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EFFECTIVENESS OF VIDEO ASSISTED TEACHING ON KNOWLEDGE REGARDING POLYCYSTIC OVARIAN SYNDROME, ITS EARLY DIAGNOSIS AND MANAGEMENT AMONG THE NURSING STUDENTS OF M.V.P. SAMAJ'S INSTITUTE OF NURSING EDUCATION, NASIK

Nursing

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ABSTRACT

INTRODUCTION:- Polycystic ovary syndrome (PCOS) is the most common endocrine disorder in women of reproductive age and is the most common cause of infertility due to an ovulation. However due to lack of awareness regarding the condition in India, it often remains undetected for years. Nurses and Nursing students play an important role in creating awareness as they come across various patients, families, communities, peer groups, throughout their postings in various set ups.

MATERIALS AND METHODS: A Quasi experimental one group pre-test post-test study was conducted on 100 nursing students of M.V.P. Samaj's Institute of Nursing Education, Nashik. Non probability Convenient sampling technique was used. In the data gathering process, valid and reliable structured knowledge questionnaire were administered to the samples, on the same day video assisted teaching was administered. Post test was conducted on the seventh day with the same questionnaire.

RESULTS: Data obtained were analysed using descriptive and inferential statistics. The study result shows mean post-test knowledge score (x2=13.56) was higher than mean pre-test knowledge score (x2=8.08) and thus calculated 't value(11.78) is greater than the table value(1.66) at 0.05 level of significance. Thus the study concluded that there was significant improvement in the knowledge of Nursing students related to polycystic ovarian syndrome, its early diagnosis and management.

KEYWORDS

polycystic ovarian syndrome, early diagnosis and management, video assisted teaching.

INTRODUCTION:

Nursing students are tomorrow's health care providers, nursing educators, clinical instructors, who after their education move out in the society in various settings as a part of their profession. If knowledge of nursing students is enhanced at the grass root levels, they can be the perfect health care providers of tomorrow[1]

According to WHO (2012), in Geneva, it's said that, Female reproductive organs begin to develop between 4th and 5th weeks of pregnancy, and continue until the 20th week of pregnancy. Due to complexity of the development of the reproductive system, many factors may alter the healthy growth of these essential tissues, organs, and hormonal messaging pathways. Alterations may be by genetic abnormalities or from external factors that may change the normal development of specific tissues. One such disease is polycystic ovarian syndrome. However, exposure to environmental contaminants has been proposed in the recent years to potentially contribute to female reproductive disorders.[2]

OBJECTIVES:
1. To assess existing level of knowledge regarding Polycystic ovarian syndrome, its early diagnosis and management among the Nursing students.
2. To evaluate effectiveness of Video assisted teaching regarding Polycystic ovarian syndrome, its early diagnosis and management among the Nursing students.
3. To find out an association between pre-test and post-test knowledge score with selected demographic variables.

MATERIALS AND METHOD:
The research approach used in this study was Quantitative approach. Research design used in this study was Quasi experimental one group pre-test post test design. Population of the study were Nursing students. 100 Nursing students were selected as samples for the study. Samples were selected using non probability convenient sampling technique. Location of the study was M.V.P. Samaj's Institute of nursing education, Nasik.

Criteria for selection of sample
Inclusion criteria
1. Second year Basic B.Sc. nursing and Second year General nursing midwifery students.
2. Nursing students who were present at the time of data collection.
3. Nursing students able to read and write English.
4. Nursing students who were willing to participate in study.

Exclusion criteria:
1. First year, Third year and Final year Basic B.Sc. Nursing students and First year, Third year General Nursing Midwifery students were excluded from the study.
2. Nursing students who were not willing to participate in the study.

Prior to collection of data, written permission was obtained from the college Principal. Informed consent was taken from all the subjects prior to data collection. The nursing students were divided in 2 groups that are in morning session and evening session. Structured knowledge questionnaire were given to the nursing students of both the sessions. After completing the pre-test, video assisted teaching was administered regarding polycystic ovarian syndrome, its early diagnosis and management. The teaching was interactive session where nursing students were encouraged to come with their own thoughts, opinions and feedback. Video Assisted Teaching took 40-45 minutes. A Post test was conducted on day 7 after administering video assisted teaching. Same structured knowledge questionnaire was given to the same samples.

RESULT:
Profile of Nursing student majority of 83% were in 16-20 yrs of age, followed by 79% Student were male., 62% student belongs to GNM &. 38 % of belongs to Basic Bsc Nursing. 42% student having a previous knowledge about polycystic ovarian disease. Assessment of sample according to overall pre-test knowledge results shows Maximum 67% had a average knowledge, 18%had a good knowledge and 15% had a poor knowledge regarding polycystic ovarian syndrome. The mean score of pre-test was 8.08 and SD 2.63 In post-test, 44% of nursing students had good knowledge, 28% of nursing students had very good knowledge, 21% of nursing students had average knowledge, 6% of nursing students had excellent knowledge and 1% of nursing students had poor knowledge regarding polycystic ovarian syndrome, its early diagnosis and management. The mean score for the post-test was 13.56, with SD of 4.30.

