

“Evaluate the effectiveness of video assisted teaching Programme on knowledge regarding polycystic ovarian syndrome among first year B.Sc. nursing students in selected colleges of nursing at Rajahmundry”.

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ABSTRACT

Polycystic ovarian syndrome (PCOS) is a condition which can affect a woman’s menstrual cycle, fertility, hormones and aspects of her appearance. Polycystic ovaries are slightly larger than normal ovaries and have twice the number of follicles (small cysts). Polycystic ovaries are very common affecting 20 in 100(20%) of women. The study was conducted to evaluate the effectiveness of video assisted teaching programme on knowledge regarding polycystic ovarian syndrome among first year B.Sc. nursing students. The main objectives of study were to assess the knowledge on polycystic ovarian syndrome and to associate the level of knowledge with selected demographic variables. An Evaluative research approach with pre-experimental research design was used for this study. The target population for the study was B.Sc. nursing students who are studying in GSL College of Nursing, Rajahmundry. Sample size was 60 students, were named by probability-simple random sampling technique and structured questionnaire was used for this study to collect the data. Data analysis was done by using descriptive and inferential statistics on the basis of objectives of the study. The results shows that the level of knowledge on polycystic ovarian syndrome among First year B.Sc. nursing students is out of 60 First year B.Sc. nursing students 40(67) have inadequate knowledge, 19(32) have moderately knowledge and 1(1) had adequate knowledge. With respect to association between the levels of knowledge with the selected demographic variables shows no significance. The study concludes that, the knowledge level of students regarding polycystic ovarian syndrome among B.Sc. nursing students is inadequate, the study suggest that proper teaching and adequate training regarding polycystic ovarian syndrome will be helpful for the students to gain knowledge..

Keywords: Evaluate, Effectiveness, Video assisted teaching programme, polycystic ovarian syndrome.

1 Introduction

Globally, the prevalence of PCOS among adolescents is 4- 12%. Adolescence is a transitional stage of physical and psychological development that generally occurs during the period from puberty to legal adulthood. Adolescence is a period having the sense of identity and the sense of intimacy. It is the transition from childhood to adulthood also many serious diseases in adulthood have their roots in adolescence. For example, tobacco use sexually transmitted infections including HIV, and poor eating and exercise habits lead to illness or premature death later in life¹. Young people form precious human resources in every country. World Health Organization (WHO) defines ‘Adolescence’ as age spanning 10 to 19 years

“Youth” as those in (15- 24years) age group and these two overlapping age groups as “young people” covering the age group of (10- 24years). Adults include a broader age range and all those in (20 to 64years). Adolescence is further divided into early adolescence (11- 14years), middle adolescence (15- 17 years), and late adolescence (18- 21 years). Individuals in the age group of (20 – 24 years) are also referred to as young adults [1] Polycystic ovarian syndrome is the 4th gynaecological problem of hospital admission. PCOS is a main common disorder among young girls between 18- 24. It affects approximately 2 to 20% of the age group. It's one of the leading endocrine disease and which affects one in 15 women in world wide. The incidence of PCOS among youthful girls is estimated to be between 11% and 26% and about 50% are overweight [3]. Polycystic ovarian pattern is associated with cardiovascular problems, neurological and psychological effects on quality of life. As many as 20% young girls with infertility problems have been diagnosed as PCOS. It's often called the most

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common cause of an adulatory infertility in young girls [2].

2 Statement of the problem

“A Study to evaluate the effectiveness of video assisted teaching programme on knowledge regarding polycystic ovarian syndrome among first year B.Sc. nursing students in selected nursing colleges at Rajahmundry”.

3 Objectives of the study:

1. Assess the pre-test knowledge regarding polycystic ovarian syndrome among First year B.Sc. nursing students.
2. Administer the video assisted teaching programme on knowledge regarding polycystic ovarian syndrome among First year B.Sc. nursing students.
3. Assess the post-test knowledge regarding polycystic ovarian syndrome among First year B.Sc. nursing students.
4. Compare pre-test and post-test knowledge regarding polycystic ovarian syndrome among First year B.Sc. nursing students.
5. Find out the association between the post-test knowledge scores with their selected demographic variables regarding polycystic ovarian syndrome among First year B.Sc. nursing students.

4 Hypothesis

- **H₁:** There will be a significant difference between pre-test and post-test knowledge scores regarding polycystic ovarian syndrome (PCOS) among First year B.Sc. nursing students.
- **H₂:** There will be a significant association between post-test knowledge scores regarding polycystic ovarian syndrome (PCOS) with their selected demographic variables.

5 Methods and Materials

Evaluative research approach was considered the best approach to assess level of knowledge on polycystic ovarian syndrome among First year B.Sc. nursing students. A Pre- experimental (one group pre-test post-test) research design was adopted for the study. The study was undertaken in GSL College of Nursing, due to geographical feasibility and availability of samples. The sample for the study was First year B.Sc. nursing students who are willing to participate. The sample size for the study was 60 students selected by probability-simple random sampling technique were used to select the sample.

6 Methods of data collection

The data collection was done for 2 weeks in GSL College of Nursing Rajahmundry. Data was collected from 60 samples that who fulfilled inclusion criteria. The written consent of the participants was obtained before data collection and assurance was given to study participants the confidentiality of data will be maintained. The data was analyzed on the basis of objectives of the study by using descriptive and inferential statistics.

