Novelty Journals

ISSN 2394-7330

International Journal of Novel Research in Healthcare and Nursing
Vol. 2, Issue 3, pp: (66-69), Month: September-December 2015, Available at: www.noveltyjournals.com

Effectiveness of Self Instructional Module on Knowledge Regarding Polycystic Ovary Syndrome among Engineering Students

[1]Nimo Biam, [2]Bhuvaneshwari.P

[1]BSC (N) IV Year, Saveetha College Of Nursing, Thandalam-105
[2]Assistant Professor, Saveetha College Of Nursing, Thandalam-105

Abstract: **polycystic ovary syndrome is a growing problem with adolescent girls. It can be very difficult to diagnose PCOS in teenage girls as they often experience irregular or absent menses and acne. Polycystic ovarian diseases prevalence is fast increasing among college girls in urban Mumbai about 30% of young college girls were detected with PCOD. Objectives 1:to find the pre-test and post-test knowledge of engineering students regarding PCOS as measured by a structured knowledge questionnaire. 2. Evaluate the effectiveness of self. Instructional module regarding PCOS in terms of gain in post-test knowledge score. Methods/approach: quantitative approach, experimental, quasi experimental design. The data was collected by questionnaire. Results: the knowledge improvement mean score was 12.64 and standard deviation is 2.48 and paired t-test value is 24.3 and p value is p<0.001 and there is a significant effectiveness of self instructional module for knowledge on polycystic ovary syndrome (p<0.005).**

Keywords: **Assess, effectiveness, self instructional module, planned teaching programme, knowledge, PCOS, antenatal mother.**

1. INTRODUCTION

Polycystic ovary syndrome is a commonest problem of young girls. It can be very difficult to diagnose PCOS in teenage girls as they often experience irregular or absent menses and acne. A population study revealed that overt and occult PCOD accounted for 90% of patients with oligomenorrhea and 37% with amenorrhea, or 73% with oligo or amenorrhea accounted for 21% of couples with infertility and the annual incidence was 247 patients per million of the general population. The annual incidence of infertility due to PCOD per million was 41 with overt PCOD and 139 with occult PCOD (total 180). Of those,140 appeared to respond well to clomiphene (78%) but 40(22%) failed, requiring alternative therapy.

Statement of the problem:

"A study to assess the effectiveness of self instructional module on knowledge regarding polycystic ovary syndrome among engineering students at selected setting"

Objectives:

1. To find out the pre-test and post-test knowledge of engineering students regarding PCOS as measured by a structured knowledge questionnaire.

2. To evaluate the effectiveness of self instructional module regarding PCOS in terms of knowledge gain in post-test knowledge score.

International Journal of Novel Research in Healthcare and Nursing
Vol. 2, Issue 3, pp: (66-69), Month: September-December 2015, Available at: www.noveltyjournals.com

3. To find out the association between mean pre-test knowledge score with selected demographic variables.

2. RESEARCH METHODOLOGY

Approach and design: quantitative approach, experimental, quasi-experimental design

Setting: saveetha engineering college

Sample: engineering students

Sample size: 50

Sampling technique: simple random sampling technique

Criteria for sample selection:

Inclusion criteria: Engineering students who are willing to participate in the study.

Exclusion criteria: Engineering students who are not willing to participate in the study.

Data collection procedure:

Part 1: demographic variables

Part 2: structured questionnaire

Score interpretation = obtained score /Total score X 100

The score is interpreted as

Adequate knowledge – above 75%

Moderate adequate knowledge -51-75%

Inadequate knowledge - below 50%

Analysis and interpretation:

Table 1: frequency and percentage of selected demographic variables on polycystic ovary syndrome

