A study to assess the knowledge regarding polycystic ovarian syndrome among undergraduate students in selected colleges of Pune city

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Abstract
Polycystic Ovarian Syndrome is one of the most common endocrine disorder that affect women. PCOS is also leading cause of infertility. PCOS is also at risk for both diabetic complications and cardiovascular disease with risk of Myocardial Infarction.

A Non experimental Descriptive Research Design was adopted to conduct the study. A total of 100 samples was selected by using nonprobability purposive Sampling Technique was adopted to select undergraduate students meeting the inclusion criteria.

Study instrument was Structured Questionnaire used by the researcher which consist of two parts:

Part 1: Demographic Data
Part 2: Structured Questionnaire

The finding of the study revealed that 3% of undergraduate students are having good knowledge regarding Polycystic Ovarian Syndrome, 73% of undergraduate students are having average knowledge and 24% of undergraduate students are having poor knowledge regarding Polycystic Ovarian Syndrome.

The study conclude that the undergraduate student have average knowledge regarding Polycystic Ovarian syndrome.

Keywords: Polycystic ovarian syndrome, undergraduate students

Introduction
Among the reproductive aged women, one of the leading hormonal problems is Polycystic Ovarian Syndrome.

According to Stain and Leventhal in 1935, this curiosity has emerged from a spirit of inquiry to a multisystem endocrinopathy (HOMBURG-1996). The syndrome was named because, the ovaries are with multiple cyst. A women with ovarian cyst may or may not be having PCOS as by observation of Stain & Leventhal. The syndrome is composed with lack of proportion of female hormone, which results in the variation of pattern of normal menstrual cycle. And it finally land up with failure in conception.

A study was conducted on prevalence of Multiple Cystic Ovary in India among 136 teenager girls between 15 and 17 years of age”. 36% of adult girls are having PCOS which include lack of proportion of menstruation (59.9%), excessive hair growth (56.3%).

A study was conducted on effects of lifestyle management on prevention of PCOS in obese Adolescent girls. A group of 59 obese girls between age group 12-18 year were the sample in the study and life style modification were done especially focusing on diet, exercise and behavior adaptation. The results shows that there is decrease in the testosterone concentration in 26 girls who done progressive weight loss.

Evidence clears that the features of PCOS can be eliminated with lifestyle correction, such as diet and exercise.

Objectives
1. To assess the knowledge regarding Polycystic Ovarian Syndrome among undergraduate students.
2. To associate the findings with selected demographic variables.

Research methodology
Intestines of cow and pig that could influence the performance of dosage forms.
The Pharma Innovation Journal

Research approach
The research approach adopted for study was quantitative approach.

Settings
The present study was carried out in selected undergraduate colleges of Pune city.

Target population
The population chosen for present study was Female Undergraduate students in selected colleges of Pune city.

Sample
Sample was the female undergraduate students.

Sampling technique
Sampling technique-non probability purposive sampling technique

Sample size
Sample size is 100

Tools for data collection
Informed Consent form
Tools A - Demographic data
Tool B - Structured questionnaire

Analysis of the data
Descriptive statistics

Fig 1: Schematic representation of the Research methodology

Procedure of data collection

Administrative sanction was taken

Permission from the concerned College authority was taken

Informed consent was taken from participant

Demographic data was collected

Questionnaire was given to the participants

Participants were given 20 minutes to answer the questions

Data collection was done.

Data analysis
Descriptive Statistics & Inferential Statistics was used to examine the data according to the purpose of research.

Results

Fig 1: Frequency and percentage distribution according to knowledge of undergraduate students regarding polycystic ovarian syndrome. n=10

Table 1: Association of education with knowledge of Polycystic Ovarian Syndrome. n=100

<table>
<thead>
<tr>
<th>Stream</th>
<th>Poor Knowledge</th>
<th>Average Knowledge</th>
<th>Good Knowledge</th>
<th>Total</th>
<th>Fisher-exact test</th>
<th>P-Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>B. arch 1st year</td>
<td>6</td>
<td>28</td>
<td>2</td>
<td>36</td>
<td>6.407</td>
<td>0.379</td>
</tr>
<tr>
<td>B. arch 2nd year</td>
<td>10</td>
<td>20</td>
<td>0</td>
<td>30</td>
<td></td>
<td></td>
</tr>
<tr>
<td>B. arch 3rd year</td>
<td>8</td>
<td>25</td>
<td>1</td>
<td>34</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td>24</td>
<td>73</td>
<td>3</td>
<td>100</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Table 2: Association of Regularity of Menstruation with Knowledge of undergraduates. n=100

<table>
<thead>
<tr>
<th>Regulation of Menstruation</th>
<th>Poor Knowledge</th>
<th>Average Knowledge</th>
<th>Good Knowledge</th>
<th>Total</th>
<th>Fisher exact test</th>
<th>P-Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Irregular</td>
<td>4</td>
<td>9</td>
<td>0</td>
<td>13</td>
<td>0.763</td>
<td>0.683</td>
</tr>
<tr>
<td>Regular</td>
<td>20</td>
<td>64</td>
<td>3</td>
<td>87</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td>24</td>
<td>73</td>
<td>3</td>
<td>100</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Conclusion
As several factor influence the knowledge level and this factor are vibrant. After the complete analysis this study leads to the following conclusion that 73% of the undergraduate have an average knowledge regarding Polycystic Ovarian Syndrome and 3% of samples have a good knowledge regarding Polycystic Ovarian Syndrome, 24% having poor knowledge.
References