



ISSN (E): 2277- 7695
ISSN (P): 2349-8242
NAAS Rating: 5.03
TPI 2019; 8(6): 192-194
© 2019 TPI
www.thepharmajournal.com
Received: 16-04-2019
Accepted: 20-05-2019

Manisha Karkar
Bharati Vidyapeeth, University
College of Nursing, Pune,
Maharashtra, India

Feba Anna Abraham
Bharati Vidyapeeth, University
College of Nursing, Pune,
Maharashtra, India

Divyamol Joseph
Bharati Vidyapeeth, University
College of Nursing, Pune,
Maharashtra, India

Ajila S Thomas
Bharati Vidyapeeth, University
College of Nursing, Pune,
Maharashtra, India

Dipali Bharam
Bharati Vidyapeeth, University
College of Nursing, Pune,
Maharashtra, India

Bliss Mariam Mathew
Bharati Vidyapeeth, University
College of Nursing, Pune,
Maharashtra, India

Correspondence

Manisha Karkar
Bharati Vidyapeeth, University
College of Nursing, Pune,
Maharashtra, India

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

Manisha Karkar, Feba Anna Abraham, Divyamol Joseph, Ajila S Thomas, Dipali Bharam and Bliss Mariam Mathew

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.

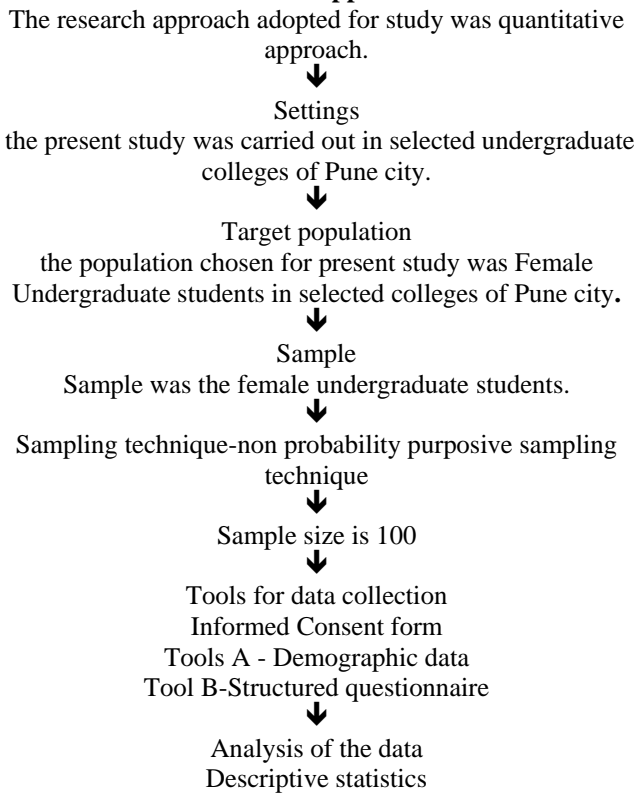
Objectives

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

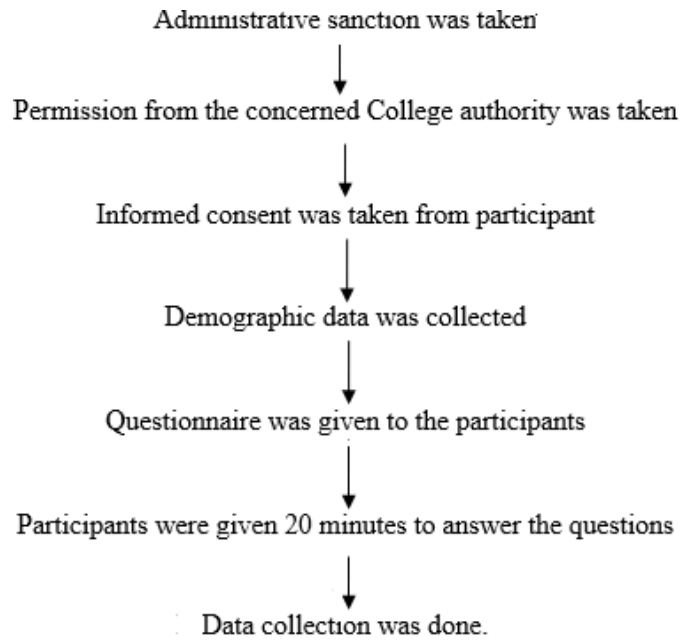
Research methodology

Intestines of cow and pig that could influence the performance of dosage forms.