DEMOGRAPHIC VARIABLES	frequency	%
1. Age in years		
a. 18-20 years	40	80%
b. 21-23 years	10	20%
c. 24-26 years	0	0%
2. Religion:		
a. Hindu	45	90%
b. Muslim	3	6%
c. Christian	1	2%
d. Others	1	2%
3**. Place of residence:**		
a. Rural	12	24%
b. Urban	38	76%
4.Type of family:		
a. nuclear family	40	80%
b. joint family	10	20%
5.Food habit:		
a. vegetarian	12	24%
b. non vegetarian	38	76%

Novelty Journals

ISSN 2394-7330

International Journal of Novel Research in Healthcare and Nursing
Vol. 2, Issue 3, pp: (66-69), Month: September-December 2015, Available at: www.noveltyjournals.com

Table 2: percentage and distribution of level of knowledge in pre-test on polycystic ovary syndrome among engineering students

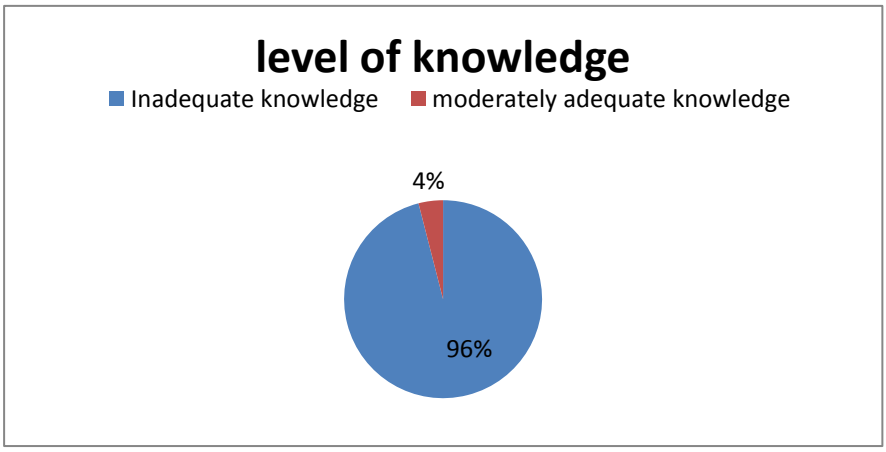

Table 3: frequency and distribution of level of knowledge in post test on polycystic ovary syndrome among engineering students

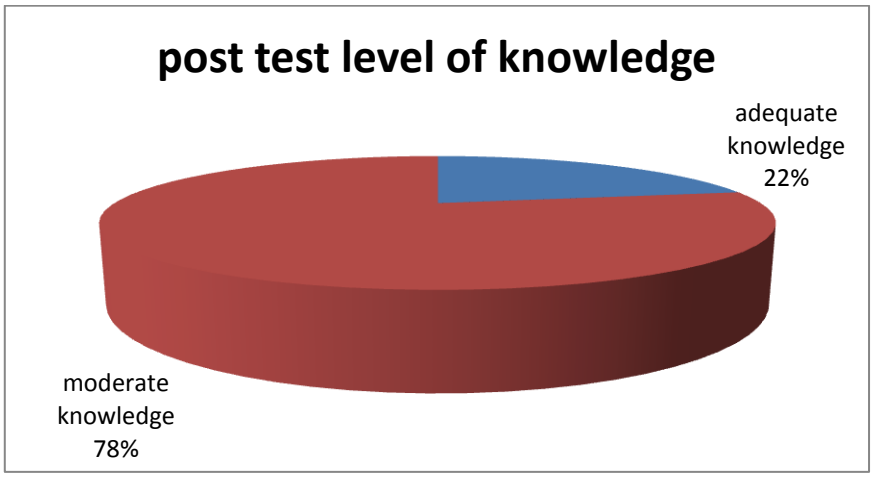

Table 4: association between the knowledge on polycystic ovary syndrome of engineering students of saveetha engineering college and socio demographic variables

