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Effectiveness of self-instructional module on knowledge regarding polycystic ovarian syndrome among adolescent girls at selected area in Madurai

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Abstract
Polycystic ovarian syndrome is an endocrine disorder which affects the adolescent girls. It has been found through studies that it affects 5% to 10% of women in their reproductive years.
Objectives: To assess the knowledge of adolescent girls on poly cystic ovarian syndrome before self-instructional module**.** To find the difference between pre and post test knowledge scores on self-instructional module of polycystic ovarian syndrome among adolescent girls. To find the effectiveness of self-instructional module in terms of gain in posttest knowledge score. To find the association between knowledge scores of adolescent girls on polycystic ovarian syndrome with selected demographic variables.
Methodology: The study was conducted to assess the knowledge on the polycystic ovarian syndrome among the Adolescent girls. The data collected from 60 samples in Vikram College of Nursing. Descriptive survey research approach was adopted and data was analyzed by using descriptive and inferential statistics.
Results: Distribution of the samples on demographic characteristics revealed that 81.6% of the samples were in the age group of 16- 18 year, 88.3% of the samples were Hindus,83.3 % of the samples were from nuclear family 63.3% of sample from rural areas. It was found that 86.7% have inadequate knowledge during pretest and posttest 76.6% having adequate knowledge regarding PCOS.

Keywords: Polycystic ovarian syndrome, adolescent

Introduction
Adolescent young people between the age of 12 and 19 years are often thought of as a healthy group. It is the transition stage between childhood and adolescence. Today, more teenage girls are showing signs of hormone imbalance. For a teenage girl, problems associated with a hormone imbalance can be particularly disturbing and embarrassing. PCOS, a major cause of infertility in women, is related to the absence of ovulation (Anovulatory). Polycystic ovarian syndrome is a problem in which a women's hormones are out of balance. It can cause problems with the menstrual periods and make it difficult to get pregnant. It may also cause unwanted changes in the look. If it is not treated, over time it can lead to serious problems, such as diabetes and heart disease. Polycystic ovarian syndrome is common, affecting as many as 1 out of 15 women. Often the symptoms begin in the teen years. Treatment can help control the symptoms and prevent long term problem.

Methodology
One group pretest posttest design without control group was selected as the research design for the present study. The primary objective of study was to find the effectiveness of structured teaching programme. The setting was chosen on the basis of feasibility, availability, adequate sample and the familiarity of the investigator with the setting. Adolescent girls who are studying at Vikram College of nursing who fulfill the inclusion criteria were selected for this study. The number of samples used for the study was 60. Simple random sampling technique was used to select adolescent girls. A structured questionnaire was administered to adolescent girls in Vikram college of nursing on day 1, following that a self-instructional module on PCOS were given. Post test was conducted on day 7 to assess the effectiveness of self-instructional module. The data obtained were analyzed on the basis of the objectives of the study using descriptive and inferential statistics.

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Data analysis: The results are computed by using descriptive and inferential statistics.

Section I: Description of demographic variable
- Majority of the students (81.6%) were between the age 17-18 yrs
- Most of them (88.3%) were belongs to Hindu religion
- Majority(76.6%) of the students were at nuclear family
- Most of the respondents (63.6%) were belongs to rural area.
- 83.3% of the respondents heard about PCOS.

Section II: Pretest Knowledge of adolescent girls regarding Poly cystic ovarian syndrome
In pretest knowledge of adolescent girls on poly cystic ovarian syndrome before self-instructional module they were having maximum knowledge in general knowledge of polycystic ovarian syndrome 30% and minimum knowledge in signs and symptoms 22% and over all they are having 25.4%

Section III: Post test knowledge of adolescent girls regarding Poly cystic ovarian syndrome

Knowledge on	No of Questions	Min- Max score	Mean	Standard Deviation	% of Mean Score
General Information of PCOS	7	0-7	6.3	0.072	90%
Causes of PCOS	5	0-5	4.3	0.079	86%
Signs and Symptoms of PCOS	5	0-5	3.35	0.116	67%
Risk factors of PCOS	2	0-2	0.98	0.068	49%
Prevention and treatment	11	0-11	8.61	0.146	78.30%
Over all	30	0-30	23.54	0.481	78.50%

In posttest knowledge of adolescent girls on poly cystic ovarian syndrome before self-instructional module, they are having maximum knowledge in general information of polycystic ovarian syndrome and minimum knowledge in risk factors of polycystic ovarian syndrome 49% and over all they are having 78.5%.

Section IV: Effectiveness of self-instructional module in terms of gain in posttest knowledge
The findings of the study revealed a significant increase in the post test knowledge after the administration of SIM, the pretest knowledge score was 25.4% and the mean score was 7.62 and the post test knowledge score was 78.5 and the mean score is 23.54. Thus the results shows that the adolescent girls had significantly increased the knowledge after the administration of SIM. There is significance increasing 53.1% knowledge after the administration of SIM.

Section V: Association between the selected demographic variable and the knowledge score
There is no significant association found between pretest knowledge score regarding poly cystic ovarian disease with its demographic variables such as age, religion, residence and type of family

Conclusion
The following conclusions   were drawn on the basis of findings of the study the pretest findings showed that knowledge of adolescent girls regarding PCOS was inadequate. Most of the adolescent girls were having adequate level of knowledge after the administration of SIM. The SIM is proved to be very effective method of transforming information.

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