

# Assess The Knowledge of PCOD Among Nursing Students

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## Abstract

**Introduction:** Polycystic ovarian is a hormonal disorder causing enlarged ovaries with small cyst on the other edges. The cause of polycystic ovarian disease isn't well understood, but may involve a combination of genetic and environmental factors. Puberty is a period of several years in which rapid physical growth and psychological changes occur, culminating in sexual maturity. It is important for both teen and for their family to understand what is happening to the teen physically, cognitively and socially, gynecological problems of adolescents occupy a special space in the spectrum of gynecological disorders of all ages.

**Materials & Methods:** A quantitative approach was used in this study. A descriptive research design was adopted for the study. The study was conducted among the students of Rattan Professional Education College, Sohana. BSc 1<sup>st</sup> semester and BSc 2<sup>nd</sup> semester. Sample size was 60 students. Convenient sampling technique was used.

**Results:** The study finding revealed that majority (58.3%) of study subjects had average knowledge score (8-12). 40% of study subjects had good knowledge score(0.7). The study findings revealed that 61.5% of the samples were with average knowledge, 17.5% of the samples were with good knowledge and only 0.5% of the samples had poor knowledge.

**Conclusions:** The present study aimed to assess the knowledge of PCOD among nursing students. The study was conducted on 60 students (BSc 1<sup>st</sup> semester and 2<sup>nd</sup> semester) of Rattan Professional education college, Sohana district Mohali (Punjab). Descriptive research design was used. Structured questionnaire was used to assess the knowledge regarding PCOD. Validity of the tool was done by experts. A pilot study was done to check the reliability(R=0.7) and feasibility of the study. The data collected in the month of (February 2023) data has analyzed by using descriptive and inferential statistics.

**Keywords:** Assess; PCOD; Knowledge; Descriptive

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## Introduction

Polycystic ovarian is a hormonal disorder causing enlarged ovaries with small cyst on the other edges. The cause of polycystic ovarian disease isn't well understood, but may involve a combination of genetic and environmental factors.

Puberty is a period of several years in which rapid physical growth psychological changes occur, culminating in sexual maturity. It is important for both teen and for their family to understand what is happening to the teen physically, cognitively and socially, gynecological problems of adolescents occupy a special space in the spectrum of gynecological disorders of all ages. Gynecological disorders are fairly common but most of women ignore the symptoms or are unaware, till the time the problem really worsens. One of them, Nowadays faced by girls, is polycystic ovarian disease.

This is the commonest cause of amenorrhea in young girls. Polycystic ovarian disease (PCOD) is the most common hormonal condition where enlarged cysts are located in and around the surface of each ovary. Polycystic ovarian disease (PCOD) is a complex, multi factorial heterogenous disorder characterized by hyper androgenism, polycystic ovaries and chronic anovulation along with insulin resistance.

Polycystic ovarian disease (PCOD) is the most common endocrine pathology in females of reproductive worldwide. Stein and Leventhal initially described it in 1935. The prevalence ranges between 5% and 15% depending on the diagnostic criteria applied. It is widely accepted among specialty society guidelines that the diagnosis of polycystic ovarian disease must be based on the presence of at least two of the following three criteria: chronic anovulation, hyper androgenism.

(Clinical or biological), and polycystic ovaries. A study conducted to understand the magnitude of polycystic ovarian disease (PCOD) with sample size 257 who were examined with ultra-sonography showed that 22% were found to have polycystic ovaries.

Gynecological state that 30% of women in India in reproductive period are suffering with polycystic ovarian disease (PCOD). Insulin resistance is found in 70% of women with PCOD and 80% of them suffer from hyper androgenemia. In India 26,626,765 population is affected with polycystic ovarian disease (PCOD). Even in developed countries like USA, UK, polycystic ovarian disease is a common problem and is one of the most prevalent endocrine system diseases, affecting as many as 7 to 10 out of 100 of women of childbearing age (15-45 years). In India, nearly 40% of women are affected by polycystic ovarian disease (PCOD).

