



Effectiveness of self- instructional teaching module to assess the knowledge regarding PCOS among adolescent girls in selected PU College of Gokak

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Abstract

Adolescent is a stage of transition from childhood to adulthood. That includes several physiological changes as body growth, hormonal changes and sudden development of primary and secondary sex characteristics. Adolescent are more prone to health risk due to hormonal Changes, lifestyle changes and lack of knowledge, so it is important to minimize the complications in later adolescent or health is maintained by increasing awareness, adapting health life styles early problem recognition of health problems. Polycystic ovary syndrome (PCOs) is a chronic and most common endocrine disorder observed in women of reproductive age and it also affects the adolescents. Up to 70% of affected women remain undiagnosed or have long delays before the condition is recognized.

Objectives

1. To assess the knowledge regarding PCOS among adolescent girls.
2. To implement a self -instructional teaching module and assess post knowledge regarding PCOS among adolescent girls.
3. To compare pre-test knowledge with post-test knowledge.
4. To associate the pre test knowledge regarding PCOS with selected demographic variables.

Hypothesis

H₁: The mean post-test knowledge score of the adolescent girls exposed to self-instructional teaching module will be higher than the pre -test knowledge score.

H₂: There will be a significant association between pre test levels of knowledge regarding PCOS with the selected demographic variables of adolescent girls.

Methodology: An experimental research design was adapted among the 30 adolescent Girls in selected PU College of Gokak 30 samples were selected by non-Probability Convenient Purposive Sampling Technique. The study was conducted on adolescent girls in selected PU college of Gokak

Result: The mean percentage of knowledge score of the adolescent girls in the pre-test was 40% and SD (2.33), whereas the mean percentage of knowledge score in the post-test was 82.08% and SD (3.2). The paired t' test showed the significant difference in the knowledge of adolescent girls regarding PCOS, after the implementation of self -instructional teaching module.

Conclusion: Self-instructional teaching module significantly increases the knowledge on PCOS among adolescent girls.

Keywords: Effectiveness, self-instructional teaching module, assess, knowledge, PCOS, adolescent girls, Pu college

Introduction

Polycystic ovary syndrome (PCOS) is a hormonal disorder that affects women of reproductive age. It is characterized by irregular or absent menstrual periods, excess Level of male hormones (androgens), and enlarged ovaries with small fluid filled sacs (called cysts). The incidence rate of Polycystic Ovary Syndrome (PCOS) varies globally, with estimates ranging from 5% to 21% among women of reproductive age. Globally, the number of incident cases increased from 1.48 million in 1990 to 2.3 million in 2021. Age-standardized incidence rate in 2021 was 63.26 per 100,000 populations.

Polycystic Ovarian Syndrome is common health problem which increase among adolescent girls and young Women during their reproductive years. It is a problem in which woman's hormones are out of balance leading to menstrual disturbance as well as multiple abnormal cysts in enlarged ovaries, so they do not produce the normal Number of eggs and normal ovulation which leads to Difficulty of getting pregnant. If it is not treated over time, it can lead to serious health problems such as Diabetes and heart disease.

According to a study by PCOS Society, 1 in every 10 Women in India has polycystic ovary syndrome (PCOS), a

common endocrinal system disorder among women of Reproductive age. And out of every 10 women diagnosed with PCOS, six are teenage girls. A population study revealed that overt and occult PCOD Accounted for 90% of patients with oligo- menorrhoea and 37% with amenorrhoea, or 73% with oligo- or amenorrhoea. Oligo- or amenorrhoea accounted for 21% of Couples with infertility and the annual incidence was 247 patients per million of the general population.

Statement of the problem

“Effectiveness of self- instructional teaching module to assess the knowledge regarding pcos among adolescent girls in selected Pu College of gokak”

Objectives of the study

1. To assess the knowledge regarding PCOS among adolescent girls.
2. To implement a self -instructional teaching module and assess post knowledge regarding PCOS among adolescent girls.
3. To compare pre-test knowledge with post-test knowledge.

- To associate the pre test knowledge regarding PCOS with selected demographic variables.

Assumptions

- The adolescent girls may have inadequate knowledge regarding PCOS
- Self Instructional module will be effective in improving the knowledge of adolescent girls regarding PCOS.

