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Yashoda Shrivastava
Associate Professor HOD,
Department of OBG, Jabalpur
Institute of Health Sciences,
Jabalpur, Madhya Pradesh,
India

Parvati Jagdev
Staff Nurse NICU & PICU,
Bhandari Hospital and
Research Center, Indore,
Madhya Pradesh, India

A study to assess the effectiveness of self-instructional module on knowledge regarding polycystic ovarian syndrome among B.Sc. nursing students of selected nursing college

Yashoda Shrivastava and Parvati Jagdev

Abstract

Introduction: polycystic ovarian syndrome is a problem in which a woman's hormones are out of balance. It can cause problems with the menstrual periods and make it difficult to get pregnant. It may also cause unwanted changes in the look. Polycystic ovarian syndrome is common, affecting as many as 1 out of 15 women. Often the symptoms begin in the teenage. Treatment can help control the symptoms and prevent long – term problems.

Methodology: research approaches adopted for the study was pre-exprimental research design. The research design selected for this study was a pre experimental one group pre – test post-test design. Non probability convenient purposive sampling technique. The study was conducted on B.Sc. Nursing first year students of SAIMS College of nursing, Indore. The sample size was 60.

Result: The result of this study showed that there is significant difference in pretest & posttest knowledge scores the nursing students, the knowledge gained through administered the self-instructional module was good as it was evidence with a highly significant difference (t-65.0 $p < 0.001$ two tailed) between the mean pretest (X1=9.30) & posttest (X2=13.62) knowledge score associate between knowledge score & selected variables like age, dietary pattern, type of family, religious, previous source of knowledge, family income, residence area.

Keywords: Polycystic Ovarian Syndrome, self-instructional module, nursing students, knowledge

Introduction

Polycycytic ovarian syndrome is a problem in which a womans hormones are out of balance. Polycystic ovarian syndrome is common affecting as many as 1 out of 15 women often the symptoms begin in the teenage. Treatment can help control the symptoms and prevent long term problems. According to WHO womens health and reproduction sciences January 2017 polycystic ovarian syndrome with symptoms of hyper androgenism is one of the most common endocrine disorders of a women at reproductive age. A cross-sectional study of PCOS among adolescent and young girls in Mumbai, India 2014.a study to assess the prevalence of polycystic ovarian syndrome among 778 adolescents and young girls aged 15-24 years. Among them 600 completed all clinical, ultra Sonography, and biochemical investigations. The prevalence of PCOS among them was 22.5/ by Rotterdam and 10.7 / by androgen excess society criteria. No obse comprised 71.8/ of Rotterdam criteria. Lack of knowledge and the negative lifestyle attitude towards polycystic ovarian diseases among college students and not taking any measure to improve their life styles.

Methodology

The research method adopted for the study was an evaluative approach. Since the study aims at evaluating the effects of a self-instructional module on knowledge regarding nursing students in selected nursing college Indore. The research design selected for this study was a pre - Experimental, one group pre-test post-test design. The independent variable was the self-instructional module on polycystic ovarian syndrome and dependent variables were knowledge. The study was conducted on B.Sc. Nursing first year students of SAIMS College of nursing, Indore. The reliability of the test was found out using Karl Pearson's correlation coefficient formula. The reliability was found to be 'r =0. 834' for knowledge questionnaire and 'r =.96 which indicates that the tool was reliable. The sample size was 60 was taken by Non -probability purposive Sampling technique.

Correspondence
Yashoda Shrivastava
Associate Professor HOD,
Department of OBG, Jabalpur
Institute of Health Sciences,
Jabalpur, Madhya Pradesh,
India

Result

Section I: Frequency and Percentage Distribution of Selected Sample Characteristics According To the Demographic Variable.