## **Materials & Methods**

**Research Approach:** A quantitative approach was used in this study.

**Research Design:** A descriptive research design was adopted for the study.

**Research Setting:** The study was conducted among the students of Rattan Professional Education College, Sohana.

**Target Population:** B.Sc. Nursing 1<sup>st</sup> semester and B.Sc. Nursing 2<sup>nd</sup> semester

**Sample Size:** 60 students

**Sampling Technique:** Convenient sampling techniques.

**Selection of tool:**

**Section A -** Socio demographic variables.

**Section B -** Self structured questionnaire on PCOD.

**Description of Tools: -**

**Section A -** Socio demographic profile of study subjects which include age, gender, religion, marital status, residence, course, menstrual duration and dietary pattern.

**Section B -** Self structured questionnaire consist of 20 items to assess knowledge of study participants on PCOD.

**Validity of The Tools:** Self structured questionnaire was formulated and validated by various concerned experts from nursing field based on their suggestion, modification and restructuring of tool was done.

- The findings of data revealed that the tool was feasible.

## Section I:

Frequency and percentage of distribution of selected socio-demographic variables.

## Section II:

Frequency and percentage distribution of level of knowledge regarding PCOD among nursing students.

## Section III:

Determine the association of knowledge regarding PCOD among nursing students with their selected socio-demographic variables.

### Table 1 shows: -

- **Age** - out of total 88.3% of study subjects fall in age group of 18-20 years, 11.7% of study subjects fall in age group 21-23 years and 0% of study subjects fall in age group of 24-26 and more than 26.
- **Course** – course wise distribution of study subjects represented that 50% of samples were in both BSc 1 st and 2 nd semester while 0% of sample in both BSc 3 rd and 4 th year.
- **Religion** – out of total 60% of study subjects were Hindu, 30% of study subjects were Sikh, 5% of the study subjects were both Christian and Muslim.
- **Marital status** – out of total 100% of study subjects were unmarried.
- **Menstrual cycle** – out of total 56.7% of study subjects had menstrual cycle of 26-30 days, 31.7% of study subjects had menstrual cycle of 20-25 days, 8.3% of study subjects had menstrual cycle of 31-35 days and 3.3% of study subjects had menstrual cycle of more than 35 days.
- **Dietary pattern** – dietary pattern wise distribution of study subjects represented that majority of sample 55% were vegetarian and 45% were non vegetarian.
- **Source of information** – according to source of information majority of sample 46.6%, had information from mass media, 26.6% had information from books, 23.4% had information from family and 3.4% had information from peer group.
- **Type of lifestyle** – out of total 63.4% had active lifestyle, 18.3% had both semiactive and sedentary lifestyle, 0% had solitary lifestyle.

## Discussion

This chapter relates the finding of the study with the studies conducted in the past, present study finding have been discussed in accordance with the objective of the study.

- The first objective of the study was to assess the knowledge regarding polycystic ovarian disease among nursing students.
- The study finding revealed that majority (58.3%) of study subjects had average knowledge score (8-12). 40% of study subjects had good knowledge score (0.7).
- The findings of present study were supported by Ms. Kushboo Brar, Mrs. Taran deep Kaur, Mrs. Padvekar's Ramadin(2016), conducted to assess the knowledge on PCOD among the student nurses. The study findings revealed that 61.5% of the samples were with average knowledge, 17.5% of the samples were with good knowledge and only 0.5% of the samples had poor knowledge.
- The second objective of the study was to find out the association of knowledge score regarding PCOD with their socio demographic variables.
- The study findings revealed that there is non-significant association of knowledge score with age, course and source of information of the subjects.
- Similarly, an another study also supported the finding of the present study by amasha. A Hedayat, Heeba Manar F conducted a quasi-experimental study to assess effectiveness of educating program for upgrading nurses' knowledge regarding polycystic ovarian syndrome at maternity clinics of

all medical health centers in port said city,

**result:** the result showed that the nurses lack of knowledge about PCOD. There was no significant association between level of knowledge and socio demographic variables.

- This part deals with the brief account of the present study including the findings of the study.

### **Conclusions:**

This study evaluated the knowledge of Polycystic Ovary Disorder (PCOD) among 60 nursing students at Rattan Professional Education College in Punjab. Using a descriptive research design and a structured questionnaire, the study found that the tool was valid and reliable (R=0.7) after a pilot study. Data analysis using descriptive and inferential statistics revealed the students' level of knowledge regarding PCOD. The study provides insights into nursing students' understanding of PCOD, highlighting areas for improvement in education and training to enhance their knowledge and preparedness to address PCOD-related health issues.

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**Conflicts of interests:** There is no conflict of interest

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