

Effectiveness of Structured Teaching Program on Knowledge Regarding Polycystic Ovary Syndrome among Adolescent Girls in Selected Higher Secondary School of Aizawl, Mizoram

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Abstract: Polycystic Ovary Syndrome is a common hormonal condition that affects women of reproductive age. It usually starts during adolescence, but symptoms may fluctuate overtime. Polycystic Ovary Syndrome can cause hormonal imbalances, irregular periods, excess androgen level and cysts in the ovaries.

Objectives: To evaluate the effectiveness of Structured Teaching Program regarding the knowledge of Polycystic Ovary Syndrome in selected Higher Secondary School of Aizawl, Mizoram.

Methods: The study adopted a Pre-experimental (one group pre-test post-test design), 100 samples of adolescent girl students Higher Secondary School standard were selected for the study using Non-Probability purposive sampling technique. Demographic variables and Self-Structured knowledge questionnaire were used to collect data required for the study.

Results: The majority of respondents were 17-18 years old (89%), followed by 15-16 years (11%). All participants were Christian. Educationally, 33% of the student's mother attained higher secondary school and 30% attained high school and 37% of the student's father attained high school and 29% were graduates and above where 26% attained higher secondary School. Regarding family type, 64% belongs to joint family and 36% to nuclear families. 61% were from Urban areas and 39% were from rural areas. In terms of prior knowledge of Polycystic Ovary Syndrome, 56% had no previous knowledge, while 20% had knowledge from their family members. The analysis shows that among the selected 100 adolescent girls, in the pre-test score, majority 34% have inadequate knowledge scoring below the range of 0-7, 66% were under moderate knowledge scoring between 8-14, and none were under adequate knowledge range (ie. Score range between 15-20). According to the post-test score, majority 91% were having adequate knowledge, scoring between 15-20, while 66% were having moderate knowledge, scoring between the range of 8-14.

Chi-square analysis reveals that there is a significant association between pre-test knowledge score regarding Polycystic Ovary Syndrome with selected demographic variables like, Age, Religion, Education of Mother, Education of Father, Occupation of Mother, Occupation of Father, Type of Family, Area of Residence and Source of information at 0.05 level of significance. Thus, the research hypotheses were accepted.

Conclusion: The study concludes that the Structured Teaching Programme on knowledge regarding Polycystic Ovary Syndrome among adolescent girls in selected Higher Secondary School of Aizawl, Mizoram was effective.

Keywords-- Evaluate, Effectiveness, Structured Teaching Programme, Knowledge

I. INTRODUCTION

According to WHO, Polycystic Ovary Syndrome is a common hormonal condition that affects women of reproductive age. It usually starts during adolescence, but symptoms may fluctuate overtime. PCOS can cause hormonal imbalances, irregular periods, excess androgen levels and cysts in the ovaries.

II. STATEMENT OF THE PROBLEM

A study to evaluate the effectiveness of Structured Teaching Program on knowledge regarding Polycystic Ovary Syndrome among adolescent girls in selected Higher Secondary School of Aizawl, Mizoram.

III. HYPOTHESIS

H1: There is significant mean difference between the pre-test and post-test knowledge scores regarding Polycystic Ovary Syndrome among adolescent girls in selected Higher Secondary School of Aizawl, Mizoram.

H2: There is significant association between pre-test knowledge scores regarding Polycystic Ovary Syndrome with selected demographic variables.

IV. METHODOLOGY

The objectives of the study were to Assess the pre-test Knowledge level among adolescent girls in selected Higher Secondary School of Aizawl, Mizoram regarding Polycystic Ovary Syndrome, to Assess the post-test Knowledge level, to evaluate the effectiveness of Structured Teaching Program on knowledge regarding Polycystic Ovary Syndrome among adolescent girls and to find out the association between the pre-test Knowledge scores regarding Polycystic Ovary Syndrome with selected demographic variables. The research approach chosen for the study was Quantitative Research Approach and Pre-experimental (one-group pre-test post-test) research design was selected. The study was conducted among adolescent girls at ZN Higher Secondary School Bawngkawn, Aizawl, Mizoram, Saint Anthony Higher Secondary School, Chaltlang Lily Veng and Spring Field Higher Secondary School, Republic Veng, Aizawl Mizoram. Formal permission was obtained from each participant. Every participants were assured of their privacy and confidentiality.

