

Assess the Knowledge Regarding Polycystic Ovarian Disease Among College Students in Selected Colleges At Madurai

Research Guide

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ABSTRACT

Title: Assess the knowledge regarding PCOD among arts college students at selected college at Madurai

Objectives: To assess the level of knowledge regarding poly cystic ovarian disease among college students, To associate level of knowledge regarding poly cystic ovarian disease among students with selected demographic variables.

Hypothesis: H₁: There will be significant association between level of knowledge and attitude with selected demographic variables among college students.

Methodology: Non experimental (descriptive) research design was used. 30 subjects were selected by Non- probability (purposive) sampling technique.

Setting of the study: the study was conducted at Shri Meenakshi Govt arts college Madurai.

Procedure of data collection: Data was collected using a structured questionnaire administered before and after the educational intervention, which include an informative booklet on PCOD

Findings: Among 30 samples, Majority of the subjects 27(90%) were having average level of knowledge , 2(6.6%) were having above average level of knowledge and 1(3.3%) were having below average level of knowledge on PCOD.

Conclusion: The study concluded that majority of the subjects 27(90%) were having average level of

knowledge. Demographic variable had shown that statistically significant association between the level of knowledge on PCOD among college students in selected colleges , Madurai .

INTRODUCTION

CHAPTER I INTRODUCTION

“THERE IS NO OTHER ORGAN QUITE LIKE THE UTERUS” - INAMAY GASKIN

Ovaries are the reproductive organs of a female which control the menstrual cycle and the production of hormones like estrogen, progesterone, inhibin, relaxin etc. The accumulation of the eggs swells the ovary and makes it release large quantities of male hormone thus causing infertility

In this condition, the hormones of a woman go out of balance which creates various symptoms, including the absence of ovulation, irregular menstrual cycle, difficulty conceiving, weight gain, acne, and hirsutism, PCOD, also known as PCOS (Polycystic Ovarian Syndrome), if left untreated, can lead to further health complications, like diabetes, obesity, heart diseases, and high cholesterol. PCOD is a condition that affects women's ovaries, the reproductive organs that produce progesterone and estrogen hormones that help in regulating the menstrual cycle and also produce a small amount of hormones inhibin, relaxin, and male hormones called androgens.

PCOD can run in families, with a 50% chance of women developing the condition if their immediate female relatives have it.

Over time, PCOD may also increase the risk of developing Type 2 diabetes. While no single gene has been identified as the cause, PCOD is believed to result from a combination of multiple genetic factors. Around 70% of women with PCOD experience insulin resistance, where the body's cells can't use insulin properly. This forces the pancreas to produce more insulin. Lifestyle factors, such as being overweight or inactive, can worsen this condition. Women with PCOD often experience increased inflammation, which can also be worsened by being overweight. Studies suggest that higher inflammation levels are linked to higher androgen (male hormone) levels in PCOD patients. Excess weight can worsen insulin resistance and make PCOD symptoms more noticeable. Some women may never experience symptoms like irregular periods or excess hair growth until they gain weight .

PCOD (Polycystic Ovarian Disease), often used interchangeably with PCOS (Polycystic Ovary Syndrome), is a common hormonal disorder affecting women of reproductive age. The hormonal imbalance in the body produces more male hormones than needed which leads to problems in menstruation and fertility along with other issues. Women with PCOD may have irregular or prolonged menstrual cycles, as well as high levels of male hormones. PCOD results in enlarged ovaries with multiple small follicles and is associated with hormonal imbalance, irregular periods, and difficulty in conceiving. The ovaries may produce a large number of tiny collections of fluid (follicles) and do not release eggs on a regular basis. If left untreated, PCOD can cause more serious problems like heart disease and diabetes.

PCOD is a complex hormonal disorder affecting women's reproductive health and overall well-being. While its exact cause is unknown, it likely involves genetic and environmental factors. Symptoms range from irregular menstrual cycles to more than normal body hair growth and difficulty conceiving. Untreated PCOD can lead to complications such as infertility, metabolic syndrome, and endometrial cancer. Early diagnosis & proper treatment are essential for symptom management and reducing long-term complication risks. Treatment is individualized and may include lifestyle changes, medications, fertility treatments, or surgery. A balanced diet, active lifestyle

routine & stress management techniques play crucial roles in managing PCOD symptoms. The formation of characteristic cysts (fluid-filled sacs) marks the prognosis of the condition which subsequently causes irregular, prolonged, and delayed menstrual cycles. Healthy ovaries produce a small number of androgens (male reproductive hormones); however, in PCOD, a hormonal imbalance contributes to disease prognosis. In excessive conditions, PCOD may cause infertility as well. If left untreated, PCOD can contribute to major issues like heart disease and diabetes.

Girls with **PCOD** may experience irregular periods, heavy menstrual bleeding, or absence of menstruation (amenorrhoea). They may also develop acne, excessive hair growth on the face and body (hirsutism), and weight gain. PCOD can affect fertility and increase the risk of long-term health problems like diabetes and heart disease if left untreated. Managing PCOD with proper treatment helps reduce these risks. **PCOD** occurs due to a complex interplay of genetic, environmental, and lifestyle factors. The exact cause is not fully understood, but it is believed to involve insulin resistance, inflammation, and hormonal imbalances. Insulin resistance can lead to higher androgen production in the ovaries, disrupting normal ovulation and causing the development of multiple small cysts. Controlling PCOD requires a holistic approach, including regular exercise, a balanced diet, and maintaining a healthy weight. Follow prescribed medications and manage stress with relaxation techniques. Regularly monitor blood sugar and hormone levels, and consult your doctor for targeted treatments to address issues like infertility, irregular periods, or excess hair growth.

1.1 NEED FOR THE STUDY

PCOD can lead to long-term health issues if not managed properly. It increases the risk of type 2 diabetes, cardiovascular disease, high blood pressure, and high cholesterol. Other complications include sleep apnoea, endometrial cancer, depression, anxiety, and pregnancy issues like gestational diabetes. Regular check-ups, lifestyle changes, and timely medical care are essential to manage these risks.

As already mentioned, PCOS is the most common endocrine pathology in reproductive aged females worldwide, affecting between 5% and 15% of females, depending on the agnostic criteria. Rotterdam criteria include a broader prevalence than the National Institute Health 1990 Criteria. Based on the NIH 2012 workshop report, it is estimated that PCOS affects about 5 million reproductive-aged females in the United States. The cost to the health care system for diagnosing and treating PCOS is approximately \$4 billion annually, not including the cost of serious comorbidities associated with PCOS. Multiple conditions have been associated with PCOS, including infertility, metabolic syndrome, obesity, type 2 diabetes mellitus, cardiovascular risk, depression, endometrial cancer. Higher prevalence has been associated with first-degree relatives with PCOS. Pubertal obesity, congenital virilizing disorders, above-average or low birth weight for gestational age and the use of valproic acid as an anti epileptic drug es have also suggested that there is a higher prevalence among Mexican Americans than non-Hispanic whites and African Americans National Prevalence: In India, studies have reported varying prevalence rates, with some indicating a range of 2% to 35%. Other studies have found prevalence rates around 10.97%.

