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Assessment of knowledge and practice regarding lifestyle modification about PCOD among college girls attending gynaec OPD of selected hospitals

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Abstract

Objective

To assess the knowledge and practice regarding lifestyle modification about PCOD among college girls attending gynaec OPD of selected hospitals.

Secondary objectives

1. To assess the knowledge regarding lifestyle modification about PCOD among college girls attending gynaec OPD of selected hospitals.
2. To assess the practice regarding lifestyle modification about PCOD among college girls attending gynaec OPD of selected hospitals.
3. To associate the knowledge and practice regarding PCOD with selected demographic variables among college girls attending gynaec OPD of selected Hospitals.

Material and Methods: A Quantitative research approach was used for this study. Research design adopted was Non-Experimental Descriptive research Design.

The samples selected based on the Inclusion and Exclusion criteria in selected hospitals in city. The sample size was adopted for the study is 60 samples by convenient sampling techniques. The study proceeded after the sanction by institutional ethical committee and permission was adopted from the selected hospitals of city. Informed consent was taken from all the participants and confidentiality and anonymity was maintained throughout the process.

Tool used for the study was divided under three sections including Section A:

Consent form from samples

Section B: Demographic data of samples

Section C:

1. Part I: Level of knowledge regarding lifestyle modification about PCOD will be assessing with help of questionnaire.
2. Part II: A check list is used to assess the practice regarding lifestyle modification about PCOD.

Section B: Description of the demographic variables of girls attending gynaec OPD.

1. **Age:** In demographic data according to their age 36.7% of the

college girls attending gynaec OPD had age 18-20 years and 63.3% of them had age above 20 years.

2. **Residence:** In demographic sampling totally 35% of them were residing in hostel and 65% of them were residing at home.
3. **Dietary pattern:** In demographic variable 35% of them were vegetarian and 65% of them were non-vegetarian.
4. **Knowledge regarding PCOD:** In demographic 91.7% of them had knowledge regarding PCOD.
5. **Source of information:** In demographic 15% of them had knowledge from mass media, 70% of them had information from friends/relatives and 8.3% of them had knowledge from magazine/journals.
6. **Family suffering with PCOD?** In demographic 70% of them had family member suffering from PCOD.

Section C: part I

Level of knowledge regarding lifestyle modification about PCOD will be assessing with help of questionnaire

Shows that 3.3% of the college girls attending gynaec OPD had poor knowledge (Score 0-6), 35% of them had average knowledge (Score 7-13) and 61.7% of them had good knowledge (Score 14-20) regarding PCOD. Mean score is 13.86 with standard Deviation 4.0.

Section C: part II

A check list is used to assess the practice regarding lifestyle modification about PCO

Shows that 3.3% of the college girls attending gynaec OPD had average Practice (Score 7-13) and 96.7% of them had good practice (Score 14-20) regarding PCOD. Mean score is 17.3 with Standard Deviation 1.9.

Association of the study finding with selected demographic variable.

There is no significant association with the knowledge regarding PCOD among college girls attending gynaec OPD. All the p-values were large (greater than 0.05).

There is no significant association with the practices regarding PCOD among college girls attending gynaec OPD. All the p-values were large (greater than 0.05).

Keywords: PCOD, Gynaec OPD, Women, WHO

Introduction

Women are the building stones of a society. A woman owns the privilege of giving birth, raising up a family and thus creating the basic unit of society. The unhealthy food habits and lack of exercise lead to many adverse effects on the body of women

during her reproductive phase. Poly cystic ovary syndrome was originally described in 1935 by stein and leventhal as a syndrome manifested by amenorrhea, hirsutism and obesity associated with enlarge poly cystic ovaries. Due to the excessive androgen production heterogeneous disorders are characterized.⁴