The sample size was 100 adolescent girls studying at - ZN Higher Secondary School Bawngkawn, Aizawl, Mizoram, Saint Anthony Higher Secondary School, Chaltlang Lily veng and Spring Field Higher Secondary School, Republic Veng, Aizawl Mizoram. Non-probability purposive sampling technique was adopted. The tool consist of **Section A:** Demographic variables, **Section B:** Self-administered Structured Questionnaire, and **Section C:** Structured Teaching Program. Pre-test knowledge score was assessed using a Self-administered Structured Questionnaire and Structured Teaching Program on Polycystic Ovary Syndrome was shown to the samples. Post-test Knowledge Score was assessed after one week using self-structured knowledge questionnaire.

V. RESULT

The data were analysed and interpreted in accordance with the objectives of the study by using descriptive and inferential statistical methods. Frequency and percentage distribution methods were used for the analysis of demographic variables in the study.

TABLE 1:
FREQUENCY AND PERCENTAGE DISTRIBUTION OF
DEMOGRAPHIC VARIABLE n =100

Sl. no	Demographic variables	Frequency	Percentage
1	Age in years		
	15-16	11	11
	17-18	89	89
2	Religion		
	Christian	100	100
	Hindu	-	-
	Muslim	-	-
	Others	-	-
3	Educational Status of mother		
	Illiterate	2	2
	Primary school	5	5
	Middle school	16	16
	High school	30	30
	Higher Secondary	33	33
	Graduate and above	14	14
4	Educational Status of father		
	Illiterate	-	-
	Primary school	2	2
	Middle school	6	6
	High school	37	37
	Higher secondary	26	26
	Graduate and above	29	29
5	Occupation of mother		
	Unemployed	48	48
	Daily wager	27	27
	Private service	15	15
	Govt. service	10	10
6	Occupation of father		
	Unemployed	22	22
	Daily wager	24	24
	Private service	23	23
	Govt. service	31	31
7	Type of family		
	Nuclear	36	36
	Joint	64	64
8	Area of residence		
	Urban	61	61
	Rural	39	39
9	Sources of information		
	Health personnel	13	13
	Family	20	20
	Friends	2	2
	Mass media	9	9
	No information	56	56

The above table 1 shows that majority 89% were 17-18 years of age. In terms of religion, 100% were Christian, In Educational Status of the Mother majority 33% attained Higher Secondary School, Educational Status of Father - majority 37% attained High School. And, majority 48% of the mothers were Unemployed, majority 31% of the father were at Govt. Service, In type of Family- majority 64% were joint Family, Majority 61% were from Urban family and for Source of Information majority 56% have no information.

The above figure1 shows that among the selected 100 adolescent girls, In the pre-test score, majority 34% have inadequate knowledge scoring below the range of 0-7, 66% were under moderate knowledge scoring between 8-14, and none were under adequate knowledge range (ie. Score range between 15-20) . According to the post-test score, majority 91% were having adequate knowledge, scoring between 15-20, while 66% were having moderate knowledge, scoring between the range of 8-14 .