State Prevalence (Tamil Nadu - Example): While data specific to Tamil Nadu may be limited, studies have shown that PCOS prevalence can vary across different regions of India. It's important to note that the prevalence in Tamil Nadu may be higher or lower than the national average depending on factors like socioeconomic status, lifestyle, and access to healthcare. A population study revealed that overt and occult PCOD accounted for 90% of patients with oligomenorrhoea and 37% with amenorrhoea, or 73% with oligo- or amenorrhoea. Oligo- or amenorrhoea accounted for 21% of couples with infertility and the

annual incidence was 247 patients per million of the general population. The annual incidence of infertility due to PCOD per million was 41 with overt PCOD and 139 with occult PCOD (total 180). Of those, 140 appeared to respond well to clomiphene (78%) but 40 (22%) failed, requiring alternative therapy. A study on teenage girls and college girls in several colleges around India was found to show a higher percentage of college girls with PCOD and there was around 36

% of increase in cases of PCOD compared from a period of 2007-08, showing a severe fast increase of cases of PCOD among college girls in an alarming rate.

Hence it is important for the college students to know about poly cystic ovarian disease . Here the researcher is interested to assess the knowledge on poly cystic ovarian disease among arts college students . To enhance their knowledge to help them and others also.

U.S. Scientists reported that the prevalence of Polycystic Ovarian Syndrome may be as high as 11.2% in girls of reproductive years. Among this group, adolescent girls make up a large part, perhaps as high as 50% of young girls suffer with polycystic ovarian disease (PCOD).

1.2 : STATEMENT OF THE PROBLEM

A study to assess the knowledge regarding poly cystic ovarian disease among arts college students at selected arts college in Madurai.

1.3 : AIMS AND OBJECTIVES AIM :

To assess the knowledge on poly cystic ovarian disease among arts college students

OBJECTIVES

- To assess the level of knowledge regarding poly cystic ovarian disease among students at selected colleges.
- To associate level of attitude regarding poly cystic ovarian disease among students with selected demographic variables.

1.4 RESEARCH HYPOTHESIS

H₁-There will be significant association between level of knowledge with selected demographic variables among arts college students.

1.5 OPERATIONAL DEFINITIONS KNOWLEDGE :

In this study , knowledge refers to the understanding about poly cystic ovarian disease by the arts college students.

POLY CYSTIC OVARIAN DISEASE :

In this study , Poly cystic ovarian disease is irregular periods, heavy menstrual bleeding, or absence of menstruation (amenorrhoea) among female.

ARTS COLLEGE STUDENTS

In this study it refers to students who aged between 17 - 20 and study undergraduate in various disciplin.

1.6 ASSUMPTION

Arts college students differ in their knowledge towards poly cystic ovarian disease.

1.7 DELIMITATION

- Period of study is limited to one week.
- Data collection is limited only to students of Meenakshi College, Madurai.

1.8 PROJECTED OUTCOME

The study will help to identify the level of knowledge on poly cystic ovarian disease among Arts college students .

REVIEW OF LITERATURE

CHAPTER II REVIEW OF LITERATURE

This chapter explains in detail about review of literature and conceptual framework used for the study. The review of literature involves the systematic identification, location and analysis of documents containing information related to the research problem. It is the critical summary of research on a topic of interest (**Polit, Beck & Hungler 2001:464**).

The word "literature review" can refer to two related things that are part of the broader literature review process. The first is the task of reviewing the literature, ie sourcing and reading through the existing research relating to your research topic. The second is the actual chapter that you write up in your dissertation, thesis or research project.

A literature review summarizes and synthesizes the existing scholarly research on a particular topic. Literature reviews are a form of academic writing commonly used in the sciences, social sciences, and humanities. Review of literature is an essential step in the development of a research project. The primary purpose is to gain a broad background or understanding of the information that is related to the research problem.

In this study review of literature is organized in the form of following headings They are:

2.1) Literature related to knowledge of poly cystic ovarian disease.

2.2) Literature related to early detection of poly cystic ovarian disease.

2.3) Literature related to prevention of poly cystic ovarian disease.

2.4) Literature related to structured teaching programme on poly cystic ovarian disease.

2.1) Literature related to knowledge of poly cystic ovarian disease in adolescent girls:

Farah Al Souheil et al (2020) conducted a cross-sectional study to assess the Lebanese women's knowledge and perceptions of PCOD and its management. This cross-sectional study included women whose ages ranged between 18 and 45 years. Women's demographic characteristics, reproductive health, knowledge, and perception of PCOD were analyzed through an online validated questionnaire. Among the 450 included women, 196 (43.6%) had good knowledge about PCOD. The majority of participants were aware that menstrual irregularity is a symptom of PCOD, 327 (72.7%), while only 231 (51.3%) women knew that PCOD may lead to Infertility Married women ($p < 0.001$) and those with undergraduate/ postgraduate degrees ($p < 0.001$) had better PCOD knowledge.

Ruba M Jaber et al. (2020) Conducted a cross-sectional study in women aged 18-75 years old at the outpatient department of Jordan University Hospital. The questionnaire consisted of three main parts: the respondents' socio-demographic variables, knowledge of PCOD, and attitude towards PCOD. There was a total of 400 participants, data was analyzed using SPSS version 23, 89% of the 400 participants were aware of the term PCOD. The results shows that most of the participants have adequate knowledge and positive attitude towards the disease. However, most of them lack knowledge on its complications.

Sunanda B., Sabitha Nayak (2016) Conducted a descriptive study to assess the knowledge on the poly cystic ovarian syndrome among the student nurses. 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 analyzed by using descriptive and inferential statistics. Distribution of the samples on demographic characteristics revealed that 85% of the samples were in the age group of 21-25years, 75% of the samples were Christians, 82% of the samples were consuming mixed diet, and 92% samples had regular menstrual cycle. 76% of the samples were with average knowledge and 10.7% with good knowledge regarding poly cystic ovarian syndrome. Hence the study concluded that Source of

information, consumption of junk food, dietary patterns of the students were associated with their level of knowledge on PCOD at 5% level of significance

Barkha Devi (2013) conducted survey approach experimental study to explore the knowledge of nursing students regarding PCOD and to assess self-preventive measures adopted. Researcher selected 100 students studying in 3rd year BSC. The findings of the study shows that majority of the students were in the age group of 20 to 21 years (78%) While the remaining girls who had good level of knowledge were in age group of 19 years almost all students had inadequate knowledge regarding PCOD.

