



Assess the Effectiveness of Information Booklet Regarding Polycystic Ovarian Syndrome among Adolescents of Selected Colleges of Ahmedabad

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Greentree Group

Received: 30.08.2016

Edited : 10.09.2016

Accepted: 06.11.2016

Published: 15.11.2016



ABSTRACT

Investigator had conducted the experimental study to assess the effectiveness of information booklet regarding polycystic ovarian syndrome among the adolescents at selected colleges of Ahmedabad.

KEYWORDS

PCOD, Information, Booklet

OBJECTIVES OF THE STUDY

- (1) To assess the effectiveness of information booklet regarding polycystic ovarian syndrome among adolescents of selected college of Ahmedabad.
- (2) To compare the pretest and posttest score of adolescent's knowledge regarding polycystic ovarian syndrome of selected colleges of Ahmedabad.
- (3) among nursing students of selected nursing colleges of Gandhinagar.

Research design selected for the present study was one group pretest-posttest design. questionnaire for evaluation of pretest and posttest.

The research method adopted for the study was quasi-experimental study. Simple random sampling technique was used to select the samples. The data collection tool for the present study consisted of self-structured questionnaires. Reliability of tool

was confirmed by using test-retest method. The tool was found valid and reliable.

MAJOR FINDINGS OF THE STUDY

The collected data were analyzed by descriptive statistics. The mean pretest knowledge score was 8.9 whereas the mean post-test knowledge was 15.5 regarding polycystic ovarian syndrome. This indicates that there is marked improvement in their knowledge regarding polycystic ovarian syndrome.

BACKGROUND OF THE STUDY

A comprehensive Indian study was conducted by Metropolis in Mumbai with 27411 samples of women for testosterone over a period of 18 months. The results found that around 4824 (17.60%) of females diagnosed as hormonal associated polycystic ovarian syndrome.¹



A longitudinal cohort study was conducted in Australia with 309 women regarding women reproductive health (polycystic ovarian syndrome). The results shows that prevalence rate of polycystic ovarian syndrome was 5.8% among 309 infertile women and 72% were affected. Women having polycystic ovarian syndrome is at 15% higher risk of infertility.²

NEED FOR STUDY

A worldwide study was conducted by WHO in 2012 regarding polycystic ovarian syndrome. The result was found that around 116 million (3.4%) women were affected in 2012 and maximum patients were found in age group of 35-44 years. No patients were found above age of 45 years. The results also shows that the incidence of polycystic ovarian syndrome is gradually increasing in India.³

OPERATIONAL DEFINITIONS

EFFECTIVENESS:

It refers to determining the extent to which the planned teaching has achieved the desired effect in improving the knowledge of adolescents regarding polycystic ovarian syndrome.

INFORMATION BOOKLET:

It is a booklet which provides knowledge regarding the aspects of polycystic ovarian syndrome in easy and understanding manner.

POLYCYSTIC

OVARIAN

SYNDROME:

It is a medical condition in which alteration in hormones production leads to irregular ovulation, menstruation and shows signs and symptoms such as menstrual disturbance, infertility, hirsutism and obesity.

Description of tool:

The tool consisted of three sections-

Section A: Demographic variable This includes the information on of students i.e. age, educational qualification, family history, own history, previous information and source of information. It consists of six questions.

Section B: This includes the self-structured questionnaires, which consist of question assessing knowledge about polycystic ovarian syndrome.

Section C: Information booklet.

The information booklet was distributed immediately after the pretest.

After preparation of tool, content validity and reliability was established. To ensure



content validity of tool it was submitted to 5 experts and was validated by them. Experts were masters in nursing.

A self-structured questionnaire was developed to assess the effectiveness of information booklet regarding polycystic ovarian syndrome.

DATA COLLECTION

The investigator first introduced him to subjects and written consent was obtained after explaining the purpose of the study. Confidentiality of the response was assured. In a pretest, existing knowledge was assessed and everyone was asked to fill it. Each sample required 20minutes to complete self-structured questionnaire. After pretest, the information booklet was distributed immediately. Posttest was conducted after 07 days. After the data collection investigator thanked the entire study sample as well as the authorities for their cooperation.

SECTION: I

Analysis of the data related to the personal characteristics of sample (college students) in terms of frequency and percentages.

Table 1.1 Distribution of sample according to their characteristics in terms of frequency and percentages
N=30

Characteristics	Frequency	Percentage
Age		
18-19years	25	83.3%
20-25years	5	16.7%
Education		
1 st Year B.Sc	29	96.6%
2 nd Year B.Sc	1	3.4%
3 rd Year B.Sc	0	0%
Family history of PCOS		
No	23	76.6%
Yes	7	23.6%
Own history of PCOS		
No	24	80%
Yes	6	20%
Previous information		
No	24	80%
Yes	6	20%
Source of information		
Medical person	15	50
Friends	10	33.3%
Family members	5	16.7%
Peer groups	0	0%

SECTION: II

Table 1.2 Findings related to mean and mean percentage of pre-test & post-test on effectiveness of information booklet

N=30

Test	Mean	Mean percentage
Pre-test	8.9	44.50%
Post-test	15.5	77.50%

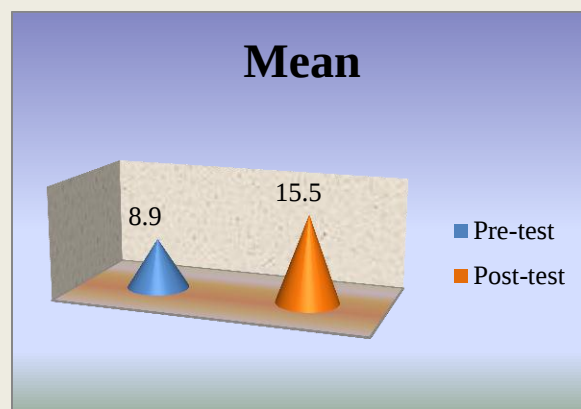




Table 1.3 Findings related to calculated 'T' value of pre-test and post-test knowledge score N=30

Pre-test mean	Post-test mean	'T' value	Standard value
8.9	15.5	2.09	2.05

CONCLUSION

The following conclusions were drawn from the finding present study:

The study has been conducted to assess the effectiveness of information booklet regarding polycystic ovarian syndrome among the adolescents at selected colleges of Ahmedabad.

In the present study, it is found that beforeproviding information booklet, the mean pre-test score was 8.9 with mean percentage of 44.5% whereas, and the mean post-test score was 15.5 with mean percentage of 77.5%. The calculated 'T' value was 2.09 which is more than the standard value that id 2.05.



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