Adolescence is the most pivotal period of life and vulnerable times for physical ailments. Adolescents (13-19 years) form a large section of population about 22.5% i.e., about 225 million. According to the recent statistics one fifth of the world's population is adolescents (WHO 1995) and in India one third of the population is between the ages of 10 and 24. The transition from childhood to adolescence is a journey with full of surprises both for the parents and the children along with many adolescent problems and they need more guidance and care. Gynaecological diseases are fairly common but most of the adolescents ignore the symptoms or they are unaware till the time when the problem really worsens.⁵

Review of literature

1) Sunanda B., Sabitha Nayak (2016) study was conducted on knowledge regarding PCOD. it had found that through studies it affects around 5% to 10% of women's in their reproductive years. The data was collected from the nursing students by using structured questionnaire. The data collected from 150 samples in Nitte Usha Institute of Nursing Sciences. Data was collected from the nursing students by using the structured questionnaire and inferential statistics. Distributed samples on demographic characteristics revealed that 85% of samples was in age group 21-25 years, 75% was Christian, 82% samples was consuming mixed diet, and 92% was had regular menstrual cycle. 76% of samples with average knowledge and 10.7% with good knowledge regarding PCOD. This study was concluded that source of information, consumption of junk food and dietary patterns of the students was associated with their level of knowledge on PCOS at 5% level of significance.²⁴

2) Patel J, Rai S. (2018) study was conducted on Polycystic ovarian syndrome (PCOS) awareness among young women of central India, in this study Cross sectional study was performed on 400 women of age group 18-30 years either studying in Colleges or working in Indore city. Written informed consent was obtained and simple random technique was applied for selection of study participants. Pre-designed, pre-tested, semi-structured questionnaire was used for data collection. The data collected were analyzed through percentages and frequencies using Excel. Relevant statistical test was applied and p value was calculated where ever required and considered statistically significant when it is <0.05. researcher conducted this study Among 400 participants, only 41% of the women were aware of the term PCOS. 46% of the subjects who were aware about the organ system involved in this disease. Most of the people know about this disorder through friends or relatives. 49% of the women knew about the various signs and symptoms associated with PCOS. This study shows that very few of the young women understand what this disease is and what are the earliest symptoms that should alarm them to consult a physician. Discussion with the girls in college authors came to know that most of the people are considering menstrual pain and irregularities as a part of

their physiological process and do not consider consulting a doctor.²⁵

Section I

Description of samples (college girls attending gynaec OPD) based on their personal characteristics.

Section II

Analysis of data related to knowledge regarding lifestyle modification about PCOD among college girls attending gynaec OPD of selected hospitals.

Section III

Analysis of data related to practices regarding lifestyle modification about PCOD among college girls attending gynaec OPD of selected hospitals.

Section IV

Analysis of data related to the association of knowledge and practice regarding PCOD with selected demographic variables among college girls attending gynaec OPD.

Table 1: Table showing percentage wise distribution according to age, N=60

Demographic variables	Frequency	Percentage
Age		
18-20 years	22	36.7%
Above 20 years	38	63.3%

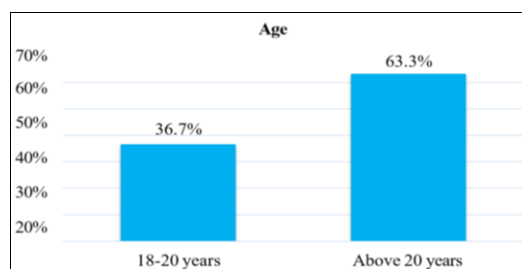


Fig 1: Bar diagram showing Percentage wise distribution according to age in years

In demographic data according to their age 36.7% of the college girls attending gynaec OPD had age 18-20 years and 63.3% of them had age above 20 years.

Table 2: Table showing Percentage wise distribution of Residence, N=60

Residence	Frequency	Percentage
Hostel	21	35.0%
Home	39	65.0%

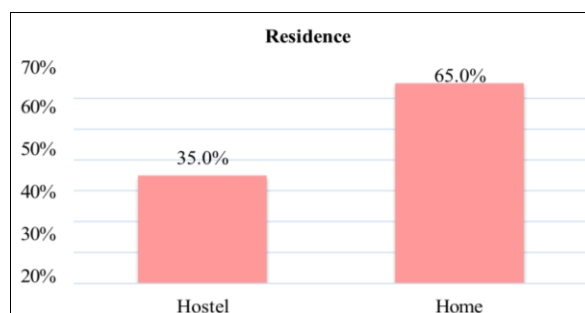


Fig 2: Bar diagram showing Percentage wise distribution of Residence

In demographic sampling totally 35% of them were residing in hostel and 65% of them were residing at home.

