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A Descriptive Study to Assess the Prevalence and Awareness of Polycystic Ovarian Syndrome among Adolescent Girls at Selected Schools and Colleges of Faridkot, Punjab

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I. INTRODUCTION

Polycystic ovarian syndrome is a condition in which woman has an imbalance of female sex hormones. This may lead to changes in the menstrual cycle, cyst in the ovary, failure to conceive and other health problems. It is a common health problem among teenagers and young women. It affects 5% to 10% of women in their reproductive years. These problems causes infertility. Although there are several ways to treat and manage the condition.

II. AIM

To assess the prevalence and awareness of polycystic ovarian syndrome among adolescent girls at selected schools and colleges of Faridkot Punjab.

III. RESULTS

The results revealed that Out of the total 500 adolescent girls ,58(12%) had polycystic ovarian syndrome. Therefore, the prevalence of polycystic ovarian syndrome in the present study was found to be 58(12%). More than half i.e 269(53.8%) adolescent girls had adequate level of awareness , and 231(46.2%) had inadequate level of awareness regarding PCOS..

IV. SUMMARY

Adolescent period is a unique period where there is a change from childhood to adulthood, a time of physiological, psychological, social and emotional adaptation. During this period individual attains physical and sexual maturity, whereas emotional maturity will be imbalanced. The changes in adolescent period have important implications to understand the health risks associated with this syndrome. during this period, the body changes and there will be development of secondary sex characteristics. Any difference of secondary sex characteristics can inversely affect the physical and emotional adaptation of the adolescent.

Gynaecological diseases are fairly common but most of women ignore the symptoms or are unaware, till the time the problem really worsens. One of them, now days faced by girls, is polycystic ovarian disease. This is the commonest course of Amenorrhea in young girls.

In India it is estimated that the incidence of PCOD is higher and probably three times more than that found in the western world. Polycystic Ovarian Disease can affect females of any age, from menarche to menopause.19 Polycystic ovary disease (PCOD) is the most common hormonal condition where enlarged cysts are located in and around the surface of each ovary

Polycystic ovarian disease (PCOD) is a complex, multi factorial heterogeneous disorder characterized by hyper androgenism, polycystic ovaries and chronic anovulation along with insulin resistance.

Poly cystic ovarian disease (PCOD) is the fourth Gyneacological problem of hospital admission. About 15 – 20 % of women in reproductive age group are affected by PCOD. A study conducted to understand the magnitude of Polycystic ovarian disease (PCOD) with sample size of 257 who were examined with ultrasonography showed that 22% were found to have Poly cystic ovaries Gynecologists state that 30% of women in India in reproductive period are suffering with PCOD. Insulin resistance is found in 70% of women with PCOD and 80% of them suffer from hyper androgenemia