Sowmya M.A et al., (2013), conducted a pre experimental study to assess the effectiveness of structured teaching programme on knowledge of poly cystic ovarian syndrome among adolescent girls. The demographic Proforma were collected from the adolescent girls by using structured knowledge questionnaire. Data obtained in these areas were analyzed using descriptive and Inferential statistics. A significant difference between pre test and post test knowledge was Round (12.0 ± 7.9 neg $p < 0.05$) The study findings showed that the structured teaching programme was effective in improving knowledge of adolescent girls regarding poly cystic ovarian syndrome

2.2) Literature related to early detection of poly cystic ovarian disease:

Moran L, et al (2010) conducted a cross sectional study in young woman to assess the psychological features in young women with and without PCOD. Women with PCOD demonstrated worsened quality of life ($p = 0.033$) and greater anxiety ($p = 0.01$) and depression than women without PCOD related to BMI status. Women with ($p = 0.023$) PCOD were more likely to perceive themselves as at risk of obesity ($p = 0.012$) and infertility ($p = 0.0001$) and perceived greater importance in reducing future risk of pre diabetes ($p = 0.027$) gestational diabetes ($p = 0.039$) type 2 diabetes ($p = 0.01$), heart disease ($p = 0.005$) obesity ($p = 0.0007$) and infertility ($p = 0.023$) than women without PCOD. Women with PCOD were more likely to have fears about future health related to weight gain ($p = 0.045$), loss of femininity ($p = 0.035$) loss of sexuality ($p = 0.003$) and infertility ($p = 0.019$) than women without PCOD.

Glueck CJ, et al. (2009), conducted a descriptive study in 20 adolescents age, or-17(16 ± 1 yr) with poly cystic ovary syndrome (PCOD), endocrinology and coronary heart disease (CHD) Risk factors. Median weight fell from 85.5 to 78.4 kg ($p = 0.004$), waist circumference from 91 to 84 cm ($p = 0.017$) triglyceride from 108 to 71 mg/dl ($p = 0.026$) and testosterone from 45.5 to 31.5 ng/dl ($p = 0.03$) The percentage of cycles with normal menses rose from a pre-treatment median of 8% to 100%, $p < 0.0001$

Wendy A. March, Vivienne M. Moore et al., (2009), A retrospective cohort study was carried out in which 728 women born during 1973-1975 in a single maternity hospital were traced and interviewed in adulthood (age = 27 - 34 year; $n = 728$) Symptoms of PCOD (hyper androgenism, menstrual dysfunction and poly cystic ovaries) were identified by examination and the presence of poly cystic ovaries in those that did not consent to the ultrasound were imputed. The estimated prevalence of PCOD in this birth cohort using the NIH criteria was $8.7 \pm 2.0\%$ (with no need for imputation). Under the Rotterdam criteria, the prevalence was $11.9 \pm 2.4\%$ which increased to $17.8 \pm 2.8\%$ when imputed data were included. Under the AES recommendations, PCOD prevalence was $10.2 \pm 2.2\%$, and $12.0 \pm 2.4\%$ with the imputed data. Of the women with PCOD, 68-69% did not have a preexisting diagnosis.

2.3) Literature related to prevention of poly cystic ovarian disease:

Justyna Kulickowska-Plaksej et.al (2019), Conducted an experimental study was to measure the levels of 25-hydroxyvitamin D [25(OH)D] and vitamin D binding protein (VDBP) and assess their relationships with cardiovascular risk factors in women with the poly cystic ovary syndrome (PCOD). A

group of 267 women, aged 20-35 years (24.7 ± 4.9): 167 with PCOD and 100 healthy women were divided according to body mass index. In the normal weight control group total, free, bio available 25(OH)D ($p < 0.001$ for all) were significantly higher than in its overweight/obese counterpart, while VDBP levels were comparable. In PCOD women total 25(OH)D ($p < 0.001$), and VDBP ($p = 0.006$) were lower in the overweight/obese subgroups than in the normal weight ones. In both groups serum VDBP levels correlated negatively with serum insulin and positively with sex hormone binding globulin. In PCOD group, in contrast to control group, VDBP was negatively correlated with abdominal fat deposit, BMI, fasting glucose and positively with HDL. Despite lower total 25(OH)D in obese PCOD women, all women with PCOD (lean and obese) had comparable free and bio available 25(OH)D, which might be a result of concomitantly lowered serum VDBP levels in obese PCOD women, VDBP might play important role in the regulation of availability of active fractions of 25(OH)D in PCOD women. VDBP seems to be associated with cardiovascular risk factors such as BMI, waist circumference, visceral fat, and fasting serum insulin in women with PCOD.

Jodie C. Avery, Lisa J. et al. (2019) Conducted a cross-sectional study data were analyzed from 1509 women aged 15-45 years participating in a cross-sectional study, face-to-face population survey in South Australia, 2015. We assessed the prevalence of PCOD in 10-year age groups and the frequency of co morbidities in women with and without PCOD sub grouped by age (<45, 22-45 years). The main outcome measures were Diagnosed PCOD and other chronic conditions, lifestyle factors. Logistic regression analyses determined the risk of co morbidities in women with PCOD adjusting for age and BMI. Overall prevalence of PCOD was 5.6% (95% confidence interval (CI) 4.6-6.9%), peaking in the 35-44 year age group (9.1%), and lowest in those aged 15-24 (4.1%) or 22-45 (3.7%) years. Women with PCOD and aged <45 years were more likely to report diabetes (16.7% vs. 3.8%), cardiovascular disease (15.5% vs. 7.2%) and arthritis (15.5% vs. 7.2%) than their peers; these differences were diminished in the >> 45 year age group. The odds of diabetes and cardiovascular disease were more than doubled among women with PCOD (adj OR 2.23, 95% CI 1.49-4.31; adj OR 3.18, 95% CI 1.31-7.68).

Genazzani AD, Ricchieri F, Lanzoni C (2012) conducted an experimental study in adolescents in metformin is quite an old drug, but it is optimal for the control of glycaemia in type 2 diabetes. It was reported, 15 years ago, that insulin resistance was abnormally high in most polycystic ovary syndrome (PCOD) patients. Starting disorder over 2 years after menarche, a higher incidence of obesity, marked hyper androgenism and insulin resistance and disorderly gonadotropine secretion in comparison with control subjects. Hyper androgenism and insulin resistance are much more severe in obese adolescent PCOD.

Judy Griffin Mc Cook, et al (2011) conducted a cross-sectional study, regarding quality of life in women with polycystic ovarian syndrome. The results of this study indicate that women with PCOD have the greatest concern in the area of weight, followed by menstrual problems and infertility. These concerns are directly reflected in their objective life experiences. Women with PCOD clearly need education and support regarding the effect of their quality of life.