Table 3: Table showing Percentage wise distribution of Dietary pattern, N=60

Dietary pattern	Frequency	Percentage
Vegetarian	21	35.0%
Non-vegetarian	39	65.0%

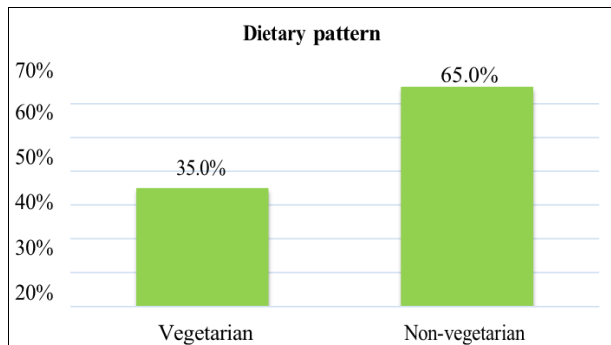


Fig 3: Bar diagram showing Percentage wise distribution of Dietary pattern

In demographic variable 35% of them were vegetarian and 65% of them were non-vegetarian.

Table 4: Table showing Percentage wise distribution of have knowledge regarding PCOD? N=60

Do you have knowledge regarding PCOD?	Frequency	Percentage
Yes	55	91.7%
No	5	8.3%

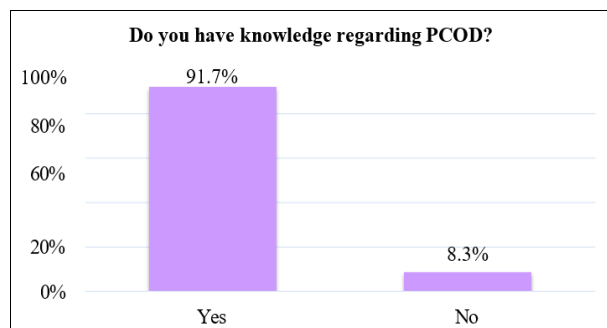


Fig 4: Bar diagram showing percentage wise distribution of have knowledge regarding PCOD?

In demographic 91.7% of them had knowledge regarding PCOD.

Table 5: Table showing Percentage wise distribution of source of information regarding PCOD, N=60

If yes, source of information regarding PCOD	Frequency	Percentage
Mass media	9	15.0%
Friends/Relatives	42	70.0%
Magazine/journals	5	8.3%

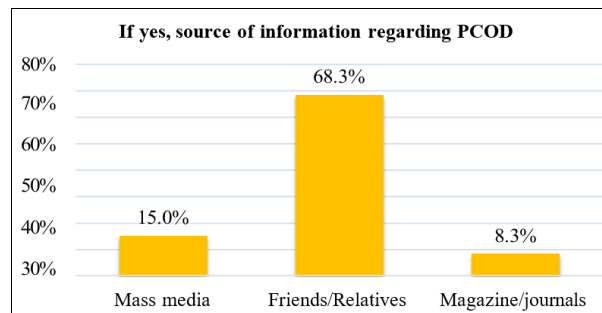


Fig 5: Bar diagram showing percentage wise distribution of source of information regarding PCOD

In demographic 15% of them had knowledge from mass media, 70% of them had information from friends/relatives and 8.3% of them had knowledge from magazine/journals.