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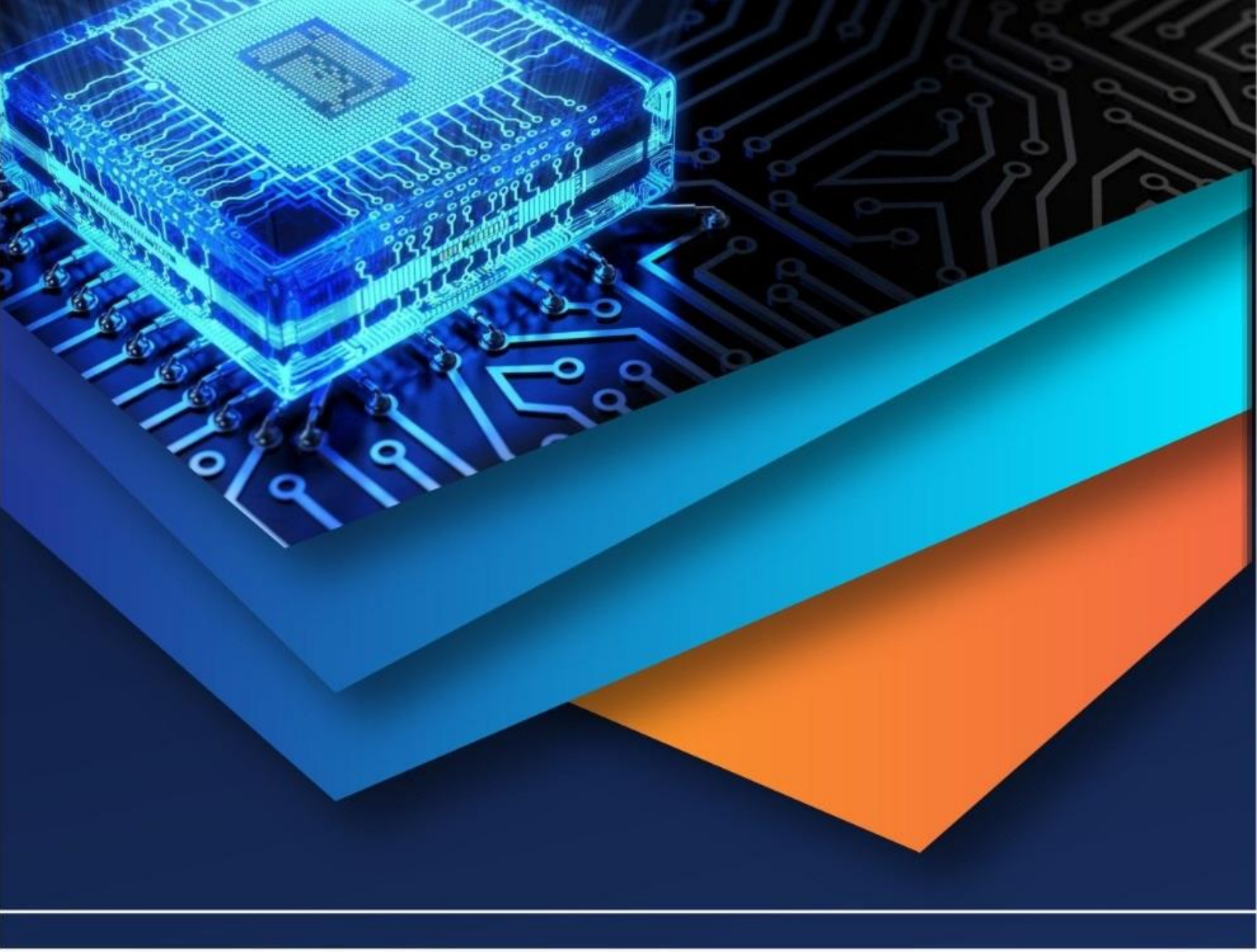
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Polycystic Ovarian Disease is not curable but treatment is available to alleviate the symptoms. This disease is so dread able that such girl are unable to conceive and its pathology of spreading to other organ is far greater than that of infertility. Present day lifestyle, food habits, environmental exposure to toxins along with hereditary predisposition for metabolic syndrome (obesity, hyperlipidemia, diabetes and hypertension) and stress are indicators that contributed to Polycystic Ovarian Disease. In order to achieve the objectives a Quantitative research approach was used. Written permission was taken from authorities of the University College of Nursing, Faridkot, Punjab. Total 500 female students were selected using convenience sampling technique. Self-structured questionnaire was used to assess the awareness, Rottardam criteria was used to assess prevalence regarding Poly cystic ovarian syndrome among adolescent girls. Final tool was developed by incorporating the suggestions of various experts. Study approval was taken from Ethical committee of Baba Farid University of Health Sciences, Faridkot and University College of Nursing, Faridkot. A pilot study was done over a sample of 50 adolescent girls before final study. Informed written consent was taken from the study subjects. Then data collection was done for final study. Analysis and interpretation was done in accordance with objectives. Descriptive and inferential statistics were calculated. The statistical analysis was done with the help of SPSS version 25. Discussion was based on 8standard analysis, current trends and previous researches

V. CONCLUSION

The findings of the present study revealed that the prevalence of polycystic ovarian syndrome was 12%. Most of the adolescent girls i.e. 269 (53.8%) had adequate level of awareness regarding PCOS and a statistically significant association was found between level of awareness and age, educational status, educational status of mother, family income, age at menarche , dietary pattern, source of information of the adolescent girls. So it can be concluded that prevalence of polycystic ovarian syndrome is high in this area but around half of the adolescent girls (46.2%) were inadequately aware of it. Therefore awareness campaigns should be arranged and early screening programs should be started in schools and colleges of Faridlkot Punjab, to detect the syndrome among adolescent girls.

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