

A Study to Assess the Effectiveness of Structured Teaching Program on Polycystic Ovarian Disease among the Adolescent Girls in Selected Schools of Rohtas

Priya Kumari, Kumud Tiwari, Priya Kumari and Premprakash Kumar
Narayan Nursing College, Gopal Narayan Singh University, Jamuhar, Bihar, India

Abstract: *In young women, polycystic ovarian syndrome (PCOS) is a serious endocrine condition that impairs both mental and physical health-related quality of life (HRQOL). Additionally, this progresses into a lifelong health problem that affects about 5 million people in their early twenties in the United States of America. Teenagers in India are thought to have a frequency of 9.13% of PCOS, with ethnic differences being noted. Obesity, menstruation irregularity, and significant physical changes have been identified to be the primary causes of psychological distress. PCOS has a detrimental influence on women's lives that is constantly underappreciated, and it can increase the risk of major anxiety and psychological disorders. Importantly, the psychological toll significantly changes as geographic regions and cultural attitudes shift. These patients may find that the PCOS symptoms are distressing and may be more susceptible to depression and anxiety disorders, which itself may increase their risk of suicide ideation.*

Keywords: Structured Teaching Program.

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