Sigrid elsenbruch et. al (2005), They conducted a survey method the sample was collected from out patients clinics of the division of endocrinology, department of medicine at the university of essen, based on referrals from gynecologists in the surrounding area or patient distracted by the clinic's home page. They concluded that the pronounced psychological and psycho-social problems affecting health related to quality of life of patients with PCOD

Susanne Hahn, et. Al (2007) conducted a comparative study was conducted in out patient clinic of The

Department Of Medicine, university of Duisburg Essen, Germany. The result of the study was PCOD patients showed significant reductions in quality of life, increased psychological disturbances, and decreased sexual satisfaction when healthy controls. BMI and hirsutism scores, but not the presence of acne, were associated with physical aspect of quality-of-life and sexual satisfaction.

Maria E et. Al(2010) conducted a cross sectional study of female adolescents and to determine whether clinically observed or self-perceived severity of illness affect their HRQL (Health related quality life) they concluded that adolescents with PCOD experience lower HRQL compared with healthy adolescents. Poly cystic ovarian syndrome and perceived severity of illness negatively affect HRQL in adolescents. This study suggests a need to develop interventions to reduce the distress that patients with PCOD may face to adolescents and young adult.

2.4) Literature related to structured teaching programme on poly cystic ovarian disease:

Sowmya M.A & Philomena Fernandes (2013) conducted a structured teaching programme of knowledge regarding Poly cystic ovarian syndrome among adolescent girls. The study findings showed that the structured teaching programme was effective in improving knowledge of adolescent girls regarding Polycystic ovarian disease. A significant difference between pre test and post test knowledge was found ($12.079-p<0.05$). The study findings showed that the structured teaching programme was effective in improving knowledge of adolescent girls regarding Polycystic ovarian syndrome.

M Khushboo Bar (2016) conducted the descriptive study to assess the knowledge regarding PCOD among teenage girls. Data the findings of the study reveals that majority of girls who were having poor knowledge belonged to age group of 18 years and majority of girls who had fair level of knowledge were 17 years old. Studies related to effectiveness of structure teaching programme of Polycystic ovarian disease.

Deekshakumari, Deepu Gupta (2017) conducted a Structured teaching Programme on PCOD in the terms of knowledge and attitude among nursing students and Shimla nursing college. True experimental research approach pre-test post-test design was used. The result of the study shows that pretest mean knowledge score of control group is 6.44 and post-test is 7.84. Pretest mean knowledge score of experimental group is 7.44 and post-test is 12.6.

AtiqullaShariff, GulamSaidunnisa Begum (2017) conducted a Structured teaching Programme of knowledge regarding PCOD among female university students. A validated questionnaire was administered to all the 244 participants to assess the baseline knowledge. The knowledge of participants was improved through structured education programme that can play a vital role in prevention and early diagnosis of PCOD.

Sonia Rawat, et al (2017) conducted a structured teaching programme on knowledge about Polycystic ovarian syndrome among adolescent girls. The findings of the study revealed that STP was effective in enhancing the knowledge of adolescent girls on PCOD. Hence the study concluded that structured teaching programme had a great potentiality to increase the awareness on PCOD.

Deeksha Kumari et al (2017) conducted a structured teaching programme on Poly cystic ovarian disease in terms of knowledge and attitude among nursing students of Shimla nursing college, Annandale, Shimla. It was found out that the STP was effective in enhancing the knowledge and changing the attitude of nursing students regarding Poly cystic ovarian disease.

Pramila D'Souza et al. (2013) conducted a structured teaching programme (PTP) on Poly cystic ovarian syndrome (PCOD) among adolescent girls in selected high schools at Mangalore. An evaluatory approach with pre-experimental one group pretest post-test design was used for the study. The subjects

were 100 adolescent girls selected by convenience sampling technique. PTP was administered after the assessment of preintervention the knowledge on PCOD. Post intervention knowledge was assessed on the 7 day of the administration of PTP through the same structured knowledge questionnaire. The results of this study in general showed, the significant difference between the mean pretest and post test knowledge score (17.02, $p < 0.05$). The significant difference was found in between all the areas. There was no association between the pretest knowledge score and selected demographic variables. Hence it can be concluded that PTP was effective in gaining knowledge of adolescent girls on PCOD. which was evident in post-test knowledge score.

2.5 CONCEPTUAL FRAME WORK

Conceptual framework helps to express abstract ideas in a more reality understandable or precise form of the original conceptualization. The conceptual framework for this study was direction from Peplau's interpersonal relationship theory (1953).

Hildegard Peplau's Interpersonal Relations Theory in Nursing focuses on the therapeutic nurse-patient relationship and its progression through four phases: orientation, identification, exploitation, and resolution. This theory views nursing as an interpersonal process where the nurse and patient interact with a shared goal, aiming to help patient learn and grow through improved communication and understanding.

Step 1 : Orientation Phase Step II : Identification Phase Step III : Exploitation Phase Step IV : Resolution Phase

KEY CONCEPTS

- **Interpersonal relations:** The relationship between the nurse and patient is the core of nursing practice.
- **Therapeutic relationship:** The nurse-patient relationship is a therapeutic one, aimed at promoting patient health and well-being.
- **Phases of the relationship:** The nurse-patient relationship progresses through several phases, including orientation, identification, exploitation, and resolution.

CENTRAL PURPOSE

The central purpose of Peplau's Interpersonal Relations Theory is to enhance Nurse-Patient Relationships by improve communication, promote mutual understanding, facilitate patient growth.

In this study the central purpose is to assess the level of knowledge regarding PCOS among college students at selected college Madurai

• ORIENTATION PHASE:

This initial phase involves the nurse and patient meeting as strangers, establishing expectations, and exploring the purpose of the nurse-patient relationship.

In this study obtained proper permission from college administration & introduction of group members among college students, developing trust, establish rapport, information given regarding project work.

• IDENTIFICATION PHASE:

The patient begins to identify with the nurse, recognizing her as a reliable and supportive person. .

In this study explaining key concept of research project, getting written informed consent, initiate active participation of students, provide comfortable environment and getting good co-operation in the project.

• EXPLOITATION PHASE:

The patient actively engages in the nursing process, working towards goals and making use of the nurse's expertise.

In this study assessment of knowledge about PCOD by self structure questionnaire ,allow the participants to tick the answers in the given options & maintain confidentiality and Supportive measures taken to complete the project

- **RESOLUTION PHASE:**

The patient and nurse move towards the termination of the relationship, with the patient gaining independence and a sense of control over their health.