Research approach



Procedure of data collection



Data analysis

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

Fig 1: Schematic representation of the Research methodology

Results

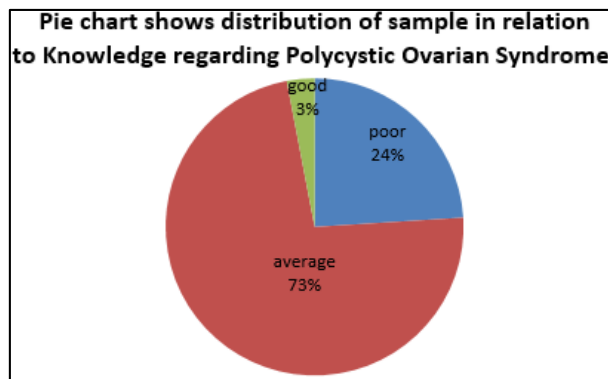


Fig 1: Frequency and percentage distribution according to knowledge of undergraduate students regarding polycystic ovarian syndrome. n=10

Table 1: Association of education with knowledge of Polycystic Ovarian Syndrome1. n=100

Stream	Knowledge Category			Total	Fisher-exact test	P-Value
	Poor Knowledge	Average Knowledge	Good Knowledge			
B. arch 1st year	6	28	2	36	6.407	0.379
B. arch 2nd year	10	20	0	30		
B. arch 3rd year	8	25	1	34		
Total	24	73	3	100		

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

Regulation of Menstruation	Knowledge Category			Total	Fisher exact test	P-Value
	Poor Knowledge	Average Knowledge	Good Knowledge			
Irregular	4	9	0	13	0.763	0.683
Regular	20	64	3	87		
Total	24	73	3	100		

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

1. Sunanda B, Sabitha Nayak. A Study to assess the knowledge regarding PCOS among nursing students at NUIINS in Mangloor, 2016. 17.nitte.edu.in>journal>September 2016.
2. Tscherne G. Hormonal disorders, Menstrual Irregularities and future fertility Gynecol. Endocrinol. 2003; 43(3):152-7.
3. Greg Marrinan. Imaging in Polycystic Ovary Disease. In Eugene C. Lin. eMedicine. eMedicine, 2011.
4. Fauser B C J M. Diedrich Contemporary genetic technologies and female reproduction. Human Reproduction Update. 2011; 17(6):829-847.
5. Richard Scott Lucidi. What is Polycystic Ovary Syndrome (PCOS)? Verity-PCOS Charity. Verity, 2011.
6. Amato MC, Verghi M. Cardio metabolic risk, Human Reproduction. 2011; 26(6):1486-94. [PubMed-indexed for MEDLINE]
7. Mayo Clinic Staff. Polycystic Ovary Syndrome - All". MayoClinic.com. Mayo Clinic, 2011.
8. Biro FM. Adolescent women and obesity. Journal of Pediatr. Adolesc. Gynecol. 2011; 24(2):58-61. [PubMed-indexed for MEDLINE]
9. Steven B. Horne, DDS. https://www.emedicinehealth.com/toothache/article_em.htm, 2018.
10. Sunanda B, Sbitha Nayak. A study to assess the knowledge Polycystic Ovarian Syndrome among nursing students at NUIDS. 2016; 6(3):24.
11. A study to assess the effectiveness of lifestyle modification package on knowledge and attitude regarding weight reduction among women with PCOS at Janet nursing home, Trichy. 2015; 6.<http://repositotnmgrmu.ac.in/3214/1/3003305301322252gayathrik.pdf>
12. Polycystic ovaries in childhood: common finding in daughters of PCOS patients. A Piloet study, 2002; 1. <https://pdfs.semanticscholar.org>>.in
13. Shayya R, Chang RJ. Reproductive endocrinology of adolescent polycystic ovary syndrome. BJOG. 2010; 117(2):150-5.
14. Brewer M, Pawelczak M. A review of polycystic ovarian syndrome in adolescents. Minerva Pediatr. 2010; 62(5):459-73.
15. Pfeifer SM, Kives S. Polycystic ovary syndrome in the adolescent. Obstet. Gynecol. Clin, North Am. 2009; 36(1):129-52. PMID: 19344852
16. Blank SK, Helm KD. Polycystic ovary syndrome in adolescence", Ann N Y Acad. Sci. 2008; 1135:76-84.
17. Azziz R, Marin C. Health care-related economic burden of the polycystic ovary syndrome during the reproductive life span. J Clin. Endocrinol. Metab. 2005; 90(8):4650-8.
18. Jeanes YM, Barr S. Dietary management of women with polycystic ovary syndrome, Journal of Hum Nutr Diet. 2009; 22(6):551-8.
19. Alemzadeh R, Kansra AR. New adolescent polycystic ovary syndrome perspectives. Minerva Pediatr. 2011; 63(1):35-47.
20. Oliveira A, Sampaio B. Polycystic ovary syndrome: challenges in adolescence. Endocrinol Nutr. 2010; 57(7):328-36.
21. Dr. Beena Jzhoshi. Prevalance of polycystic ovarian syndrome among urban adolescent girls and young women in Mumbai.
22. Ansari, *et al.* symptoms and awareness of PCOS among women in Karachi, Pakistan, 2014. www.reserchget.net
23. Jayashree, chaitny. Awareness of PCOS in adolescent and young girls. International Journal of reproduction, contraception, obstetrics and gynecology, 2017.