A Quasi-Experimental Study to Assess The Effectiveness of Planned Teaching Programme On Knowledge Regarding Prevention of Polycystic Ovarian Disease (POCD) Among Adolescent Girls Studying In Selected School In Purba Burdwan, West Bengal

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Abstract: **Background:** *PCOD (polycystic ovarian disease) is one of the most common endocrine disorder affecting about 6% of women of reproductive age, characterized by gynaecologic and endocrine symptoms including chronic an ovulation, infertility and hyperandrogenism. According to WHO data suggests that approximately 116 million women (3.4%) are affected by PCOD globally 12 august 2020.* **Objectives:** *To assess the knowledge of adolescent girls regarding prevention of Polycystic Ovarian Disease, to evaluate the effectiveness of PTP on knowledge regarding prevention of Polycystic Ovarian Disease.* **Material and Method:** *A quasi-experimental research design was used. A Simple random sampling technique by envelope method was used to enroll 30 adolescent girls. Pretest questionnaire was administered through structured knowledge questionnaire. PTP was administered and post test was done after 7 days. Data obtained were tabulated and analyzed in terms of objectives of the study using descriptive and inferential statistics.* **Conclusion:** *The findings of the study showed that the mean post test knowledge score 15±3.93 was higher than the mean pretest knowledge score 6.93±2.78. The results showed that PTP was an effective method to increase the knowledge of adolescent girls regarding prevention of polycystic ovarian disease.*

Keywords: Effectiveness, Polycystic Ovarian Disease (POCD), Planned Teaching Programme (PTP), Adolescent girls.

1. Introduction.

PCOD (polycystic ovarian disease) is one of the most common endocrine disorder affecting about 6% of women of reproductive age, characterized by gynaecologic and endocrine symptoms including chronic an ovulation, infertility and hyperandrogenism. According to WHO data suggests that approximately 116 million women (3.4%) are affected by PCOD globally 12 august 2020.

The term polycystic ovarian syndrome disease (PCOS/POOD) is a hormonal disorder that affects women in their reproductive age. The actual cause of PCOD and PCOS is unknown. According to the statistics of India the mean age was 16.96 years and most people belong to the age group 13-19 years. According to the study of Ayesha Jabeen and Veepuni Yamini, most of the study participants had normal BMI (18-24kg/m^2). And the study participants are 78%, 17.6% were underweight, 4.4% were overweight. The PCOD prevalence rate is 6.8% among the study participant. The majority of the study participants (78.4%) were unaware of PCOD and 6.8 %were being treated for PCOD.

Objectives of the study were

1. To assess the knowledge of adolescent girls regarding prevention of polycystic ovarian disease.
2. To evaluate the effectiveness of PTP on knowledge regarding prevention of polycystic ovarian disease among adolescent girls.

Hypothesis

H1: There will be significant difference between pre-test and post-test scores of knowledge regarding prevention of polycystic ovarian disease among adolescent girls after planned teaching programmed.

2. Material and Method

A quasi-experimental research design was used. A Simple random sampling technique by envelope method was used to enroll 30 adolescent girls. Pretest questionnaire was administered through structured knowledge questionnaire. PTP was administered and post test was done after 7 days. The pilot study was conducted with 6 samples in East West Model School in Purba Barddhaman, West Bengal. The samples were selected by using envelope method of simple random sampling technique. The main study was conducted among 30 adolescent girls studying in Bardhaman Nivedita Kanya Vidyalaya,West Bengal. The collected data was analyzed and interpreted based on descriptive and inferential statistics.

3. Results

The finding of the study showed that the pre-test level of knowledge regarding prevention of polycystic ovarian disease, majority of adolescent girls 26 (86.67%) had inadequate knowledge and 4 (13.34%) had moderately adequate knowledge. After giving PTP, 19 (63.33%) adolescent girls had moderately adequate knowledge, 10 (33.33%) adolescent girls had adequate knowledge and 1 (3.33%) adolescent girl had inadequate knowledge.The calculate value of t was 9.44 which is greater than the tabulated value of t″ i.e 2.05. In pre-test the mean value and standard deviation were 6.93 and 2.78 which was lower than the post test mean value (15) and standard deviation (3.93). The result revealed that there was a significant difference between pre-test and post-test scores of knowledge regarding prevention of polycystic ovarian disease among adolescent girls after planned teaching programmed. So the research hypothesis was accepted and PTP was effective.

4. Conclusion

The study findings showed that there was a significant difference in the knowledge scores of the adolescent girls after getting PTP. The paired't' test between pre-test and post test knowledge score showed that there was significant gain in knowledge after getting PTP. The results of this study inferred that PTP was the best teaching and learning strategy as it enhanced the knowledge of adolescent girls regarding prevention of polycystic ovarian disease . The overall experience of conducting the study was new experience for the investigator in the field of research. The consent encouragement and the direction of guides, co-operation of respondents to participate in the study contributed to the fruitful and successful of the study.

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