A Study To Assess The Knowledge Regarding PCOD Among Early Adults (19-40years) In Patteeswaram Village At Kumbakonam

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Abstract- *A study to assess the knowledge regarding PCOD among early adults (19-40years) in patteeswaram village at Kumbakonam descriptive design was adopted for the study.100 early adult were selected by using convenient sampling technique. All participants were given a pretest questionnaire on PCOD. The findings revealed that during pretest 31% of early adult had inadequate knowledge and 54% of early adult had moderate knowledge, 15% had adequate knowledge. The result of the study shows that majority of the early adult had moderately adequate knowledge and significance for educational status and Hobbies.*

Keywords- Polycystic ovarian disease, early adult.

I. INTRODUCTION

PCOD is a condition in which women typically have a number of small cysts around the edge of their ovaries (polycystic ovaries). They also have are (or) more additional symptoms. Symptoms of a PCOD include irregular (or) light periods, problems getting pregnant, weight gain, acne and excessive hair growth.

The exact prevalence of PCOD is not known as the syndrome is not defined precisely. Prevalence of PCOS is highly variable ranging from 2.2% to 26% globally. In few Asian countries prevalence figures are ranging from 2% to 7.5% in China and 6.3% in Srilanka. There are few studies conducted in India. Studies done in South India and Maharashtra, prevalence of PCOS (by Rotterdam's criteria) were reported as 9.13% and 22.5% (10.7% by Androgen Excess Society criteria) respectively.

Not all women with PCOD will have all of the symptoms, and each symptom can vary from mild to severe. Common symptoms of PCOD include irregular periods or no periods at all, difficulty getting pregnant (because of irregular ovulation or failure to ovulate), excessive hair growth(Hirsutism) usually on the face, chest, back, or buttocks, weight gain, thinning hair and hair loss from the head, oily skin or acne.

The PCOD should be treated by regular exercise, a healthy diet, weight control, not smoking and hormonal & drug therapy such as Combination birth control pills, Progestin therapy, Clomiphene, Letrozole (Femara), Metformin, Gonadotropins, etc.

The above facts made the investigator to realize the importance of problem in current situation and created an intention to assess the knowledge of the early adult regarding PCOD, thereby enhancing their awareness on PCOD and ability to manage and cope up with those symptoms.

1.1 statement of the problem

A study to assess the knowledge regarding PCOD among early adults (19-40years) in Patteeswaram village at Kumbakonam.

1.2 objectives

- To assess the level of knowledge regarding PCOD among early adult.
- To determine the association knowledge regarding PCOD among early adult with selected demographical variables.

1.3 Hypothesis

H1: There will be significant difference between the knowledge of PCOD among the early adult.

H2: There will be significant association between the levels of knowledge of PCOD among the early adult.

Operational definitions

Assess:

It refers to the critical analysis and value or judgment of the knowledge regarding polycystic ovarian disease.

Knowledge:

It refers to the correct responses of the women to the structured knowledge questionnaire on PCOD.

Early adult:

It refers to the female who are in the age of 19-40 years in selected community area.

Poly cystic ovarian disease:

Poly cystic ovarian disease is a common among women in which the immature follicles are gathered and make it water like cystic in the ovaries is called poly cystic ovaries disease.

II. METHODOLOGY

2.1. Research design

The research design selected for the present study was descriptive design.

2.2. Setting and participants

The participants were selected by using convenient sampling techniques with 100 early adult (19-40 years) who are living in Patteeswaram village at Kumbakonam.

2.3. Data collection

Data were collected using structured questionnaire, which consist of Demographic variables and knowledge questionnaire 30 items regarding PCOD. The structural questionnaire on the knowledge of PCOD was given to the 100 samples. The knowledge of the early adult regarding PCOD was assessed by the researcher

2.4. Data Analysis

The collected data was planned to be organized, tabulated and analyzed based on the objectives of the study by using descriptive statistics such as percentage, mean, standard deviation and inferential statistics such as chi-square. The data was planned to be presented in the form of tables and figures.