In this studyTermination of relationship with the students & achieve a therapeutic relationship andevaluation of knowledge level about PCOD among college students.

knowledge level about PCOD

Above average :20-25

Average :11-19

Below average :1-10

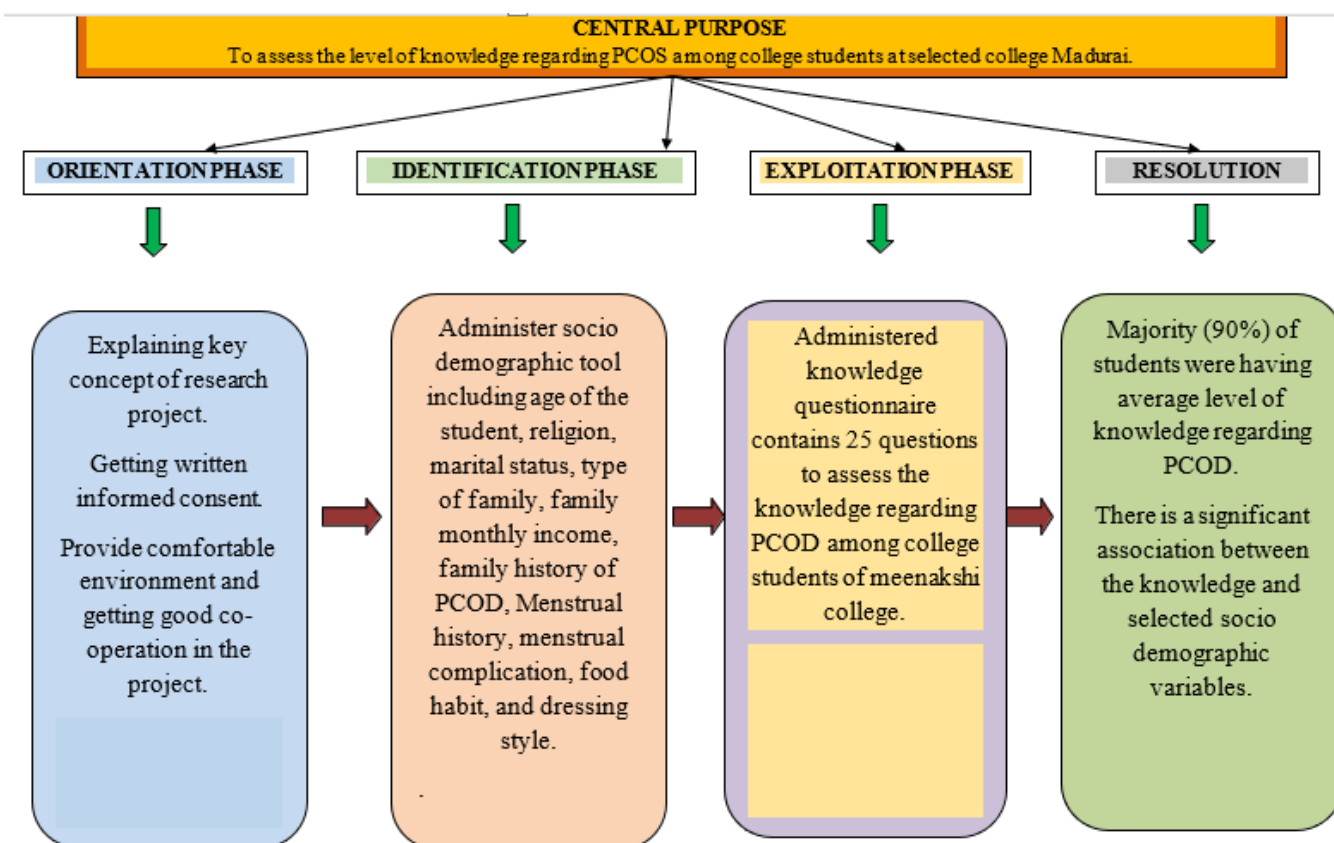


FIGURE 1: CONCEPTUAL FRAME WORK BASED ON HILDEGARD PEPLAU'S INTERPERSONEL RELATIONS THEORY

METHODOLOGY

CHAPTER III RESEARCH METHODOLOGY

Research methodology is a method to solve research problem systematically. The method used to structure a study together and analyze in a systematic fashion.

(Polit & Beck 2011)

The methodology of research indicates the general pattern of organizing the Procedure for assembling valid and reliable data for investigation. This chapter provides a brief explanation of the method adopted by the investigator in this study. It includes the research design, and variables, setting of study, population, sample, sample size, sampling technique, description of the tool, data collection procedure and plan for data analysis

3.1 RESEARCH APPROACH

Quantitative Evaluative Approach

3.2 RESEARCH DESIGN

Non-Experimental (Descriptive) Research design.

3.3 VARIABLES

Research variables

Knowledge regarding PCOD

3.4 SETTINGS OF THE STUDY

Shri Meenakshi Govt College, Madurai

3.5 POPULATION OF THE STUDY TARGET POPULATION

UG Female students

ACCESSIBLE POPULATION

UG Female Students at Shri Meenakshi Govt Arts College Madurai.

3.6 SAMPLE

UG Female Students at Shri Meenakshi Govt Arts College Madurai who met the inclusion criteria.

3.7 SAMPLE SIZE

30 students.

3.8 SAMPLING TECHNIQUE

Non Probability (Purposive) sampling technique.

3.9 CRITERIA FOR SAMPLE SELECTION

Inclusion criteria

- UG Female students.
- Aged between 18–25 years.
- Willing to participate in the study.
- Able to read and understand Tamil and English Exclusion criteria
- UG Female Students not available at the time of data collection
- Students diagnosed with PCOD

3.10 RESEARCH TOOL AND TECHNIQUE

The technique to be used for this study is structured knowledge questionnaire.

The tool contain two sections

SECTION-A

Socio demographic variables Age, Course study, Religion, Marital status, Type of family, Family monthly income, Family history, Menstrual history, Menstrual complication, Food habit, Dressing style.

SECTION-B

Structured knowledge questionnaire based on knowledge of PCOD

3.11 SCORING PROCEDURE

Each correct answer carries one mark ,0 for incorrect or unanswered. Scoring are calculated as follow as

Level of knowledge on PCOD	Scoring interpretation
Below average	< 10
Average	11-19
Above average	>20

3.12. ETHICAL CONSIDERATION:

The study was approved by the Principal, collage of nursing ,Madurai medical collage, Madurai. Both verbal and written informed consent was obtained from all the subjects and the date collection was kept confidential. They are also explained that they may withdraw from the study at any time. Anonymity and confidentiality was maintained throughout the study

3.13 TESTING OF THE TOOL

Validity: The tool was used in this study is structured knowledge questionnaire with socio demographic variables which was validated by Nursing experts in the field of Nursing. Experts validate the clarity, relevance and appropriateness of the content. Based on their suggestion

Reliability: Reliability of the tool is a major criterion in assessing the accuracy. The reliability score shows there is a stability and consistency in the tool items.

