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## Effectiveness of structured teaching programme (STP) on knowledge regarding polycystic ovarian disease among nursing students in selected nursing college of Ahmednagar city

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### Abstract

A Quasi Experimental Design was used for the present study & 120. 2nd & 3rd year Nursing students were selected using stratified random sampling technique. A semi-structured questionnaire was used to assess the knowledge. The analysis and the data were based on the objective and hypothesis. Both descriptive and inferential statistics were used for data analysis. The assessment of overall post test knowledge level of the nursing students regarding PCOD, This finding Suggest that Student had knowledge but not adequate in most area of PCOD .In Anatomy & Physiology, the improvement was more among BSc as compared to GNM, Statistically significant. The levels of knowledge during the pretest and post test are compared to prove the effectiveness of planned teaching programme. The study concluded that there is significant increase in the knowledge level among Nursing students after planned teaching programme.

**Keywords:** Effectiveness, structured teaching programme, knowledge regarding, nursing

### Introduction

#### Background

The condition was first described in 1935 by American gynecologists Irving F Stein, sir & Michael L. Leventhal from whom its original name of Stein Leventhal syndrome is taken.

The earliest published description of a person with the what is now recognize as PCOD was in 1721 in Italy, cyst related changes to the ovaries were described in 1844.

PCOD is an endocrine disorder which affects the adolescent girls, it affects 5% -10% of women in their reproductive age. Awareness & accurate diagnosis is the first step in managing PCOD as it improves quality of life of the patient. The study was conducted to assess the knowledge on PCOD among the medical student.

#### Geographical distribution and age and sex ratio of pcod

In various European countries studies that, the international prevalence of PCOD was 6.5-8% in India nearly 35% of women in their reproductive age suffers from the PCOD. Kerala is only one state which has higher female sex ratio, so a recent study conducted in 10 schools among student aged 15-18 years in Trivandrum city found that 13.56% of the girls had menstrual dysfunction & the detection of PCOD among these adolescent girls was 9.8%.

Polycystic ovary syndrome is an endocrine disorder which affects the adolescent girls, it affects 5% to 10% of women in their reproductive age. Awareness and accurate diagnosis is the first step in managing PCOD as it improves quality of life of the patient the study was conducted to assess the knowledge on PCOD among medical students.

Polycystic ovary syndrome is the most common endocrine disorder among women of reproductive age groups. It is one of the leading causes of poor fertility. Risk factors include obesity, not enough physical exercise, and family history. Most studies in India report prevalence of PCOD as 9.13% to 36%. Behavior and lifestyle modifications are important part of treatment for PCOD.

A number of cases in the community due to lack of awareness and proper guidance, it remains undiagnosed. Aim of the study of to find the prevalence of PCOD among the young females of Bhopal city. Thus, risk assessment in the form of a survey would be one of the strategies to identify this syndrome early so as to encourage young woman to seek timely treatment and prevent its long term complication.

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### Need for study

PCOD is a health condition which affects many women's in today society 1 in 10 & 1 in 20 women of childbearing age has PCOD it is imperative that are well informed although this affects as many as five million women in united states it is something that can be treated by your primary health care physician however, maintaining a healthy & active life style may decrease the chance of developing this condition.

Sunanda B, Sabithanayak in 2016, proved that due to the varied nature of PCOD and the large range of possible signs & symptoms health personal need through knowledge of the disorder & its management nurses should be aware of the varies organization, which render support counselling for adolescent should be including the curriculum which will provide an awareness towards the disorder & lifestyle modification. Also concluded that Source of information, consumption of junk food, dietary patterns of the students was associated with their level of knowledge on PCOD at 5% level of significance.

Sowoura M.A & Philomena Fernandes (2013) [20], reveals that Lack of knowledge and the measures to improve their lifestyle pattern is felt by the investigator that these college girls can be helped by assessing their knowledge and with a view to change lifestyle by providing necessary information, so as to help them to get aware about the polycystic ovarian syndrome.