Table No. 1 Effectiveness of video assisted teaching on knowledge of nursing students regarding polycystic ovarian syndrome, its early diagnosis and management.
n=100

Knowledge	Mean Score	SD	't'value	Degree of Freedom	Significance
Pre-Test	8.08	2.63	11.78	99	Highly Significance
Post-test	13.56	4.30			

('t' value= 11.78, table value t(99)= 1.66, p< 0.05) The calculated't'

value is 11.78 at 99 degree of freedom which is higher than the tabulated value that is 1.66 at 5% level of significance. Hence it was statistically interpreted that null hypothesis was rejected and H_1 accepted which states that the video assisted teaching was effective.
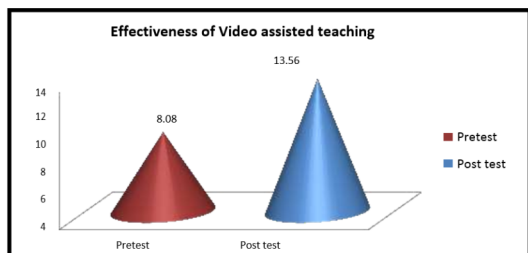

Figure-3: Effectiveness of video assisted teaching ogramme.

Table No. 2: Association of pretest knowledge of nursing students regarding polycystic ovarian syndrome, its early diagnosis and management with their selected demographic variables.

Demographic variables	Pre test knowledge score				Chi square x^2
	Poor		Average and good		
	Freque ncy	Percenta ge	Freque ncy	percenta ge	
Age					
16- 20 years	10	10%	73	73%	$x^2 = 3.33$** (df = 1) NS
21-25 years	5	5%	12	12%	
Gender					
Male	3	3%	17	17%	$x^2 = 0$** (df = 1) NS
Female	12	12%	68	68%	
Course student is pursuing					
2nd year GNM	8	8%	30	30%	$x^2 = 1.74$** (df = 1) NS
2nd year Basic. B.Sc. Nursing	7	7%	55	55%	
Previous knowledge regarding polycystic ovarian syndrome, its early diagnosis and Management					
Yes	5	5%	37	37%	$x^2 = 0.54$** (df = 1) NS
No	10	10%	48	48%	
Source of knowledge					
Television radio Newspaper	2	4.76%	14	33.3%	$x^2 = 0$** (df = 1) NS
Family and Relatives	3	7.14%	23	54.76%	

** = Not significant, * = Significant

The obtained chi square value that is 3.33, 0, 1.74, 0.54, 0 of the pretest knowledge scores with demographic variables that is Age, Gender, Course which student is pursuing, previous knowledge regarding Polycystic ovarian syndrome, Source of information were not significant at 5% of level of significance. The above table reveals that there was no significant association of pre-test knowledge scores with selected demographic variables.

DISCUSSION
 The findings of the present study showed that nursing students had little knowledge regarding polycystic ovarian syndrome, its early diagnosis and management. Findings also revealed highly significant improvement in the knowledge of the nursing students regarding PCOS, its early diagnosis and management after the video assisted teaching, as significant differences were found between the pre-test and post-test knowledge score. The mean post test score (x^2=13.56) was apparently higher than the pre-test knowledge score ($x^2 = 8.08$), suggesting that video assisted teaching was effective in increasing the knowledge of nursing students regarding polycystic ovarian syndrome, its early diagnosis and management. The calculated 't' value that is 11.78 was more than the tabulated value that is 1.66 at 99 degree of freedom for 0.05 level of significance. The findings also revealed that the calculated chi square value of pretest knowledge score with

demographic variables is lower than the table value at 5% level of significance, which was not accepted statistically, but the calculated chi square value of post-test knowledge score with the demographic variables is higher than the table value at 5% level of significance. From the study findings it is concluded that the video assisted teaching was effective in improving the knowledge of nursing students regarding polycystic ovarian syndrome, its early diagnosis and management.

NURSING IMPLICATIONS IN NURSING PRACTICES
Nurses play an important role in the preventive aspect than in curative aspect. Practice oriented research is the key to discovery for improving nursing practice and strives for measurable benefits to the client whom the nurse serves. The scope of nursing practice is the range of roles, functions, responsibilities and activities which registered nurses are educated and authorized to perform. Nursing practice is focusing on promoting an optimum level of health for persons who are sick or well. Scientific studies are needed to understand and explain the functions and forms of nursing care. In this study nurses with their experiences in nursing practice can prevent and treat many complications that can occur in polycystic ovarian syndrome.

CONCLUSION:
PCOS is a condition which can lead to severe health related problems and affects the reproductive youth of the country, if not treated properly. The purpose of the present study was to assess the effectiveness of video assisted teaching on knowledge regarding polycystic ovarian syndrome, its early diagnosis and management among the nursing students of selected nursing college. The present study found that majority of nursing students had poor knowledge, but after the video assisted teaching the knowledge of the nursing students regarding polycystic ovarian syndrome, its early diagnosis and management, improved.

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