3.14 DATA COLLECTION PROCEDURE:

Formal permission was obtained from the Principal and the Coordinator of Govt College Shri Meenakshi Govt Arts College, Madurai. On the day of data collection the investigator introduced them self and explained the nature and purpose of the study to the Shri Meenakshi Govt Arts College, Madurai. 30 subjects was selected based on the convenience of the researcher. Written and oral informed consent was obtained from the students and the confidentiality of their responses assured. Session started with introduction of self. establishment of rapport, explanation regarding the purpose and nature of the study. collection of socio demographic data among UG female students Shri Meenakshi Govt Arts College, Madurai students and the level of knowledge was assessed by structured knowledge questionnaire regarding PCOD

3.15 PLAN FOR DATA ANALYSIS:

The data was analyzed according to objectives of the study by using descriptive and inferential statistics.

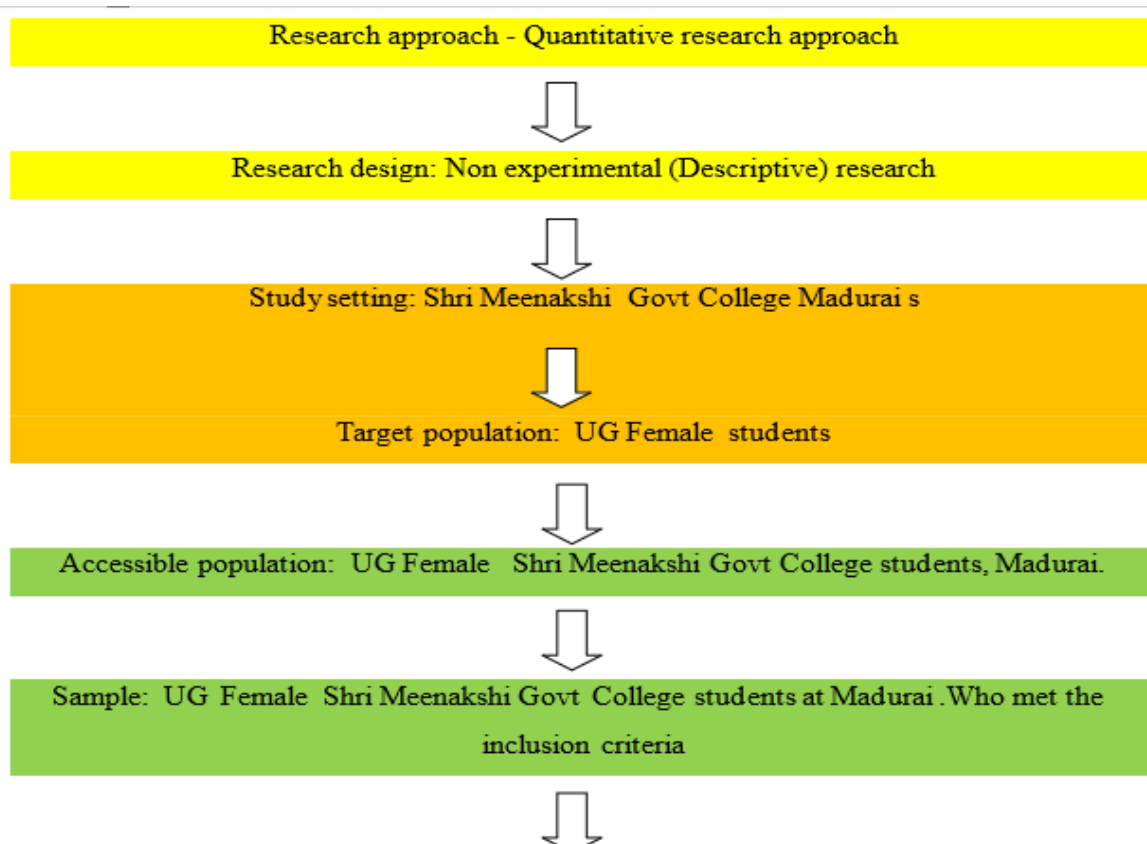
Descriptive statistics

Frequency and percentage was used for describing socio demographic variables.

Inferential statistics

Chi-square analysis was used to find out the association between the level of Knowledge on PCOD among UG female students Shri Meenakshi Govt Arts College, Madurai with their selected socio demographic variables.

