0.84. The obtained "t" value was 1.85, which was not statistically significant. In experimental group, pretest mean score of awareness was 11.70 ± 2.48 the posttest mean score was 21.03 ± 1.42 , the mean difference was 9.33. The obtained "t" value was 29.90, which

was statistically highly significant at $p < 0.001$ ***level. In control group posttest mean score of awareness was 12.26 ± 2.65 . In experimental group posttest mean score was 21.03 ± 1.42 , the mean difference was 8.77. The obtained “t” value was 15.95, which was statistically highly significant at $p < 0.001$ ***level. In control group, pretest mean score of attitudes was 52.00 ± 5.87 the posttest mean score was 53.27 ± 5.48 , the mean difference was 1.26. The obtained “t” value was 1.92, which was not statistically significant. In experimental group, pretest mean score of attitude was 52.83 ± 6.93 the posttest mean score was 73.77 ± 4.94 , the mean difference was 20.93. The obtained “t” value was 15.35 which was statistically highly significant at $p < 0.001$ ***level. In control group posttest mean score of attitude was 53.27 ± 5.48 . In experimental group posttest mean score was 73.77 ± 4.94 , the mean difference was 20.50. The obtained “t” value was 15.20, which was statistically highly significant at $p < 0.001$ ***level. The findings of this study concluded that, video teaching is effective by improving the awareness and attitude among adolescent girls.

OBJECTIVE OF THE STUDY

To assess the pre test score of knowledge regarding the symptoms of Polycystic Ovarian Syndrome among adolescent girls in Selected Nursing College Indore.

To evaluate the effectiveness of Video Assisted Teaching on identification symptoms of Polycystic Ovarian Syndrome among adolescent girls in Selected Nursing College Indore.

HYPOTHESIS

At $P < 0.5$ Significant

H1: There will be a significant difference in pre and post test level of knowledge regarding the identification symptoms of Polycystic Ovarian Syndrome.

MATERIAL AND METHODOLOGY

A Quantitative research approach was adopted. Pre experimental one group pre-test post-test design without control group was used with Purposive sampling techniques. The size of sample is consisting of 40 adolescent girls which were selected according to inclusive and exclusive criteria. Before implementing Video Assisted

teaching regarding the identification symptoms of Polycystic Ovarian Syndrome. Structured knowledge questionnaire was administrated which consisting of 2-parts. Demographic Variables (Age, Weight in Kg, Diet Preference, Flow of Menstruation, Previous knowledge about Polycystic Ovarian Syndrome) and a structured knowledge Questionnaire includes 15 multiple choice questions. Post test was done after 7 days of implementing video assisted teaching with the same questioner.

RESULT

- According to the age group majority of participant (13, 32.5%) are coming in between 17-18 years of age and (26, 65%) are under age of 18-19 years and (1, 2.5 %) are coming above 19 years of age.
- Majority of samples (3, 7.5%) are of 31 - 40kg and (21, 52.5%) are 41-50 kg and the (16, 40%) are more than 51 kg.
- Majority of participant (31, 77.5 %) are non-vegetarians and (9, 22.5 %) are vegetarians.
- Majority of women (34, 85%) having regular flow of menstruation and (6, 15 %) are having irregular menstruation
- More than half (37, 92.5%) of students have previous knowledge and (3, 7.5%) have no knowledge regarding essential newborn care

Table no. 1: frequency and percentage distribution of adolescent girls

(N=40)

Demographic variable	Frequency	Percentage
Age in year		
16-17	0	0
17-18	13	32.5
18-19	26	65
Above 19 year	1	2.5
Weight in Kilogram		
Less than 30 kg	0	0
31-40	3	7.5
41-50	21	52.5
More than 51kg	15	40
Diet preference		

Vegetarian	9	22.5
Non-vegetarian	31	77.5
Eggitarian	0	0
Flow of menstruation		
Regular	34	85
Irregular	6	15
absent	0	0
Source of Previous knowledge		
No	37	92.5
Yes	3	7.5

Comparison between pre and posttest knowledge of adolescent girls

Figure No. I show that the majority of students (30, 75%) have average (6-10) level of awareness regarding identification symptoms of Polycystic Ovarian Syndrome. before administration of Video assisted teaching. Further (10, 25%) have poor (1-5) awareness. After administration of Video assisted teaching the major part (36, 90%) populations have good (11-15) awareness regarding identification symptoms of Polycystic Ovarian Syndrome. Further, that (4, 10%) adolescent girl acquired average (6-10) awareness level.

