

# Evaluating the Effectiveness of a Structured Teaching Program on Polycystic Ovarian Disease Knowledge Among Adolescent Girls in Guntur Junior Colleges at Guntur, (AP)

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Dissertation

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**Abstract:** Nowadays PCOD or PCOS is a condition that affects women's ovaries, this problem is widespread in adolescents. Meanwhile, as a girl, it is a challenge, especially for teenagers. The reproductive organs that produce progesterone and estrogen hormones that help in regulating the menstrual cycle and also produce a small amount of hormones inhibin, relaxin, and male hormones called androgens. This study evaluates the effectiveness of a structured teaching program (STP) in enhancing knowledge of Polycystic Ovarian Disease (PCOD) among 60 adolescent girls aged 16 - 19 from selected junior colleges in Guntur, Andhra Pradesh. Using a quasi - experimental design with a one - group pre - and post - test approach, data were collected via a structured questionnaire. The STP was administered after the pre - test, followed by a post - test one week later. Results revealed a significant increase in mean knowledge scores from 13.25 to 23.16 ( $t = 14.15, p < 0.05$ ), indicating the program's effectiveness. A chi - square test identified associations between pre - test knowledge and demographic variables. This suggests that structured educational interventions can effectively improve PCOD awareness among adolescent girls, potentially aiding early detection and management. From the result of the study, This condition is widespread among adolescents and poses significant challenges during teenage years.

**Keywords:** effectiveness, structured teaching program, polycystic ovarian disease, adolescent girls, knowledge

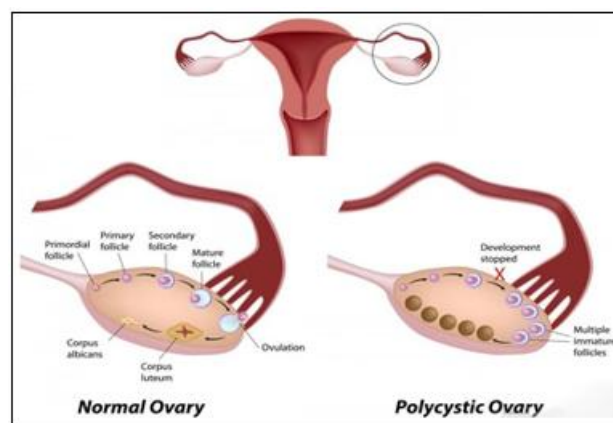
## 1. Introduction

### 1.1 Background

**PCOD full form in medical - Polycystic Ovarian Disease**  
PCOD (Polycystic Ovarian Disease) is a medical condition in which the woman's ovaries produce immature or partially mature eggs in large numbers and over time these become cysts in the ovaries. As a result, the ovaries enlarge and secrete high levels of male hormones (androgens), causing infertility, irregular menstrual cycles, hair loss, and abnormal weight gain. PCOD (Polycystic Ovarian Disease) can be controlled by diet and lifestyle modifications.

In this condition, the hormones of a woman go out of balance which creates various symptoms, including the absence of ovulation, irregular menstrual cycle, difficulty conceiving, weight gain, acne, and hirsutism. PCOD, also known as

PCOS (Polycystic Ovarian Syndrome), if left untreated, can lead to further health complications, like diabetes, obesity, heart diseases, and high cholesterol.



### PCOD vs PCOS: Key Differences

PCOD	PCOS
<b>Description:</b> PCOD is a condition where smaller cysts form on the ovaries. These cysts are fewer in number and may shrink within a few months with lifestyle changes.	<b>Description:</b> PCOS is a metabolic disorder characterized by the growth of many cysts on both ovaries. This often leads to the ovaries not releasing eggs.
<b>Prevalence:</b> PCOD is common, affecting around 10% of women worldwide.	<b>Prevalence:</b> PCOS is less common, affecting about 0.2 to 2.5% of women globally.
<b>Infertility Impact:</b> Infertility in PCOD can often be managed with lifestyle changes and medications.	<b>Infertility Impact:</b> Infertility in PCOS is more severe, and even when pregnancy occurs, there's a higher risk of miscarriage and complications.
<b>Health Complications:</b> PCOD usually doesn't lead to serious long - term health issues.	<b>Health Complications:</b> PCOS can lead to serious health conditions such as diabetes, heart disease, high blood pressure, and even cancer.
<b>Menstrual Cycle:</b> Women with PCOD may experience regular or delayed periods.	<b>Menstrual Cycle:</b> Women with PCOS often experience delayed or stopped periods.

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“This study underscores the importance of educational interventions in addressing PCOD, a prevalent condition among adolescents, potentially reducing long - term health risks like infertility and diabetes through early awareness.”

**Objectives**

- To assess the pre - test level of knowledge regarding PCOD among adolescent girls in a selected junior college in Guntur.
- To develop and implement a planned teaching program regarding PCOD.
- To assess post - test knowledge regarding PCOD.

H1 - the mean post - test knowledge on PCOD will be significantly higher than the mean pre - test knowledge among adolescent girls.

