A Study to assess the effectiveness of planned teaching program on knowledge regarding prevention of PCOD among adolescent girls studying in selected schools of Rohtas Bihar.

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Abstract

A study to assess the effectiveness of planned teaching programme on knowledge regarding prevention of PCOD among adolescent girls studying in selected school (HIGH SCHOOL JAMUHAR) of Rohtas Bihar,was undertaken by Ms. SEEMPY KUMARI, Ms. AROHI KUMARI, Ms. KAJAL SONI & Ms. ASMAR MANSOOR towards the partial fulfilment of the requirement for the award of the degree of bachelors of science in nursing , at Narayan Nursing College , of Gopal Narayan Singh University jamuhar Sasaram the year 2020- 2024.

Keywords: planned teaching ,pcod, adolescent girls

Introduction

Background of the study

Polycystic ovarian syndrome is a disease in which female sex hormones are out of balance in the body. This can cause changes in the menstrual bleeding, ovarian cyst, infertility and other health problems. It is a health problem among young men and women. It affects 5 % to 10% of women of child bearing age. These problems causes infertility. Girls face many menstrual problems and among them, PCOD is now on the rise. Polycystic Ovary Syndrome (PCOS), identified for the first time, is a disease associated with irregular menstruation, infertility, obesity, and excess testosterone. Research has since shown that increased blood insulin levels are present in people with PCOS, leading to increased testosterone levels.

Need for the study

Adolescents health play an important role in nation's health condition .
In India 35% of adolescents are suffering from Polycystic ovarian disease (PCOD), mostly due to life style changes.
Scientists have found in previous studies that young women who do not know about polycystic ovary syndrome and it's most important prevention will get this disease.

Resaerch Methodology

A research design consisting of single group pre-test and post-test design was chosen for the study, conducted at selected high school of Jamuhar Rohtas.Sampling and change agents were selected as purposive sampling technique. A planned health teaching programme on PCOD was conducted. PCOD knowledge levels before and after testing were assessed using a self-administered questionnaire.

Result

Analysis of the research results revealed that knowledge on PCOD in regards to the pre-test mean score was 5.2 and SD 2.34 and the post-test mean score of knowledge was 13.33 and SD 2.66 . The calculated paired value of $t = 2.3749$ was found to be statistically significant at $p < 0.001$ level . The data analysis and findings of the research shows educational programs help young girls to know more about prevention of PCOD.

Introduction
"Polycystic ovarian disease is a lifestyle problem not a lifelong problem".
Adolescence is a unique period in which transition from childhood to adulthood, and physical, biological social, and emotional changes takes place.
Polycystic ovary syndrome is an endocrine disorder that affects people of all ages and can cause problems such as menstrual irregularity, hirsutism, anovulatory infertility, diabetes and heart problems, as well as long-term reproductive problems.

Sampling Criteria
Inclusion Criteria
Study includes:-
1. Girls 10 to 19 years old, who have attained menarche irrespective of their marital status.
2. Class 9th and 10th standard adolescence girls.
3.Adolescent girls who will willing to participate.
Exclusion Criteria
Study excludes:-
1. Adolescence girls who will not be present on writing day.
2. Sick Adolescence girl.
3. Refusing to participate in research.
Data Analysis and Interpretation

This chapter examines and interprets data collected from 100 young women in rohtas schools selected through a self-administered survey.

This study aims to evaluate the effectiveness of an educational program for the prevention of polycystic ovary syndrome among adolescent girls in selected schools in Rohtas.

Objectives of the study

To evaluate PCOD awareness in young women.

To evaluate the performance of planned teaching programme on PCOD.

To find the relationship between post-test information and demographic variables.

Research Hypothesis

There is two hypothesis :

H_1 – There will be significant difference in knowledge about PCOD before and after testing.

H_2 – There will be significant relationship between post-test levels of PCOD and selected demographic variables in adolescent girls.

ORGANIZATION OF DATA
The collected data were presented in tabular form according to the purpose of the following sections:-

Section I: Description of frequency and percentage distributions of demographic variables among adolescent grils.

Section II: Description of PCOD knowledge level before the final test.

Section III: Description of PCOD knowledge level after the final test.

Section IV: Comparison of pre-test and post-test knowledge level on PCOD.

Section IV: Association between post test knowledge level with the demographic variable.

SECTION II: DESCRIPTION OF PRE-TEST LEVEL OF KNOWLEDGE ON PCOD.
Percentage of items related to PCOD experience and knowledge.

KNOWLEDGE LEVEL	N	%
POOR	68	68
AVERAGE	32	32
GOOD	0	0

Table : Describes that the pre test knowledge level in research participants in which 68% of young girls are having poor knowledge level score, 32% of them having average knowledge.
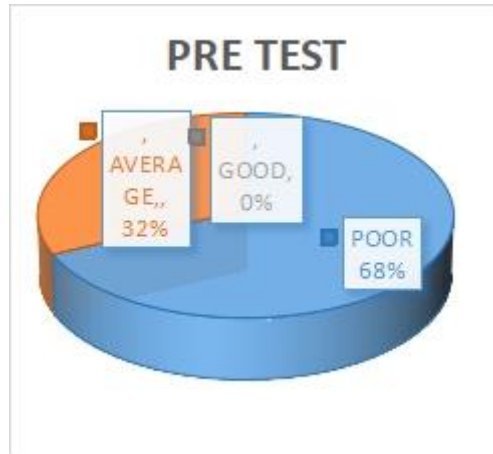
Fig.1 Description of frequency and percentage of PCOD knowledge level pre-test.

SECTION III: DESCRIPTION OF POST-TEST KNOWLEDGE LEVEL ON PCOD

KNOWLEDGE LEVEL	N	%
POOR	2	2
AVERAGE	43	43
GOOD	55	55

Table: Describes that the post-test knowledge level in research participants in which 2% of young girls are having poor knowledge level score, 43% of them having average knowledge, and 55% of young girls having good knowledge regarding PCOD.

FIG.2 DESCRIPTION OF FREQUENCY AND PERCENTAGE OF POST-TEST OF KNOWLEDGE LEVEL ON PCOD.

SECTION IV: COMPARISON OF PRE-TEST AND POST-TEST KNOWLEDGE LEVEL ON PCOD.

TABLE- 4.4 SHOWING THE VALUE OF MEAN SCORE, SD, MEAN DIFFERENCE, DEGREE OF FREEDOM, PAIRED T TEST AND P VALUE.

KNOWLEDGE	MEAN SCORE	SD	MEAN DIFFERENCE	D f	paired "t" value	P value
PRE TEST	5.4	2.3409	-7.93	198	2.3749	0.001
POST TEST	13.33	2.661				

CONCLUSION

The present Study to assess the performance of planned teaching program on knowledge regarding prevention of PCOD among young girls studying in selected schools of Rohtas Bihar. . The research revealed that there was a significant difference between the pre-test and post-test knowledge level on PCOD using planned teaching programme. Therefore, the planned teaching programme approach had a significant impact on the knowledge on the PCOD among adolescent girls studying in selected schools.

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