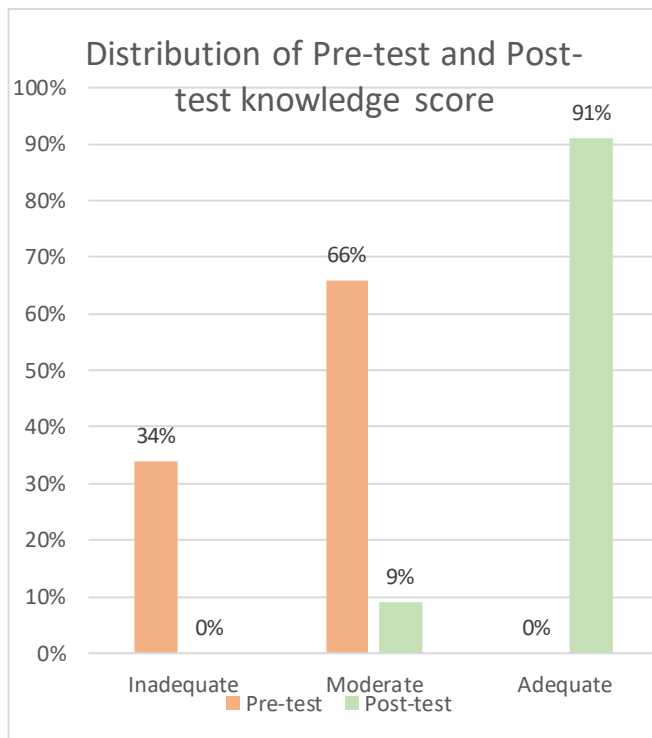


Figure 1 Frequency And Percentage Distribution Of Pre-Test And Post-Test Knowledge Score Regarding Polycystic Ovary Syndrome.
n=100

TABLE 2:
Association Between Pre-Test Knowledge With Selected Demographic Variables Of Adolescent Girls. n=100

Sl no	Demographic variables	Knowledge score		X ²	df	P value	Remarks
		Inadequate (0-7)	Moderate (8-14)				
1	Age in years			37	1	0.0001	S*
	15-16	6	6				
	17-18	39	49				
2	Religion			55	3	0.0001	S*
	Christian	45	55				
	Hindu	0	0				
	Muslim	0	0				
	Others	0	0				
3	Educational Status of mother			127.8	5	0.0001	S*
	Illiterate	0	2				
	Primary school	3	2				
	Middle school	10	6				
	High school	11	15				
	Higher Secondary	16	19				
	Graduate and above	10	6				
4	Educational Status of father			58.8	5	0.0001	S*
	Illiterate	0	0				
	Primary school	0	3				
	Middle school	2	3				
	High school	18	16				
	Higher secondary	9	17				
	Graduate and above	12	20				
5	Occupation of mother			52.1	3	0.0001	S*
	Unemployed	24	24				
	Daily wager	12	16				
	Private service	5	9				
	Govt. service	4	6				
6	Occupation of father			28.9	3	0.0001	S*
	Unemployed	12	10				
	Daily wager	9	14				
	Private service	14	10				
	Govt. service	10	21				
7	Type of family			24.2	1	0.0001	S*
	Nuclear	17	18				
	Joint	30	35				
8	Area of residence			44.7	1	0.0001	S*
	Urban	29	32				
	Rural	17	22				
9	Sources of information			75.63	4	0.0001	S*
	Health personnel	5	8				
	Family	12	8				
	Friends	0	2				
	Mass media	4	5				
	No information	24	32				

Table 2 indicates that Chi square test showing the association between pre-test knowledge score regarding Polycystic Ovary Syndrome among adolescent girls with selected Demographic variables. It reveals that there is a significant association between pre-test knowledge score regarding Polycystic Ovary Syndrome with selected demographic variables like, Age, Religion, Education of Mother, Education of Father, Occupation of Mother, Occupation of Father, Type of Family, Area of Residence, Source of information and standard at 0.05 level of significant. Hence, the research hypothesis was accepted.

VI. CONCLUSION

From the findings of the present study, it can be concluded that Structured Teaching Programme on knowledge regarding Polycystic Ovary Syndrome among adolescent girls in selected Higher Secondary School of Aizawl, Mizoram effectively enhances the students' knowledge.

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