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A Study To Assess The Knowledge Of Nursing College Students Regarding Polycystic Ovarian Syndrome In Selected College At Renaissance University School Of Nursing Indore (M.P.)

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Polycystic Ovarian Syndrome (PCOS) is one of the most common hormonal disorders affecting women of reproductive age. The lack of proper knowledge and understanding about PCOS can delay diagnosis and proper management. Nursing students, as future healthcare providers, should have a strong understanding of this condition to help raise awareness and provide proper care to women affected by PCOS.Polycystic ovarian syndrome is an endocrine disorder which affects the adolescent girls. It has been found through studies that it affects around 5% to 10% of women in their reproductive years. The study was conducted to assess the knowledge on the polycystic ovarian syndrome among the nursing students . The data was collected from the nursing students by using structured questionnaire. The data collected from 40 samples in RU school of nursing. Descriptive survey research approach was adopted and data was analyzed by using descriptive and inferential statistics. Distribution of the samples on demographic characteristics revealed that 85% of the samples were in the age group of 19-25years,75% of the samples were Hindu ,82% of the samples were consuming mixed diet ,and 92% samples had regular menstrual cycle.76% of the samples were with average knowledge and 10.7% with Excellent knowledge regarding polycystic ovarian syndrome. Hence the study concluded that Source of information, consumption of junk food, dietary patterns of the students were associated with their level of knowledge on PCOS at 5% level of significance.

Index Terms - Polycystic Ovarian Syndrome ,Knowledge, ,Health information booklet for enhancing healthcare services .

I. INTRODUCTION

Polycystic Ovarian Syndrome (PCOS) is one of the most common hormonal disorders affecting women of reproductive age worldwide. Characterized by irregular menstrual cycles, hyper androgenism, and polycystic ovaries, PCOS can have far-reaching effects on a woman's reproductive, metabolic, and psychological health. The prevalence of PCOS is increasing globally, including in India, where changing lifestyles, dietary habits, and sedentary behavior contribute to its rising incidence.

Nursing professionals play a crucial role in the early identification, education, and management of patients with PCOS. As future healthcare providers, nursing students must possess a sound understanding of PCOS, including its causes, symptoms, complications, and available management strategies. However, studies have shown varying levels of awareness and knowledge about PCOS among nursing students, indicating a need to assess and enhance their educational preparedness on this subject.

This study aims to assess the level of knowledge among nursing students at the Renaissance University School of Nursing, Indore, Madhya Pradesh, regarding Polycystic Ovarian Syndrome. The findings are expected to help identify gaps in knowledge and inform the development of educational interventions to improve student understanding and competence in dealing with PCOS.

II.NEED OF THE STUDY

Increasing Prevalence of PCOS: Polycystic Ovarian Syndrome is one of the most common hormonal disorders affecting women, especially during their reproductive years. With its rising prevalence, it becomes crucial to evaluate how well nursing students, who are future healthcare providers, understand the condition. The study, thus, holds significance for enhancing healthcare services and outcomes for women, especially in the context of a rapidly changing health care and scape .

III.OBJECTIVE

- To assess the level knowledge of nursing students regarding polycystic ovarian syndrome .
- To assess the Pre- test comprehension the knowledge of nursing college students.
- To assess the Post – test comprehension the knowledge of nursing college students.
- To find out the association between the knowledge of nursing college students.
- To find out the Association between pre – test and post test the knowledge of nursing college students.
- To distribute information booklet regarding polycystic ovarian syndrome and its management.

IV.HYPOTHESIS

- H0-There will be no significant association between the pre-test and post-test knowledge of nursing college students with regard to PCOS .
- H1- There will be significant association between the pre-test and post-test knowledge of nursing college students with regard to PCOS .

VI.METHODOLOGY

- Research approach:- Non experimental
- Research Design: -A descriptive cross-sectional study.
- Research Setting:-The study will be conducted at a selected nursing college in Indore.
- Population:-Nursing college students (both undergraduate and postgraduate).
- Sampling Technique:- Simple random sampling technique was adopted to select the sample.
- Research Sample :-The sample of the present study includes college girls in the age group of 19- 25 years from Selected college Indore, (M.P.)
- Sample Size:-Sample size calculation based on available data (e.g., 40 nursing students) or based on convenience sampling if exact population data is unavailable.
- Data Collection Method:-Structured questionnaire

VII.RESULTS

The investigator estimated that among 40 samples , most of the samples , that there was improvement in mean knowledge score in all knowledge aspects. The overall knowledge score shows that there was positive improvement 8.396527 score and found to be highly significant at the level of $p<0.05$. hence it is evident that the effectiveness of information booklet on knowledge regarding polycystic ovarian syndrome`. There were no significant association between pre-test knowledge score and the selected demographical variables like Age in Years, Gender, Religion, Education status in year (Sem.), Age of menarche in years, Duration of menstrual cycle in days, Marital status. Results shown that level of knowledge among college girls regarding polycystic ovarian syndrome (24.2%) of sample had Average knowledge, (0.8%) of them had poor knowledge and only (75%) of them had Excellent knowledge on polycystic ovarian syndrome.

VIII.INTERPRETATION & CONCLUSION

Due to the varied nature of PCOS and the larger age of possible signs and symptoms, health personnel need a thorough knowledge of the disorder and its management. Students should be aware of the various organizations which render support. Counseling for students should be including the curriculum which will provide an awareness towards the disorder and lifestyle modification. In this study the nursing students had average knowledge on polycystic Ovarian Syndrome ,strongly ($p<0.05$) significant between pre and post.

Parameter	Variable	Scatterings
		Mean ± SD
Knowledge	**Pre-test**	7.825 ± 0.7071068
	Post-test	11.225 ± 2.828427
	Mean Difference	8.396573

REFRENCE

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