Table 6: Table showing percentage wise Percentage of family suffering with PCOD? N=60

Is anyone in family suffering with PCOD?	Frequency	Percentage
Yes	42	70.0%
No	18	30.0%

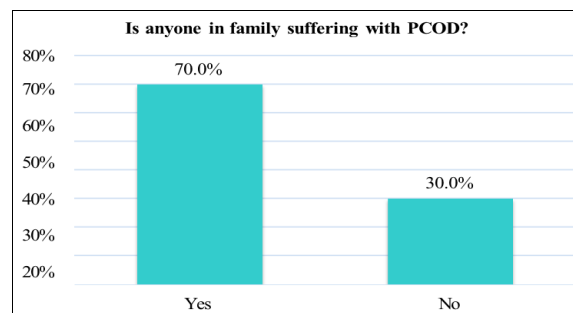


Fig 6: Bar diagram showing percentage wise distribution of family suffering with PCOD?

In demographic 70% of them had family member suffering from PCOD.

Table 7: Table showing percentage wise distribution of Duration of PCOD treatment? N=60

How long you are on PCOD treatment?	Frequency	Percentage
less than 1 year.	4	6.7%
1 to 2 years	34	56.7%
2 to 4 years.	16	26.7%
more than 4 years	6	10.0%

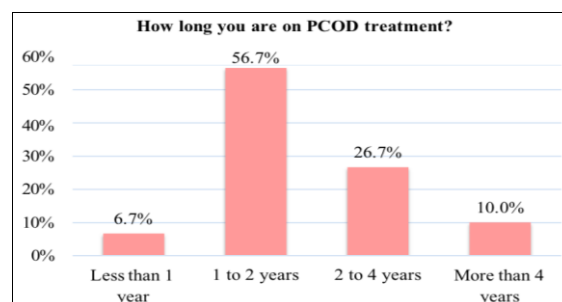


Fig 7: Bar diagram showing percentage wise distribution of Duration of PCOD treatment?

In demographic 6.7% of them were on PCOD treatment for less than one year, 56.7% of them were on treatment for 1 to 2 years, 26.7% of them were on PCOD treatment for 2 to 4 years and 10% of them were on treatment for more than 4 years.

Section II

Analysis of data related to knowledge regarding lifestyle modification about PCOD among college girls attending gynaec OPD of selected hospitals.

Table 8: Knowledge regarding lifestyle modification about PCOD among college girls attending gynaec OPD of selected hospitals, N=60

Knowledge	Frequency	%
Poor (Score 0-6)	2	3.3%
Average (Score -13)	21	35.0%
Good (Score 14-20)	37	61.7%

Table 8 shows that 3.3% of the college girls attending gynaec OPD had poor knowledge (Score 0-6), 35% of them had average knowledge (Score 7-13) and 61.7% of them had good knowledge (Score 14-20) regarding PCOD. The Mean score of knowledge is 13.86 with standard Deviation 4.0.

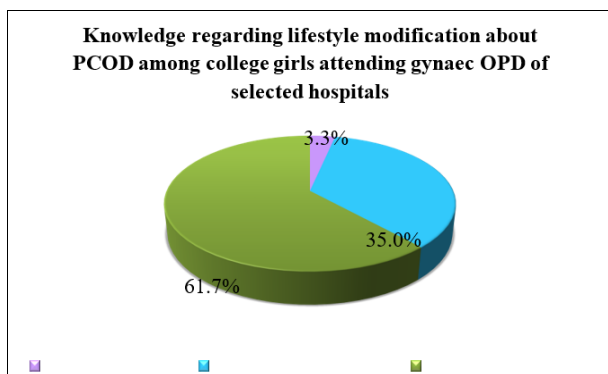


Fig 8: Knowledge regarding lifestyle modification about PCOD among college girls attending gynaec OPD of selected hospitals