**Instrument**

A structured questionnaire will be prepared in such a way it consists of two parts,

**Section- A:** Demographic data of adolescent girls.

**Section- B:** Knowledge questionnaire - it consists of questions on knowledge regarding PCOD.

**2. Materials and Method of Study**

**Source of data:** Adolescent girls who are in the age group of girls, studying in junior colleges at Guntur.

**Method:** A structured questionnaire was used for collecting data on PCOD among adolescent girls.

**Research Approach:** Quasi - experimental research approach.

**Design:** one group pre and post - test experimental design is chosen for this study.

**Dependent variable:** Knowledge level of adolescent girls on PCOD.

**Independent variable:** Structured teaching program on PCOD.

**Demographic variable:** Age, religion, education, family income, diet, exercise, type of family, menstrual history, age of menarche.

**Inclusion criteria:** Adolescent girls who are willing to participate for the study. And students at an age of 16 - 19 years, who can read and write English, and who are present at the time of data collection.

**Exclusion criteria:** this study excluded who are already diagnosed from PCOD and those are not present during the study.

**Settings:** this study was conducted in selected junior colleges at Guntur. Adolescent girls, who fulfilled the inclusion

criteria, are considered as a sample with 60 sizes. And technique used a simple random method.

**Inferential Statistics:**

- A paired “t” test will be carried out to compare pre - and post - knowledge scores on prevention and early detection of PCOD among adolescent girls.
- The chi - square score analysis was used to determine the association between knowledge score and demographic variables.

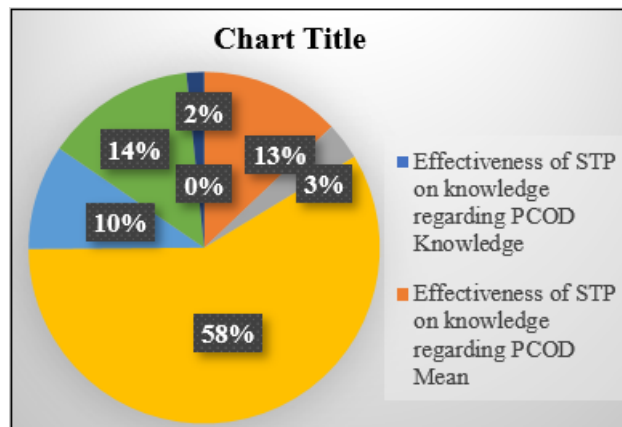
**Assumptions:** This study assumes that college girls may not have adequate knowledge regarding PCOD, and the structured teaching program may help to improve the knowledge level and adopt healthy practices. That prevent PCOD.

**3. Results**

Post post - test was conducted after one week by using the same questionnaire. The effectiveness was found with the help of the ‘t’ test. The calculated value was 14.15 which was statistically significant at 0.05 level. The chi - square test was used to find out the association between pre - test levels of knowledge with selected demographic variables.: Mean knowledge scores rose from 13.25 before the program to 23.16 afterward.

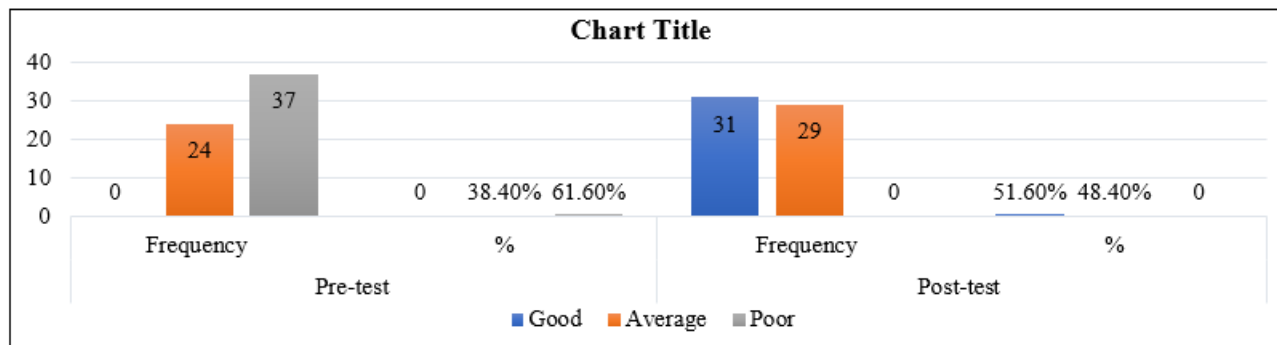
**Level of knowledge regarding PCOD**

Level of knowledge	Pre - test		Post - test	
	Frequency	%	Frequency	%
Good	0	0	31	51.6%
Average	24	38.4%	29	48.4%
Poor	37	61.6%	0	0



**Effectiveness of STP on knowledge regarding PCOD**

Knowledge	Mean	SD	N	Mean diff.	T test	Table Value
Pre test	13.25	3.5	60	9.91	14.15	1.67
Post test	23.16	4.67	60			



#### 4. Conclusion

From the result of the study, it was concluded that a structured teaching program was an effective strategy for increasing the level of knowledge regarding polycystic ovarian syndrome among adolescent girls.

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