Jayshree J. Upadhye, Chaitanya A. Shembekar (2017) [7] did a Survey of 200 girls to assess the knowledge on the polycystic ovarian syndrome among the medical students of different colleges studying in 1st, 2nd, and 3rd year. The data was collected from the students by using structured questionnaire. Results: In present study, 51% girls had normal BMI, 19.5% were overweight, 16.5% were obese while 13% were underweight. 33.5% females had acne, 16% had irregularity of menses, 5% had hirsutism while 2% had infertility. In present study, 33% adolescent and young girls had information about PCOD from teacher, 19% got information from friend, 11.5% got information from a doctor, and 3.5% got information from newspaper while 5% got information from internet. 28% adolescent and young girls were unaware of PCOD. Author concludes that thorough knowledge of the disorder and counselling for adolescents should be included in the curriculum which will provide awareness towards the disorder and lifestyle modification. Accurate diagnosis at a younger age may be a key.

From the above studies, we observed that there was inadequacy in the knowledge regarding PCOD among adolescent girls. So for improving the knowledge and creating awareness about PCOD among adolescent girls. So for the above purpose, we are conducting this study in the selected nursing college in Ahmednagar city.

### Objectives of the study

1. To assess the pre programme knowledge level

regarding Polycystic Ovarian Disease (PCOD) among nursing students.

2. To assess the post-programme knowledge level regarding Polycystic Ovarian Disease (PCOD) among nursing student.
3. To determine the effectiveness of Structured Teaching Programme (STP) on knowledge regarding polycystic ovarian disorder (PCOD) among nursing student.
4. To associate the pre and post-programme knowledge regarding PCOD among nursing student with demographic variables.

### Hypothesis

**H01:** There will be a significant association between structured teaching programme and knowledge regarding PCOD among nursing students.

### Conceptual framework

The conceptual frame work consists of three phases input, process, and output.

#### Input

It refers to learners or targeted group with their characteristics, level of competence, learning needs and interest. In this study input includes 1-3 year nursing students and their variables like age, religion, education status of parents, occupation of parents, monthly income of family, type of family and previous information about PCOD. Since these are considered to influence the knowledge regarding PCOD.

#### Process

It denotes to different operational procedure in the overall programme implementation.

Study process refers to the

- Assessment of knowledge of nursing students regarding polycystic ovary syndrome through structured knowledge questionnaire.
- Development of structured teaching programme on polycystic ovary syndrome its administration and taking pre-programme and post-programme.

#### Output

It refers to the ultimate results that are expected following the programme implementation. In this study output refers to knowledge gained by the 2ndyr and 3rdyear nursing students on the polycystic ovary syndrome in terms of post-programme scores.

#### Feedback

Feedback is the information of group response to the system. Output feedback may be positive, negative or neutral. It is not include in this study.

### Research methodology

- **Research approach:** Quantitative
- **Research design:** One group pre programme and post programme knowledge
- **Sample:** 2<sup>nd</sup> & 3<sup>rd</sup> year Nursing student
- **Sample technique:** Stratified random sample

technique

- **Sample size:** 120

### Major findings of the research study

#### Pretest knowledge score of nursing students among nursing student

Mean value of pre-programme score of each parameter- Anatomy & Physiology (3.28), General Information (3.02), Etiology & Incidence (1.06), Diagnostic Test (1.43), Signs & Symptoms (1.53), Complications (0.56), Management & Prevention (2.28).

This finding Suggest that Student had knowledge but not adequate in most area of PCOD.

#### Effectiveness of structured teaching programme (STP) through lesson plan on knowledge regarding polycystic ovarian disease among nursing students

Mean value of post-programme score of each parameter- Anatomy & Physiology (3.69), General Information (3.63), Etiology & Incidence (2.28), Diagnostic Test (2.03), Signs & Symptoms (3.11), Complications (0.39), Management & Prevention (3.93).

In Anatomy & Physiology, the improvement was more among BSc as compared to GNM. Statistically significant.

#### Association of pre and post-programme knowledge with demographic variables

There is no significant association between Knowledge and Course, as P value is  $>0.05$ . There is no significant association between Knowledge and gender as P value is  $>0.05$ .

There is no significant association between Knowledge and marital status, as P value is  $>0.05$ .

The finding of the study has implication in nursing practice, nursing education, research and community. The structured teaching programme on PCOD which prepared by the researcher was helpful for imparting knowledge regarding PCOD. After pre programme finding Suggest that Student had knowledge but not adequate in most area of PCOD. Structured teaching programme is very effective and helpful for improving knowledge.

Study helps to raise awareness among student nurses, educator and community leaders. Train them to create awareness among community people and students about healthy lifestyle.

### Conclusions

Administration of STP improved the knowledge levels and awareness of samples about PCOD. In this study there was no association between demographic variables like course, gender, marital status, type of family, etc. with the knowledge.

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