FIGURE-2 SCHEMATIC REPRESENTATION OF METHODOLOGY



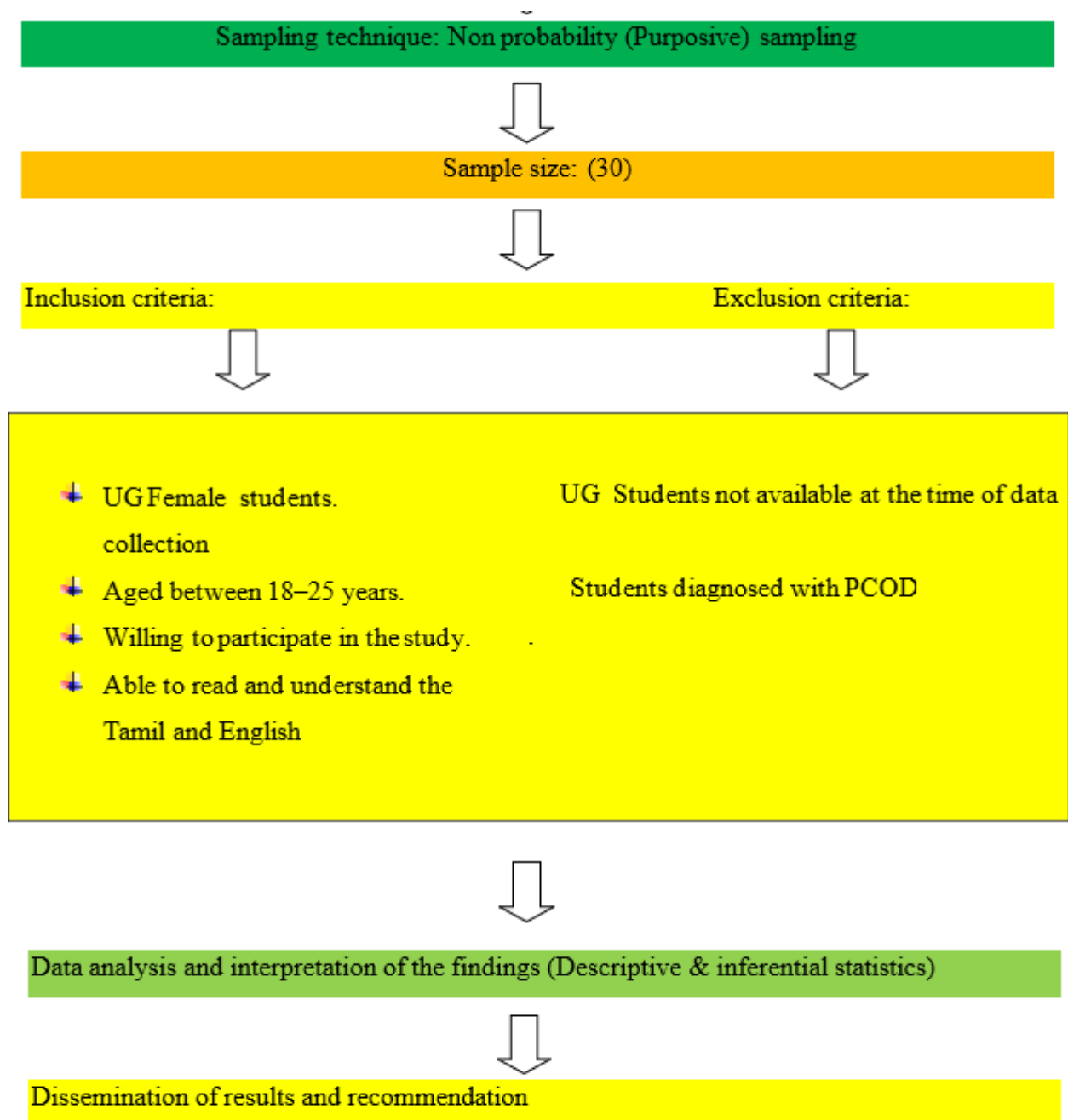


FIGURE 2 SCHEMATIC OF RESEARCH METHODOLOGY

DATA ANALYSIS AND INTERPRETATION

CHAPTER – IV

DATA ANALYSIS AND INTERPRETATION

This chapter explains the statistical analysis performed on the collected data analysis the method of organizing data in such a way that research questions can be answered and hypotheses can be tested. The purpose of analyzing the data collected in the study is to describe the data in meaningful terms, as the collected data has to be systematically analyzed so that trends and patterns of relationship can be

detected.

The data assembled, analyzed tested for their significance. The findings based on the statistical analysis presented in this chapter. Descriptive statistical is used to organize and summarize the data to draw meaningful interpretations.

Organization of data

The analysis and interpretation of data was organized under the following section.

Section A

Distribution of subjects according to the selected socio-demographic variables among college students

Section B

Description of subjects according to their level of knowledge regarding PCOD among college students

Section C

Association between the level of knowledge regarding PCOD among college students with their selected socio demographic variables

SECTION A

Distribution of subject according to their selected socio-demographic variables among college students

TABLE- 1
Frequency and Percentage distribution of college students according to their socio demographic variables.
n=30

Demographic Variables	Frequency (f)	Percentage (%)
Age in years		
17	8	26.7
18	10	33.3
19	10	33.3
20	2	6.7
course of study		
UG	30	100
PG	0	0
Others	0	0
Religion		
Hindu	29	96.7
Christian	0	0
Muslim	1	3.3
Marital status		
Married	1	3.3
Unmarried	29	96.7

Type of family		
Nuclear	17	56.7
Joint	11	36.7
Extended	2	6.6
Family monthly income		
<10000	15	50.0
10001-20000	8	26.7
20001-30000	6	20.0
>30001	1	3.3
Family history of PCOD		
Paternal	0	0
Maternal	1	3.3
None	29	96.7
Menstrual history		
Regular	25	83.3
Irregular	5	16.7
Menstrual complication		
Excessive bleeding	1	3.3
Painful menstruation	17	56.7
None	12	40.0
Food habit		
Vegetarian	14	46.7
Mixed diet	16	53.3
Dressing Style		
Traditional	9	30.0
Western	0	0
Mixed	21	70.0

The above table1 shows the frequency and percentage distribution of college students with their selected socio-demographic variables.

With considering age, majority of the subject, 10(33.3%) were 18 and 19 years,8(26.7%) were 17 and 2(6.7%) were 20 years.

With considering course of study, all the subjects, 30(100%) were female

With considering religion, majority of subjects, 29(96.7%) belongs to Hindu religion , 1(3.3%) belongs to Muslim .

While considering the marital status, majority of the subjects, 29(96.7%)were married, 1(3.3%) unmarried.

With regard to type of family majority of the subjects, 17(56.7 %) were living in a nuclear family, 11(36.7%) were joint family and 2(6.6%) were from extended family.

While discussing with family monthly income majority of the subjects, 15(50.0%) were having monthly income of <10,000 and 8(26.7%) were 10,001-20000, 6(20.0%) were 20,001-30000 and 1(3.3%) were 30,001 .

With regard to family history of PCOD majority of the subjects, 29(96.7%) had no family history of PCOD, 1(3.3%) had the maternal history of PCOD.

While considering the menstrual history majority of the subjects, 25(83.3%) were had a regular menstrual history, 5(16.7%) were had irregular menstrual history.

With regard to menstrual complications majority of the subjects, 17(56.7%) were experiencing painful menstruation, 12(40.0%) were didn't experience any complications, 1(3.3%) having the complications of excessive bleeding.

While dealing food habit , majority of the subjects 16(53.3%) were taking mixed diet, 14(46.7%) were vegetarians.

Pertaining to dressing style, majority of the subjects 21(70.0%) were mixed style, 9(30.0 %) were traditional dressing style.

Distribution of subjects according to Age

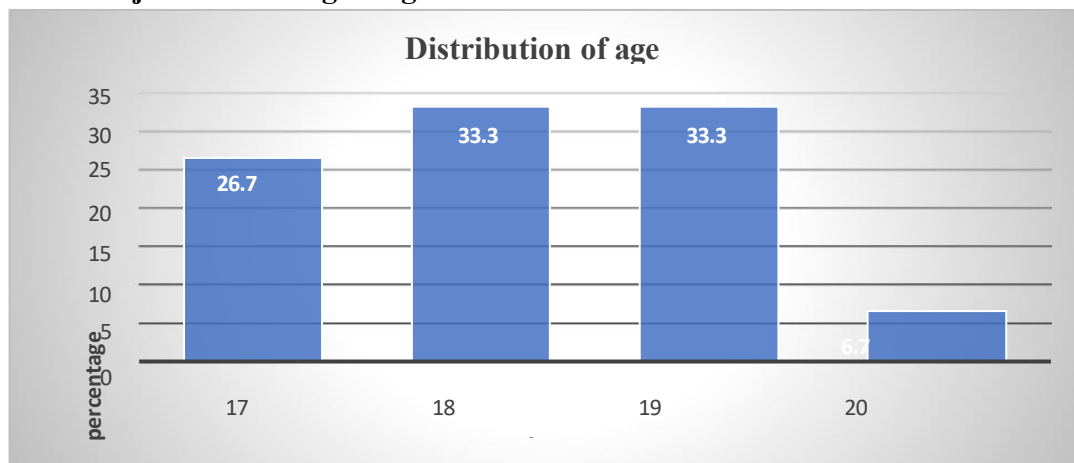


Figure 3:bar diagram reveals the percentage distribution of subjects according to their Age

