

A Study to Evaluate The Effectiveness of Self Instructional Module on Knowledge Regarding Polycystic Ovarian Syndrome among Adolescent Girls

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Abstract: “Education is given for sake of individuals with a view to save from destruction”

Thompson

Adolescents – 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. 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.

Hormone imbalances are becoming increasingly common due to changes in diet and other environmental factors. In the past, hormone problems usually affect older women, usually in their forties or fifties. 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 embarrassing².

There are a multitude of factors, both positive and negative, that influence health and wellbeing of adolescents. Some factors can be biologically determined while others are social in nature³.

Adolescents form a large section of population of India, about 22.5%. Adolescent girls have to be focused more as it is a period of rapid physical growth, sexual, physiological, and psychological changes. Habits and behavior picked up during adolescence have lifelong impact⁴

The establishment of a regular menstrual cycle is an important process for an adolescent girl. The challenge is to distinguish normal individual variation from real endocrine or organic problems. Avoiding too early unnecessary intervention without missing relevant abnormalities requires a firm grasp of process of physiological sexual development as well as of the symptoms and etiology of relevant abnormalities⁵.

The term polycystic means many cysts and Poly cystic ovarian syndrome (PCOS) gets its name because of clusters of small, pearl size cysts in ovaries. These cysts are fluid-filled bubbles (called follicles) that contain eggs that have not yet been released because of hormonal imbalance⁶.

It is a well-known fact that Poly cystic ovarian syndrome (PCOS) and infertility go hand in hand. PCOS, a major cause of infertility in women, is related to the absence of ovulation (unovulatory infertility). The fact is that most women don't find out they have PCOS until they want to have a baby. After possibly trying for a year or more without success, a woman will visit her doctor who confirms the problem. However, many of the symptoms and characteristics of PCOS are present in a young girl even before she begins menstruation – and the impact of this condition far extends what we have thought to date. This information alone has caused some researchers to question whether PCOS is a genetic or hereditary issue⁷.

Adolescents ‘challenge is that PCOS is a systemic, complex disorder that needs to be actively managed by them for the rest of their life. They need to go to a deeper level and develop certain health practices that will help their body to naturally minimize the symptoms and long- term risks of polycystic ovary syndrome.⁸



If you don't get to work on improving your health practices today, you may pay a heavy price later on.⁹ Don't need to let PCOS ruin your life. You can take action to build and protect your health. You can still live the life of your dreams, but it will take some dedicated work.⁶

PCOS cannot only be on the radar of family and adult healthcare providers. There is growing evidence that PCOS is also a pediatric syndrome. Because some females reach menarche as early as 8-9 years old, PCOS needs to be a topic of concern for healthcare providers early in a child or adolescent's reproductive health.⁹

A quasi experimental one group pre-test post-test research design to evaluate the effectiveness of self-instructional module on knowledge regarding polycystic ovarian syndrome among adolescent girls. The study conducted on 60 samples. Samples were selected by Simple random sampling. Data was collected using structured questionnaire instrument.

The data revealed that, 31.7% of the respondents had inadequate knowledge regarding PCOS before the administration SIM. But after the administration of SIM 77.3% had adequate knowledge

In the preset study the knowledge scores of adolescent girls were found to be significant with the demographic variables like age, place of residence and previous knowledge. Hence it indicates that there is association between the knowledge scores of students and the selected demographic variables.

Keywords: PCOS (Poly Cystic Ovarian Syndrome), SIM (Self Instructional Module), Adolescent Girls