Hypothesis

H1: The mean post-test knowledge score of the adolescent girls exposed to self-instructional teaching module will be higher than the pre -test knowledge score.

H2: There will be a significant association between pre test levels of knowledge regarding PCOS with the selected demographic variables of adolescent girls.

Research design

The research design used in their study was pre-experimental design. The selection of research design depends on the purpose of study, research approach and variables to be studied. The research design used for the present study is pre-experimental one group pre-test post-test research design is used. The administration of self-instructional teaching module is depicted as X.

Development of the tool

It consists of structured questionnaire

Phase-1

It is comprised of items seeking information on demographic variables such as age, economic status, type of family, area of residence.

Phase-2

This section consists of structured questionnaire to assess the knowledge of adolescent girls consist of 24 items.

Scoring

The investigator has given one (1) mark for every correct response and zero (0) mark for every incorrect response.

Knowledge score was distributed as follows

- Poor knowledge (Score: 0 – 8)
- Average knowledge (Score: 9 – 16)
- Good knowledge (Score: 17 – 24)

Result

Section 1: Distribution of socio-demographic variables in frequency and percentage.

Regarding the age 96.6% (n=29) belongs to 16-17 years of age, 3.3% (n=1) belongs to 18-20 years and 0% (n=0) belongs above 20 years of age. 3.3% (n=1) belongs to socioeconomic status of APL card and 96.7% (n=29) belongs to BPL card. Majority of girls belongs to nuclear family 70% (n=21). While considering the area of residence 73.3% (n=22) belongs to rural area. 96.7% of girls had no knowledge regarding PCOS. Majority of girls 86.6% had regular cycles and 13.3% had irregular cycles. Most of the girls 66.6% were distributed in mixed diet. While considering the type of sanitary material used 63.3% use sanitary pads.

Section 2: To assess the pre test knowledge regarding PCOS among adolescent girls

Level of knowledge score	Frequency	Percentage
Poor knowledge	14	46.6%
Average knowledge	12	40%
Good knowledge	4	13.4%
Total	30	100%

Section 3:Pre-test over all knowledge scores

Overall pre- test knowledge score	No. of questions	Mean	Mean%	SD	SD%
	24	9.6	40%	2.33	9.7%

Section 4: Analysis and interpretation of post test knowledge score

Level of knowledge	Frequency	Percentage
Poor knowledge	0	0%
Average knowledge	3	10%
Good knowledge	27	90%
Total	30	100%

Section 5: Post test overall knowledge scores

Knowledge	No. of questions	Mean	Mean%	SD	SD%
Overall post test knowledge	24	19.7	82.08%	3.2	13.3%

Section 6: To compare the pre-test knowledge with post-test knowledge

Knowledge	No. of questions	Mean	Mean%	SD	SD%	df	p value
Pre-test	24	9.6	40%	2.33	9.7%	29	0.05
Post-test	24	19.7	82.08%	3.2	13.3%	29	0.05

Significant at $p \leq 0.05$, $df = 29$

Section 7: Effectiveness of the study

Overall pre-test and post- test knowledge score	Pre-test	Post-test	Gain in knowledge
	40%	82.08%	42.08%

Section 8: Association between the selected demographic variables and the knowledge scores

The chi square values of demographic variables like age, economic status, type of family, area of residence, previous knowledge regarding PCOS, age of menarche, regular cycle, type of diet, type of sanitary material used are not significant at 0.05 level of significance.

Summary

In pre-test 46.6% of the girls had poor knowledge where as 40% of them had average knowledge and 13.4% had good knowledge. Pre- test over all knowledge score 9.6. Mean% was 40%, SD was 2.33 and SD% was 9.7%. After implementation of the self- instructional teaching module 90% of the girls had good knowledge while 10% of the girls had average knowledge and 0% of the girls had poor knowledge.

The post-test over all knowledge of the girls' was 19.7, mean% was 82.08%, SD was 3.2 and SD% is 13.3%.

Conclusion

Pre-test knowledge level was 40% and the post-test knowledge level was 82.08%. The self-instructional teaching module resulted in gain in knowledge with 42.08%.

Recommendations

On the basis of the findings of the study, a similar study can be replicated on a large sample to generalize the findings.

References

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