Table 9: Knowledge item analysis, N=60

Knowledge item	Frequency	%
PCOD stands for	39	65.0%
PCOD is a	35	58.3%
The number of cysts present in the polycystic conditions is	39	65.0%
The major risk factor for PCOD is	46	76.7%
The food that should be avoided in PCOD is	34	56.7%
The food that should be add in PCOD is	35	58.3%
Which diet you like to take...	29	48.3%
Are you following Diet Plan From...	44	73.3%
How frequently exercise should be carried out	51	85.0%
Regular exercise is.....	40	66.7%
How you feel after Exercise	43	71.7%
The confirmatory diagnostic test for PCOD is	58	96.7%
The possible complication of PCOD is	34	56.7%
The primary treatment for PCOD is	43	71.7%
I attending PCOD clinical visits	46	76.7%
Are you use to wake up in	32	53.3%
Are you use to consume...	60	100.0%
Do you take break while working and use to	38	63.3%
Do you generally eat when	47	78.3%
How you feel after follow up	39	65.0%

Table above gives the frequency and percentage of correct responses of each item by college girls attending gynaec OPD.

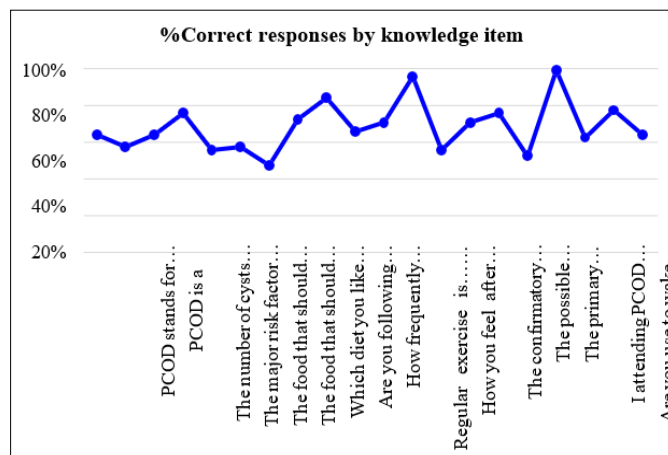


Fig 9: Knowledge item analysis

Above figure gives the frequency and percentage graph of correct responses of each item by college girls attending gynaec OPD.

Section III

Analysis of data related to practices regarding lifestyle modification about PCOD among college girls attending gynaec OPD of selected hospitals.

Table 10: Practices regarding lifestyle modification about PCOD among college girls attending gynaec OPD of selected hospitals, N=60

Practices	Frequency	%
Poor (Score 0-6)	0	0.0%
Average (Score 7-13)	2	3.3%
Good (Score 14-20)	58	96.7%

Table 10 shows that 3.3% of the college girls attending gynaec OPD had average Practice (Score 7-13) and 96.7% of them had good practice (Score 14-20) regarding PCOD. The Mean score of practice is 17.3 with Standard Deviation 1.9.

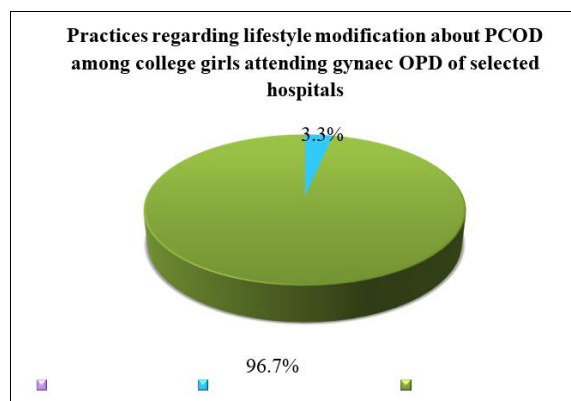


Fig 10: Practices regarding lifestyle modification about PCOD

Table below gives the frequency and percentage practices being followed for each item by college girls attending gynaec OPD.

