

## ORIGINAL RESEARCH

# A descriptive study to assess the knowledge regarding polycystic ovarian syndrome among women in selected village of Moga, Punjab

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### ABSTRACT

A descriptive study to assess the knowledge regarding polycystic ovarian syndrome among women in selected village of moga, punjab. The purpose of the study was to assess and improve the knowledge regarding polycystic ovarian syndrome among women. Objective of study To assess the knowledge regarding polycystic ovarian disease among women of reproductive age group. To find out the association of the level of knowledge with selected demographic variables such as age in years, age of marriage, menarche age, occupation of women, education of women, source of information. . To provide booklet on prevention of polycystic ovarian syndrome. For the present study non experimental descriptive research design was utilized to achieve the objective of the study. Sample comprised of 60 women in selected village that fulfill the inclusion criteria and exclusion criteria. A purposive sample technique was used to select the sample for assessing the knowledge regarding polycystic ovarian syndrome among women (18- 45) in selected village of Moga, Punjab. The tool used for this study was structured questionnaire schedule and document schedule. In the present study maximum 41(68%) women had average knowledge however 15(25%) had below average and minimum 4(7%) women had good knowledge regarding polycystic ovarian syndrome. The results indicate that education of women and occupation of women had impact on knowledge of women regarding polycystic ovarian syndrome while age in years, age of marriage, menarche age of women and source of information had no impact on the knowledge of women regarding polycystic ovarian syndrome.

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### INTRODUCTION

Polycystic ovarian syndrome is defined as a hormonal disorder causing enlarged ovaries with small cysts on its outer edges. The disorder involves the infrequent periods and increased levels of androgen results in hair growth in female such as on face. It is the most common disorder of women of childbearing age and a complex condition of women of reproductive age group

**Saad Amer and Raheela N. Khan (2022)**<sup>1</sup>. Many women of childbearing age suffer from the endocrine gynecological condition polycystic ovarian syndrome. Even though a portion of the mechanism underlying PCOS incidence has been identified, the precise etiology and route physiology remain poorly known. Every contributing factor of PCOS was carefully assessed. In many circumstances, changing one's

lifestyle and using complementary and alternative therapies is the best course of action.

**Tabassum Fauzia (2021)**<sup>2</sup> For young women, the most common endocrine-related condition is polycystic ovarian syndrome. Menstrual irregularities and physical appearance are regarded as the only factors contributing to mental discomfort that lowers quality of life and is related to health. The absence of children, irregular/delayed menstrual history, and earlier menarche age were all considerably different in PCOS cases compared to controls.

### METHODS

#### ETHICAL CONSIDERATION

Approval was taken from research and ethical committee of Lala Lajpat Rai Institute of Nursing, Moga. Written permission was taken from the

Sarpanch of DaroliBhaii village of Moga, Punjab from women of reproductive age group.

- Analysed data was presented in the form of tables and bar graphs.

### STUDY TOOL

The tool used for this study was structured questionnaire schedule and document schedule.

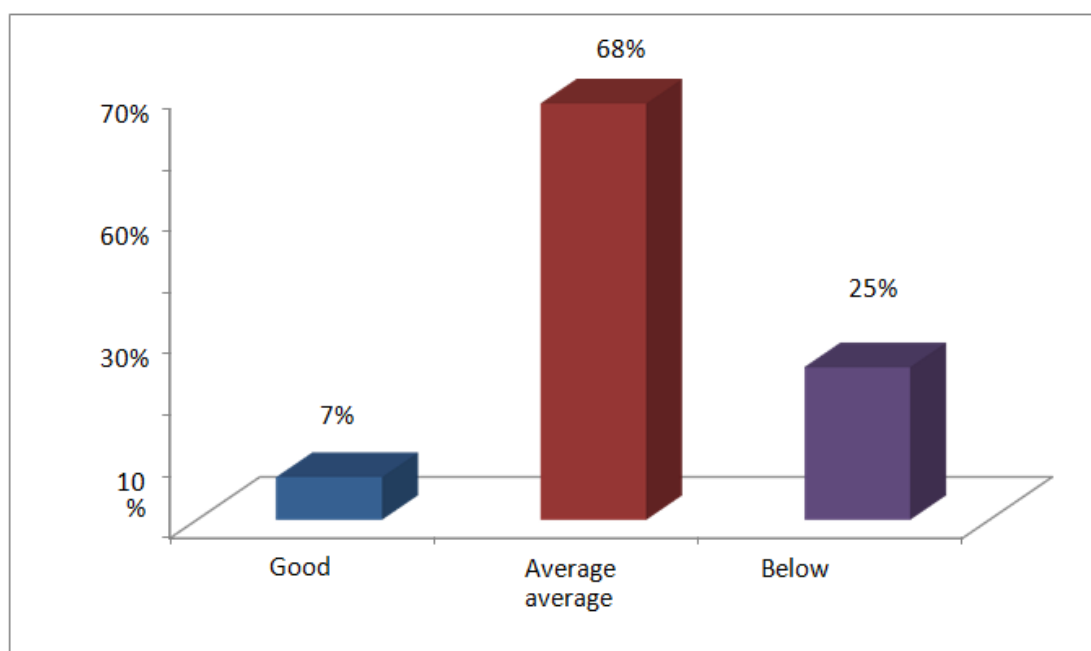
### DATA ANALYSIS

Analysis of data was done in accordance with the objectives of the study. It was done by descriptive and inferential statistics, such as percentage and chi square.

- Organization of data in master sheet.
- Frequency and percentage of demographic variables are calculated.

### RESULT

In the present study maximum 41(68%) women had average knowledge however 15(25%) had below average and minimum 4(7%) women had good knowledge regarding polycystic ovarian syndrome. The results indicate that education of women and occupation of women had impact on knowledge of women regarding polycystic ovarian syndrome while age in years, age of marriage, menarche age of women and source of information had no impact on the knowledge of women regarding polycystic ovarian syndrome.



### CONCLUSION

It was concluded that the maximum women had average knowledge regarding polycystic ovarian syndrome; So there is need to improve knowledge of women regarding polycystic ovarian syndrome.

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