Demographic variables	**Inadequate knowledge**		**Moderate adequate knowledge**		**Chi-square value and p value**
	NO	%	NO	%	
1. Age in years					
18-20 years	39	97.5%	1	2.5%	?4=0.00
21-23 years	9	90%	1	2.5%	d.f=4
24-26 years	0	0%	0	0%	p<3.36(s)
2. Religion:					
Hindu	44	97.7%	1	2.2%	?=0.027
Muslim	3	100%	0	0%	d.f=9
Christian	1	100%	0	0%	p<8.34
Others	1	100%	0	0%	(s)
3**. Place of residence:**					?=0.026
Rural	12	100%	0	0%	d.f=1
Urban	36	94.7%	2	5.2%	p<0.46

4.Type of family:					?=0.008
nuclear family	38	95%	2	5%	d.f=1
joint family	10	100%	0	0%	p>0.46
5.Food habit:					?=0.078
vegetarian	12	100%	0	0%	d.f=1
non vegetarian	36	94.7%	2	5.2%	p>0.46

3. RESULTS

Among 50 engineering students 48(96%) of them had inadequate knowledge, 2 (4%) of them had moderately adequate knowledge and 0(0%) had adequate knowledge regarding polycystic ovary syndrome in pre-test. And in experimental group out of 50 engineering students 11 (22%) of them had adequate knowledge, 39 (78%) had moderate adequate knowledge and 0 (0%) had inadequate knowledge in post-test.

In pre-test group mean were 6.36 with standard deviation 2. In post test experimental mean were 12.64 with standard deviation 2.48.The chi-square revealed that there was a significant association with the demographic Variables of experimental group such as age, religion, place of residence, type of family, and food habit.

4. CONCLUSION

Based on findings of the present study showed that planned teaching programme on knowledge regarding polycystic ovary syndrome found to be effective.

REFERENCES

[1] Diana M.Fraser, myles textbook for midwives, fifteenth edition, publish by Churchill livingstone. Pg no-314-318

[2] Brunner and suddarth's,Textbook of Medical surgical nursing,twelfth edition, published by wolters kluwer. Pg no – 1437-1453

[3] Laitinen, J, Toponen, S, Martikainen, H et al, Body size from birth to adulthood as a predictor of self reported polycystic ovarian syndrome symptoms. Int J Obes Rel Metabol Disord. 2003;27:710–715.

[4] Douglass, C, Gower, B, Darnell, B, Ovalle, F, Oster, R et al, Role of diet in the treatment of polycystic ovary syndrome. Fertil Steril. 2006;85:679–688 .

[5] Moren, L, Brinkworth, G, Noakes, M, Norman, R. Symposium: diet, nutrition and exercise in reproduction. Effects of lifestyle modification in polycystic ovarian syndrome. Reprod BioMed. 2006;12:569–578.

[6] Pasquali, R, Antenucci, D, Casimirri, F et al, Clinical and hormonal characteristics of obese and amenorrheic women before and after weight loss. J Clin Endocrinol Metab. 1989;68:173.

[7] Hirschberg, A, Naessen, S, Stridberg, M et al, Impaired cholecystokinin secretion and disturbed appetite regulation in women with PCOS. Gynecol Endocrinol. 2004; 19:79–87.

[8] Moghetti, P, Castello, R, Negir, C et al, Metformin effects on clinical features, endocrine and metabolic profiles, and insulin sensitivity in polycystic ovary syndrome: a randomized, double-blind, placebo-controlled 6 month trial followed by open, long-term clinical evaluation. J Clin Endocrinol Metab. 2000;85:139.

[9] Santana, L, Silvar, M, Ferriani, M, de Moura, M, Foss, M et al, Effect of metformin on the clinical and metabolic assessment of women with polycystic ovary syndrome. Gynecol Endocrinol. 2004;19:88–96.

[10] Fleming, R, Hopkinson, Z, Wallace, AM et al, Ovarian function and metabolic factors in women with oligomenorrhea treated with metformin in a randomized double blind placebo-controlled trial. J Clin Endocrinol Metab. 2002; 87:569.