Table 1: frequency and percentage distribution accords to age of selected students

Age (year)	Frequency (N)	Percent (%)
17-18	27	45.0
19-20	27	45.0
21-22	6	10.0
Total	30	100.0

Table 2: Frequency and percentage distribution according to dietary pattern of selected students

Dietary pattern	Frequency (N)	Percent (%)
Vegetarian	46	76.7
Non-vegetarian	14	23.3
Total	30	100.0

Table 3: Frequency and percentage distribution according to type of family of selected students

Type of Family	Frequency (N)	Percentage (%)
Nuclear family	29	48.3
Joint family	31	51.7
Total	60	100.0

Table 4: Frequency and percentage distribution according to religion of selected students

Religion	Frequency (N)	Percent (%)
Hindu	58	96.7
Muslim	0	0.0
Christian	2	3.3
Others	0	0.0
Total	60	100.0

Table 5: Frequency and percentage distribution according to previous source of knowledge of selected students

Previous Source of Knowledge	Frequency (N)	Percent (%)
Media (TV, Radio and Newspaper)	21	35.0
Relatives and Peers	4	6.7
Community Health Centers	11	18.3
Books, Journals and Internet	24	40.0
Total	60	100.0

Table 6: Frequency and percentage distribution according to place of residence of selected students.

Place of residence	Frequency (N)	Percentage (%)
Rural	23	38.3
Urban	37	61.7
Total	60	100.0

Section II: To Assess The Effectiveness Of Self-Instructional Module Regarding Polycystic Ovarian Syndrome.

Table 7: Frequency and percentage distribution of selected students according to scoring at pre-test

Scoring at Pre-test	Category	Frequency (N)	Percent (%)
0-6	Poor	8	13.3
7-12	Average	39	65.0
13-18	Good	13	21.7
19-24	Excellent	0	0.0
Total		60	100.0

Table 8: Frequency and percentage distribution of selected students according to scoring at post-test

Scoring at Post-test	Category	Frequency (N)	Percent (%)
0-6	Poor	0	0.0
7-12	Average	18	30.0
13-18	Good	39	65.0
19-24	Excellent	3	5.0
Total		60	100.0

Table 9: The distribution of means knowledge percent and standard deviation of scoring in pre and post test

knowledge scores	Mean	Mean (%)	Std. Deviation(s)
pre - test	9.80	41.84	2.84
post - test	13.62	58.16	2.22
Total	23.42	100.00	19.73

Section III: To Find Out The Association Between Pretest And Posttest Knowledge Scores With Selected Demographic Variables.

Table 10: The comparison between mean score of pre and post-test of knowledge

Knowledge scoring at	Scatter Mean + SD	95% CL of the Mean Lower Bound	Upper Bound	Mean Diff	T-value	p- value (LOS)
Pre	9.80 +_2.84	9.07	10.53	3.82 points	7.78	$p< 0.001$*
Post	13.62 +_ 2.22	13.04	14.19			

The mean difference is highly significant at the level of significance at the 0.001 level of significance.

Discussion

The findings of the present study had been discussed with objectives, conclusion, findings and the results of the similar studies the findings were discussed under the following

Age indicated that less than half (45.0%) of the B.Sc. nursing 1st year female students were more frequently belonged to lower age groups of 17-18 years and the same proportion (45.0%) of students found within age group of 19-20 years. The age group of 21-22 years included few (6, 10.0%) B.Sc. nursing 1st year students had participated in the present study.

This was easily sees in table that the pattern of diet found. Results showed that more than three fourth (76.7%) of the B.Sc. nursing 1st year students were enjoying vegetarian food more frequently On the other hand rests, less than one fourth (23.3%) of the B. Sc. nursing 1st year students were enjoying non- vegetarian food included and that participated in the present study.

Joint family was found to be the most common type of family in more than half (51.7%) of the B.Sc. nursing 1st year students were used to live together with their parents and grandparents. Research also indicated that less than half (48.3%) of the B. Sc. nursing 1st year students were used to live together with only their parents had belong to nuclear family.

Religious the major part (96.7%) of the population of B. Sc. nursing 1st year students were more frequently had belonged to Hindu religion. Christianity found to be the second common religion was revealed by few (2 3.3%) B. Sc. nursing 1st year students. None (0.0%) B. Sc. nursing 1st year students had observed either from Muslim religion or other religion.

Previous source of knowledge of studied such as books, journals and internets which can be easily sees in table five

Major part of population of B.Sc. nursing 1st year students (24, 40.0%) had gained knowledge about polycystic ovarian syndrome using books, journals and internets were the previous source of knowledge.

Conclusion

The study revealed that self-instructional module was effective in enhancing the knowledge of nursing students regarding polycystic ovarian syndrome.

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