



## A STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE REGARDING POLYCYSTIC OVARIAN DISEASES AMONG ADOLESCENT GIRLS (13- 17 year) IN SELECTED GOVERNMENT SCHOOL AT KOLAR BHOPAL. (M.P.)”

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### KEYWORDS :

PCOD is estimated to affect between 5% and 10% of women of reproductive age, thus making it the most common hormonal disorder among women in this age group. It affects women of all races and nationalities.

The major features of polycystic ovarian syndrome (PCOD) include menstrual dysfunction, anovulation, and signs of hyperandrogenism. Although the exact etiopathophysiology of this condition is unclear, PCOD can result from abnormal function of the hypothalamic-pituitary-ovarian (HPO) axis. A key characteristic of PCOD is inappropriate gonadotropin secretion, which is more likely a result of, rather than a cause of, ovarian dysfunction.

#### OBJECTIVES OF THE STUDY

- To assess the pre-test knowledge level regarding PCOD among adolescent girls.
- To implement the Structured teaching programme on knowledge regarding PCOD
- To assess the post-test knowledge level regarding PCOD among adolescent girls.
- To assess the effectiveness of structured teaching programme on Knowledge of PCOD among adolescent girls.
- To determine the association between knowledge level among adolescent girls and selected demographic variables.

#### HYPOTHESIS

- **H1** – The mean post-test knowledge of PCOD will be significantly higher than the mean pre- test knowledge among adolescent girls.
- **H2** –There will be significant association between level of knowledge of PCOD and selected demographic variables of adolescent girls.

#### RESEARCH METHODOLOGY

A quantitative, experimental one group pre-test-post-test was considered as an appropriate research approach for the present study. The target population consist of all the adolescent girls (13-17 yr.) studying in schools. The sample size is 60 with the use of purposive sampling technique. Data collected with the help of structured questionnaire in the form of multiple choice questions.

#### CONCLUSION

The aim of this study was to assess the knowledge of School girls on PCODs as well as to provide information to them about PCODs. The information was given with the aid of STP which included various aspects such as introduction of PCOD, Anatomy and Physiology, causes, Sign and symptoms, diagnosis, treatment, prevention, complication and general aspect of PCOD which will help the School girls to improve their knowledge and to adopt a healthy lifestyle.

The following conclusions were drawn based on the present study,

- PCODs are the commonest problem among the School girls.
- The knowledge of the School girls was not up to the mark before the introduction of STP.
- After the introduction of the STP, the post-test findings showed the significant increase in the knowledge of School girls on PCODs.
- STP is proved to be one of the effective teaching strategies.
- STP can be kept for future reference when comparing with PTP.
- STP will be beneficial for students entering the school and teachers can utilizes the STP in the day to day education program.

#### REFERENCES

1. Jean hailes (2014) <https://jeanhailes.org.au/health-a-z/PCOD/weight-management-treatment>
2. Michelle Maffei <http://www.sheknows.com/health-and-wellness/articles/829819/causes-of-hormonal-imbalance-in-women>