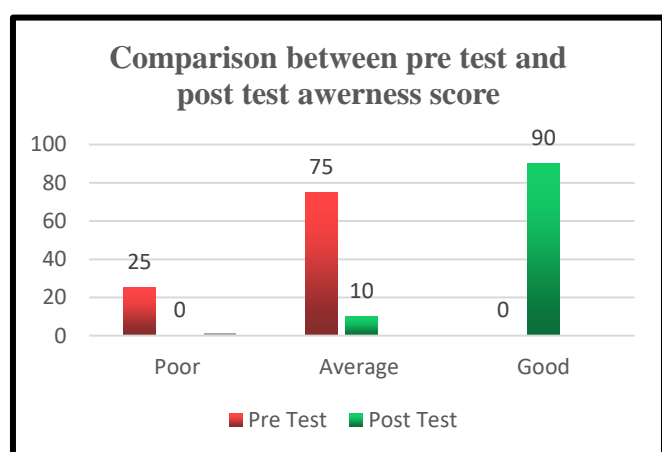


Figure I -Bar diagram showing the comparison in awareness score among adolescent girl before (pretest) and after administration (post-test) of Video assisted teaching.

The result of the study is the average (Mean \pm Standard Deviation) awareness scoring in pre-test to measure the pre-existing awareness regarding identification symptoms of Polycystic Ovarian Syndrome found to be 6.33 ± 1.4 points. There was a change noticed awareness score at post-test stage after administration of video assisted teaching on knowledge the posttest awareness score found to be 13.1 ± 1.3 points.

The calculated t value 20.96 greater than tabulated value at difference ($p > 0.05$). Thus H is accepted, there is significant difference in the pre test awareness and post test awareness scores regarding identification symptoms of Polycystic Ovarian Syndrome among adolescent girl in selected Nursing college Indore and video assisted teaching is effective in enhancing the awareness of adolescent girl.

CONCLUSION

These findings revealed that after the detail analysis, this study leads to the following conclusions that the adolescent girls in Selected Nursing College Indore having awareness regarding identification symptoms of Polycystic Ovarian Syndrome

LIMITATION

- This study is limited to the adolescent girl studying in selected Nursing College, Indore.
- The sample size is limited to 40.
- The data collection period is limited to 4 weeks.
- This study is limited to those students who are studying in Bombay Hospital College of Nursing Indore.

REFERENCE

1. Abraham Suzanne (2010) "Fundamental of Obstetrics and Gynaecology" 9th edition, Mosby Elsevier Limited. Page no. 75 – 76
2. Dutta D.C. (1995) "Textbook of Obstetrics" 3rd edition, New central book agency (p) Ltd Calcutta, India. Page no. 464 – 465.
3. Workowski, Kimberly A., and Stuart Berman. Sexually Transmitted Diseases Treatment Guidelines, 2010. Centers for Disease Control and Prevention. Centers for Disease Control and Prevention, 17 Dec. 2010. Web. 28 Oct. 2014.

4. Jacob Annamma “A Comprehensive Textbook of Midwifery & Gynaecology Nursing” 4th edition, published by Jaypee Brother’s Medical Publisher (p) Ltd. Page no. 677 – 679
5. Chaturvedi S. Psychasthenic syndrome related to polycystic Ovarian Syndrom in Indian women. Journal of Psychosomatic Obstetrics and Gynecology. Page no. 67–72
6. Behrman, Richard E.; Kliegman, Robert; Karen Marcante; Jenson, Hal B. (2006). Nelson essentials of pediatrics. St. Louis, Mo: Elsevier Saunders. p. 348.
7. Poornima Mallipeddi, Laishram Dabashini Devi, Aleenapauy. A Study to Assess the Effectiveness of Video Assisted Teaching Programme on Awareness and Attitude regarding Early Identification and Management of Polycystic Ovarian Syndrome among Adolescent Girls in selected Colleges, Bangalore. Asian Journal of Nursing Education and Research. 2024;
8. Sharma Suresh k. (2011) “Nursing Research and Statistics” 2nd edition, Elsevier a division of Reed Elsevier India (p). Ltd New Delhi. Page no. 225 - 264
9. Joshi A, Dhapola M, Pelto PJ. Gynaecological Problems: Perceptions and Treatment-seeking Behaviours of Rural Gujarati Women: Reproductive Health in India New Evidence: Rawat Publications; 2008. pp. 133–58
10. Llewellyn-Jones, Fundamentals of obstetrics and gynecology. 9th ed. 2011, Mosby Elsevier limited.