Table 11: Practices item analysis, N=60

Practice item	Frequency	%
Do you use to walk in early morning (30 to 45 min) ?	58	96.7%
Are you continuing yoga and meditation every day?	59	98.3%
Do you like to practice exercise twice a day?	59	98.3%
Do you follow your own fitness plan?	53	88.3%
Do you use to drink more plenty water daily?	56	93.3%
Are you taking fruits and leafy vegetables in your diet?	54	90.0%
Are you goes to avoid excessive spicy and oily food?	57	95.0%
Do you eat naturally fermented food?	52	86.7%
Are you following healthy diet chart?	53	88.3%
Are you taking this diet from nutritionist?	57	95.0%
Do you use to avoid high sugar intake diet?	55	91.7%
Do you have habits like alcohol & cigarate smoking?	0	0.0%
Do you continuing your treatment regularly?	58	96.7%
Dou use any home remedies for PCOD?	39	65.0%
Do you get 7 hours sleep most in night?	58	96.7%
Do you use to follow consultants advice regularly?	50	83.3%
Are you maintaining all healthy habits with your treatment?	54	90.0%
Do you use continue regular follow up?	54	90.0%
Do you suggest other people about healthy habits?	59	98.3%
Are you enjoying your schedule?	53	88.3%

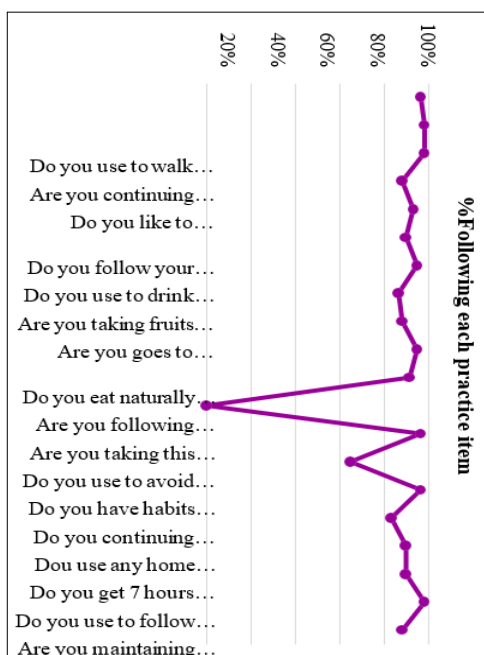


Fig 11: Practices item analysis

Above figure gives the frequency and percentage curve of practices being followed for each item by college girls attending gynaec OPD.

Section IV

Analysis of data related to the association of knowledge and practice regarding PCOD with selected demographic variables among college girls attending gynaec OPD.

Table 12: Fisher’s exact test for the association of knowledge regarding PCOD with selected demographic variables among college girls attending gynaec OPD N=60

Demographic variable		Knowledge			p-value
		Average	Good	Poor	
Age	18-20 years	11	9	2	0.012
	Above 20 years	10	28	0	
Residence	Hostel	8	12	1	0.896
	Home	13	25	1	
Dietary pattern	Vegetarian	7	13	1	1.000
	Non-vegetarian	14	24	1	
Do you have knowledge regarding PCOD?	Yes	20	33	2	0.701
	No	1	4	0	
Is anyone in family suffering with PCOD?	Yes	15	25	2	1.000
	No	6	12	0	
How long you are on PCOD treatment?	Less than 1 year	2	2	0	0.844
	1 to 2 years	12	20	2	
	2 to 4 years	6	10	0	
	More than 4 years	1	5	0	

Since all the p-values were large (greater than 0.05), There is no significant association with the knowledge regarding PCOD among college girls attending gynaec OPD.

Table 13: Fisher’s exact test for the association of practices regarding PCOD with selected demographic variables among college girls attending gynaec OPD, N=60

Demographic variable		Practices		p-value
		Average	Good	
Age	18-20 years	2	20	0.131
	Above 20 years	0	38	
Residence	Hostel	1	20	1.000
	Home	1	38	
Dietary pattern	Vegetarian	1	20	1.000
	Non-vegetarian	1	38	
Do you have knowledge regarding PCOD?	Yes	2	53	1.000
	No	0	5	
Is anyone in family suffering with PCOD?	Yes	2	40	1.000
	No	0	18	
How long you are on PCOD treatment?	Less than 1 year	0	4	1.000
	1 to 2 years	2	32	
	2 to 4 years	0	16	
	More than 4 years	0	6	

Since all the p-values were large (greater than 0.05), There is no significant association with the practices regarding PCOD among college girls attending gynaec OPD.

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