- Master data sheet was organized.
- Demographic variables were analyzed in terms of frequencies and percentages.
- Knowledge of First year B.Sc. nursing students was presented in form of Mean, Median and Standard Deviation.
- A planned structured questionnaire was ready in such a way it consists of two parts.

7 Tools

Demographic Data: It contains five items for obtaining information regarding Age, Religion, Weight in KGS, Source of information, Family history of PCOS regarding polycystic ovarian syndrome.

Knowledge: The structured knowledge questionnaire regarding polycystic ovarian syndrome was rendered in this study. It consist of 30 multiple choice questions. Each question has four response with one correct answer, score “1” for each correct response in a single question and score “0” was given for wrong answers.

8 Data analysis and interpretation

The data was analyzed under following section:-

Section-A: Level of the knowledge regarding polycystic ovarian syndrome among First year B.Sc. nursing students.

Section-B: Association between levels of knowledge with selected demographic variables.

Table 1: Level of knowledge regarding polycystic ovarian syndrome among First year B. Sc nursing students.

S/No	knowledge on polycystic ovarian Syndrome	Level of Knowledge					
		Inadequate (1-33%)		Moderately Adequate (34-66%)		Adequate (>67%)	
		F	%	F	%	F	%
1	Pre- Test	40	67	19	32	1	1
2	Post-Test	-	-	7	11	53	89

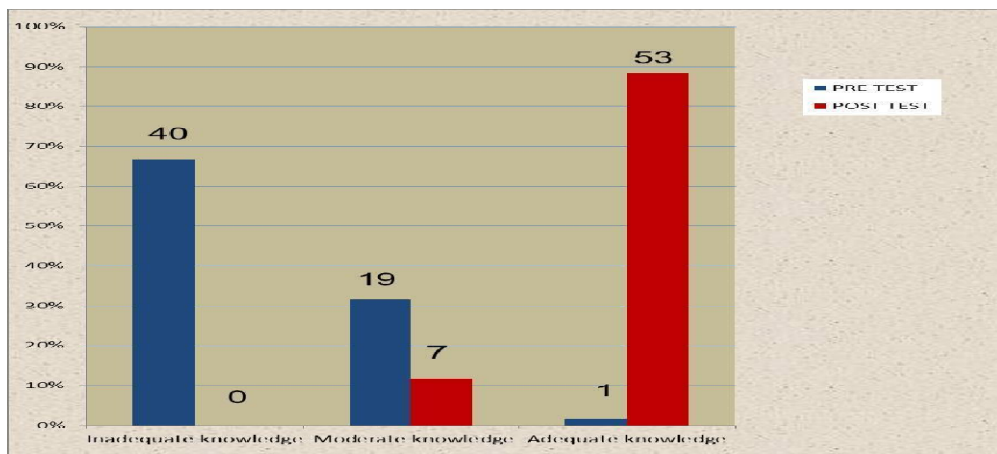


Figure: 1 Level of knowledge regarding polycystic ovarian syndrome among First year B.Sc. nursing students.

Table- 2 Mean and Standard deviation of knowledge level regarding polycystic ovarian syndrome.

S. No	Category	Mean	Standard deviation	Mean difference	Paired ‘t’ test		p Value	Significance
					Calculated value	Table value		
1	Pre-test knowledge	16.39	4.04	4.68	5.44	2	0.0001	Significance (at 0.05) Level
2	Post-test knowledge	11.71	3.42					

Section-A: (Table-1, Fig-1) reveals the distribution of pre-test level of knowledge on polycystic ovarian syndrome among First year B.Sc. nursing students in selected colleges at Rajahmundry. Out of 60 First year B.Sc. nursing students 40 (67%) have inadequate knowledge, 19 (32%) have moderately adequate knowledge and 1 (1%) had adequate knowledge. Post- test knowledge levels reveals that 7 (11%) of them have moderately adequate knowledge, 53 (89%) have adequate knowledge while none of them had inadequate knowledge.

Section: B: The association between the levels of knowledge with the selected demographic variables shows no significance.

9 Major Finding of the Study

- With respect to age in years: (0) (0%) belonged to 17years, (18) (30%) belongs to 18years age,
- (34) (56.6%) belongs to 19years and (8) (13.4%) belongs to 20years & above.
- With respect to religion: (30) (50%) belonged to Hindus and (29) (48.3%) belonged to Christian, (1) (1.7%) belonged to Muslims, (0) (0%) belonged to others.
- With regard to Weight in kgs: (41) (68.3%) belonged to 40-50 kgs, (13) (21.6%) belonged to 51- 60 kgs, (5) (8.3%) 61- 70 kgs and (1) (1.8%) 71 and above.
- With regard to Source of Information: (19)

(31.6%) were belonged to Health personnel, (23) (38.3%) were belonged to Parents, (17) (28.3%) were belonged to Teachers, (1) (1.8%) were belonged to mass media.

- With regard to family history of PCOS: (7) (11.7%) were having history of PCOS, (53) (88.3%) were not having history of PCOS.

10 Discussion

The present study was designed to assess the effectiveness of video assisted teaching programme on knowledge regarding polycystic ovarian syndrome among first year B.Sc. nursing students in selected nursing college at Rajahmundry". The sample was selected from GSL College of Nursing, Rajahmundry. A structured questionnaire was used to collect the data and analysis was computed by using descriptive and inferential statistics the finding were discussed in relation to the objectives and hypothesis.

11 Conclusion

This study concludes that, most of the first year B.Sc. nursing students having inadequate level of knowledge in pre-test regarding polycystic ovarian syndrome and No significance between levels of knowledge with selected demographic variables.

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