III. RESULTS

3.1. Demographic characteristics of early adult

Table 1: Demographic variables
(n=100)

S.NO	VARIABLES	NO.	%
1.	**Age in years**		
	a) 20-25 Years	35	35%
	b) 25-30 Years	36	36%
	c) 30-35 Years	21	21%
	d) 35-40 Years	08	08%
2.	**Educational Status**		
	a) Illiterate	12	12%
	b) Primary education	26	26%
	c) Higher school education	43	43%
	d) Graduate/Diploma/Professional	19	19%
3.	**Occupation**		
	a) unemployed	44	44%
	b) Government Employee	11	11%
	c) Private Employee	29	29%
	d) Self Employee	16	16%
4.	**Marital status**		
	a) Married	66	66%
	b) Un married	30	30%
	c) Widow	3	3%
	d) Divorcee	1	1%
5.	**Religion**		
	a) Hindu	79	79%
	b) Christian	13	13%
	c) Muslim	8	8%
6.	**Place of residence**		
	a) Urban	7	7%
	b) Rural	93	93%
7.	**Type of family**		
	a) Nuclear family	34	34%
	b) Joint family	66	66%
8.	**Hobbies**		
	a) Watching television	36	36%
	b) Reading Books	29	29%
	c) Hearing music	20	20%
	d) Communication with others	15	15%
9.	**Diet Pattern**		
	a) Vegetarian	25	25%
	b) Non Vegetarian	75	75%
10.	**Previous Exposure**		
	a) Yes	39	39%
	b) No	61	61%
	If yes means from whom		
	i) Mass media	14	14%
	ii) Medical workers	13	13%
	iii) Community programme	7	7%
	iv) Health education	5	5%

Table 1, results shown that, majority of early adults 36 (36%) belongs of the age group of 25-30 years, whereas educational status 43 (43%) Higher School Education, Occupation 44 (44%) Unemployed, marital status 66 (66%) were married, Religion 79(79%) Hindu, Place of residence 93(93%) were Rural Area, Family type 66 (66%) were Nuclear family, Hobbies 39 (36%) had watching TV, Diet

75(75%) were Non Vegetarian, 61 (61%) had No Previous Knowledge about PCOD but 14 (14%) of early adult had knowledge by Mass Media.

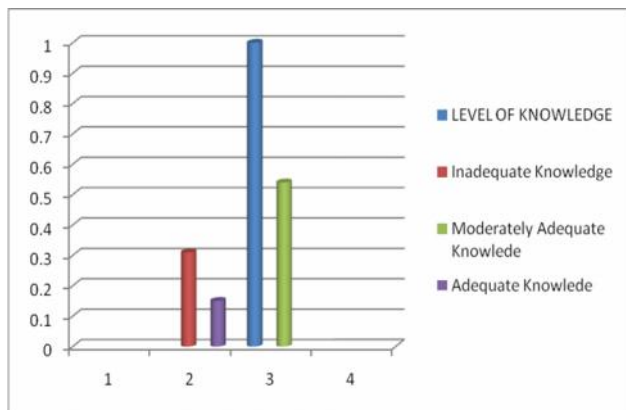**3.2. Knowledge score of Early Adults regarding PCOD**

Table 2: over all knowledge of score of Early Adults (n= 100)

S. No	Variable	Mean	SD	Knowledge %
1.	Knowledge	17.42	4.78	26.5%

3.3. Frequency and percentage distribution of level of knowledge regarding PCOD among Early Adults (19-40 Years)

Table 3: Percentage distribution of level of knowledge regarding PCOD among Early Adults

S.NO	KNOWLEDGE	FREQUECY	PERCENTAGE
1.	Inadequate	31	31%
2.	Moderately Adequate	54	54%
3.	Adequate	15	15%

Figure.1. Percentage distribution of level of knowledge regarding PCOD among Early Adults.

The results of figure 1 shown, the knowledge level about PCOD among Early Adult 31 (31%) adult had inadequate knowledge, 54 (54%) of them had moderately adequate knowledge and 15 (15%) of them had adequate knowledge.

IV. CONCLUSION

The current study, thus, attempted to know the PCOD. It clearly states that the prevalence of PCOD is definitely high among women in the current study setting. There are many misunderstandings regarding PCOD among the rural women in Patteeswaram. Such studies help in creating awareness since disseminating health education for l women is of prime importance. Women's clinic might be a good idea. Health workers may be most fruitful in this area. Further research studies to assess the severity of the symptoms using a standard field tested and simple scales should be done in the community setting.

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