



Polycystic ovarian syndrome among young Adolescents girls in mappedu village

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Abstract

Objective: To summarize promising areas of investigation into polycystic ovary syndrome (PCOS) and to stimulate further research in this area.

Summary: Potential areas of further research activity include the analysis of predisposing conditions that increase the risk of PCOS, particularly genetic background and environmental factors, such as endocrine disruptors and lifestyle. The concept that androgen excess may contribute to insulin resistance needs to be re-examined from a developmental perspective, since animal studies have supported the hypothesis that early exposure to modest androgen excess is associated with insulin resistance. Defining alterations of steroidogenesis in PCOS should quantify ovarian, adrenal and extra glandular contribution, as well as clearly define blood reference levels by some universal standard. Intra ovarian regulation of follicle development and mechanisms of follicle arrest should be further elucidated. Finally, PCOS status is expected to have long-term consequences in women, specifically the development of type 2 diabetes, cardiovascular diseases and hormone dependent cancers.

Identifying susceptible individuals through genomic and proteomic approaches would help to individualize therapy and prevention. A potential limitation of our review is that we focused selectively

Keywords: Polycystic, ovarian syndrome, Potential

1. Introduction

The polycystic ovary syndrome (PCOS) is a hyper androgenic disorder associated with chronic oligo-anovulation and polycystic ovarian morphology 1, 2. It is often associated with psychological impairments, including depression and other mood disorders and metabolic derangements, chiefly insulin resistance and compensatory hyper insulinemia, which is recognized as a major factor responsible for altered androgen production and metabolism 3. Most women with PCOS are also overweight or obese, further enhancing androgen secretion while impairing metabolism and reproductive functions and possibly favoring the development of the PCOS phenotype. The definition of PCOS has led to an impressive increase of scientific interest in this disorder, which should be further directed to improve individualized clinical approaches and, consequently therapeutic strategies.

To further dialogue and exchange ideas on PCOS an international group of PCOS researchers, has gathered every other year to summarize the state of the field and stimulate further research. We have previously published our presentations in book form 4, but elected here to create a shorter summary of our presentations. We designed the meeting to focus on specific areas of uncertainty in the pathophysiology and treatment of women with PCOS. on areas we viewed as the most controversial.

Methodology

Research methodology involves the systematic procedure by the research which starts initial identification of problem to its final conclusion. This chapter deals with the description of research methodology adopted by the investigator. methodology is a systematic way to solve research problems. It help the research project a blue print of the research undertaken.

The steps undertaken gathering and organizing the data collected were: research approach, research design, setting, population, sample and sample technique, criteria for selection of sample, development and description of tool, data collection and plan for data analysis.

Research Approach

The research approach help the researcher to determine what data to collect and how to analyze it. It also suggests possible conclusion to be drawn from the data. This study was intended to assess the knowledge of young adolescent girls

Research Design

The research design is the plan, structure and strategy of investigation of research questions, is the over all plan or blue print the research selected to carry out the study. Research design is the conceptual structure within which research is conducted. Researchers overall plan for obtaining answer to the research questions. A research design help the researcher in selection of subjects for study and determine the type of analysis to be used to interpret the data.

The selection of research design depends on the purpose of the study and conditions under which the study is conducted.

Settings

A young adolescent girls in mappedu village.

Population

Adolescent girls in mappedu village

Target Population

Adolescent girls in mappedu.

Sample

Adolescent Girls age group 17-25 years in mappedu village

Frequency and percentage distribution of demographic variables on polycystic ovarian syndrome among young adolescent girls.

Sample Size

Sample size comprise 70 adolescent girls

Section

Frequency and percentage distribution of the level of knowledge regarding polycystic ovarian syndrome among young adolescents girls.

Sampling Technique

Randomized sampling technique was used.

Table 1: Showed that majority of the girls had moderate adequate knowledge 56(56%) and 21% of adequate knowledge and 23% are inadequate knowledge regarding polycystic ovarian syndrome

Level of knowledge	Frequency	Percentage
Inadequate knowledge	23	23%
Moderate adequate knowledge	56	56%
Adequate knowledge	21	21%
Total	100	100%

Section

The mean and standard deviation for knowledge assessment

regarding polycystic Ovarian syndrome among young adolescent girls

Table 2: showed that mean deviation of knowledge regarding polycystic ovarian syndrome among girls and the standard deviation of knowledge regarding polycystic ovarian syndrome among young girls

Knowledge on polycystic ovarian syndrome among adolescents girls	Frequency
Mean deviation	10.49
Standard deviation	3.30

Section

This section deal with the association between demographic

variables with the level of knowledge regarding polycystic ovarian syndrome among adolescent girls.

Table4: showed that there was an association between the demographic variable and knowledge regarding polycystic ovarian syndrome.

S.No	Demographic variables	Inadequate Knowledge		Moderate Knowledge		Adequate Knowledge		Chi-Square Value and P Value	
		no	%	no	%	no	%	no	%
1	Religion								
	a.Hindu	10	10%	24	24%	5	5%	X ² =3.503	
	b.muslim	7	7%	22	22%	6	6%	df=6	
	c. christian	6	6%	12	12%	10	10%	NS	
2	Residence								
	a.Urban area	-	-	-	-	-	-	X ² =4.838	
	b. rural area	23	23%	56	56%	21	21%	df=8NS	
3	Dietary pattran								
	a. vegetarian	4	4%	10	10%	2	2%	X ² =5.257	
	b. non vegetarian	19	19%	46	46%	19	19%	df=6 NS	

S-Significant *NS-Non significant

There was statistically significant found between the source of information and the level of knowledge regarding polycystic ovarian syndrome among adolescent girls.

girls.

21% of the sample had adequate knowledge regarding polycystic ovarian syndrome among adolescents girls.

23% of the sample had inadequate knowledge regarding polycystic ovarian syndrome among adolescents girls.

Summary

A descriptive study was conducted to assess the knowledge regarding polycystic ovarian syndrome among adolescent girls at mappedu village. The investigator obtained formal permission from the village head, the period of the data collection was 1 week, in which the data was collected from 100 they were residing in the mappedu village. The study assessed the level of knowledge regarding polycystic ovarian syndrome among adolescent girls by using the structured questionnaire.

Nursing Implications

The investigator had drawn the following implication from the study which is vital concern for nursing practice, nursing administration and nursing education.

Nursing Practice

The nurse should encourage to create knowledge regarding polycystic ovarian syndrome among adolescents girls at mappedu village.. The nurse should develop their performance independently by displaying the instructional module or through mass media which may be helpful and improving the society in knowledge regarding polycystic ovarian syndrome among young adolescent girls at mappedu village

Major findings of the Study

Majority of the sample were female 100%

Majority of the sample were between the age group (17 to 25years) 56% of sample had moderate adequate knowledge regarding polycystic ovarian syndrome among adolescent

Nursing administration

The nursing administration can improve the knowledge among adolescents girls. This enables the nurse to update their knowledge and to render the cost effective care to the public. The nurse administration can train the nurse to identify the level of early recovery and to give the Improve regarding knowledge regarding polycystic ovarian syndrome among adolescents girls at mappedu village. Nurse administration can prepare written information and awareness camping.

Nursing research

The study findings can be utilized for conducting further research to assess the knowledge regarding polycystic ovarian syndrome among adolescent girls.

Recommendations

Based on the findings of the present study, the following recommendations have been made

A similar study can be conducted in large groups

Comparative studies can be conducted among rural and urban people

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