The above bar diagram reveals that majority of the subjects,10(33.3%) were belongs to 18 &19 yers and 8(26.7%)were belongs to 17 years and 2(6.7%) belongs to >20 years

Distribution of subjects according to their distribution of type of family

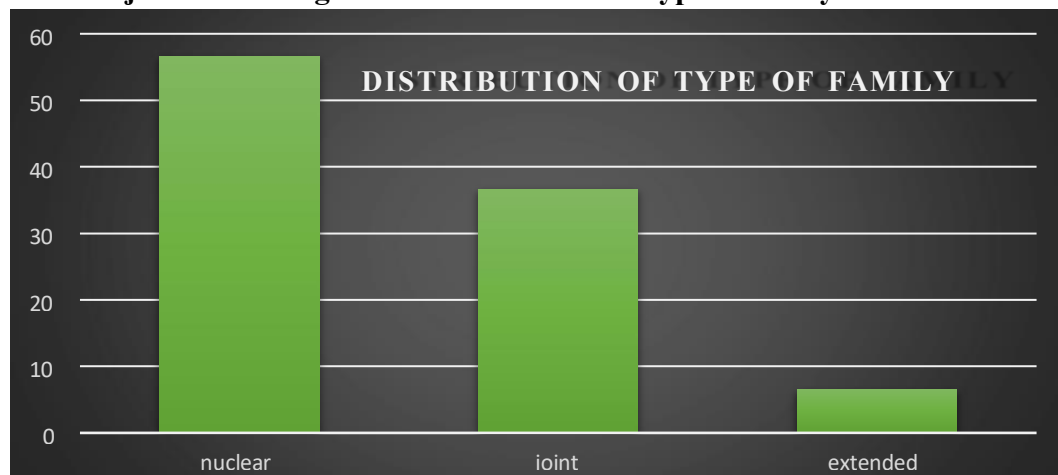


Figure 4: Bar diagram reveals the percentage distribution of subjects according to their type of

family majority of the subjects, 17(56.7 %) were living in a nuclear family, 11(36.7%) were joint family and 2(6.6%) were from extended family.

Distribution of subjects according to their family monthly income

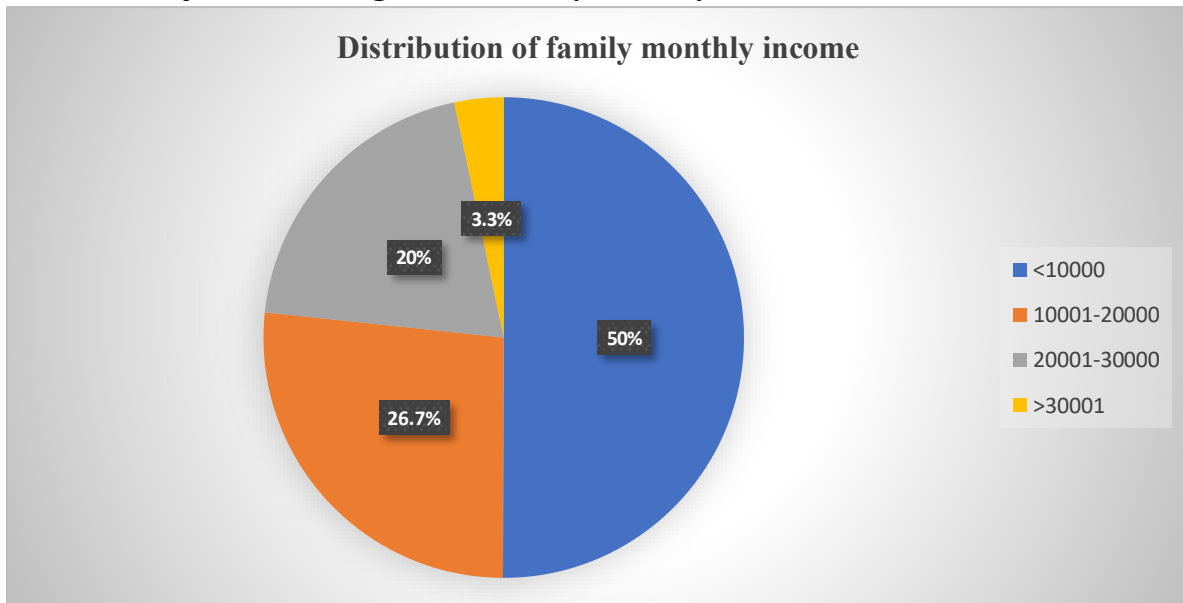


Figure 5 :Pie diagram reveals the percentage distribution of subjects according to their family monthly income.

The above pie diagram reveals that majority of the subjects, 15(50.0%) were having monthly income of <10,000 and 8(26.7%) were 10,001-20000, 6(20.0%) were 20,001-30000 and 1(3.3%) were 30,001 .

Distribution of subjects according to their menstrual complications

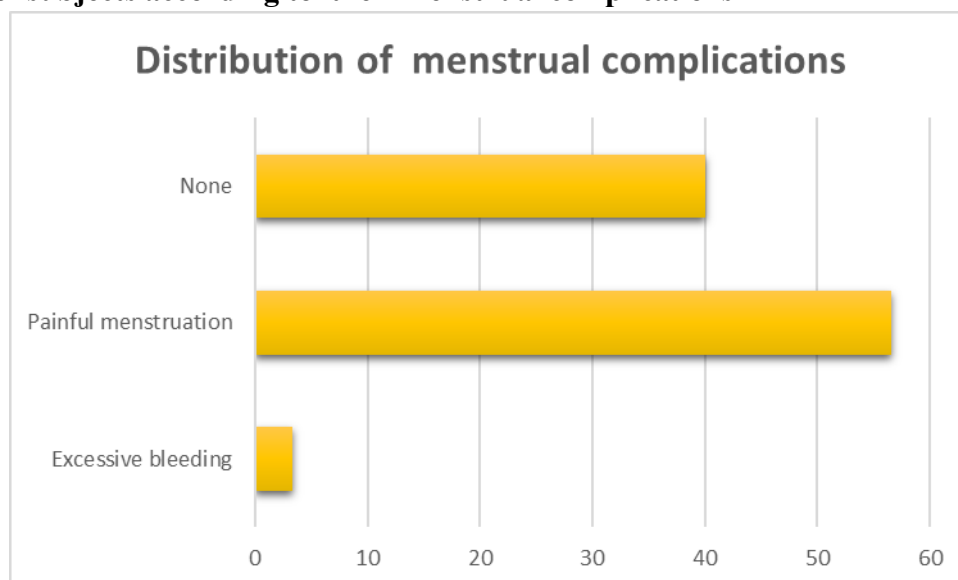


Figure 6: clustered bar diagram portrays the percentage distribution of subjects according to their menstrual complications

The above clustered bar diagram reveals that majority of the subjects, 17(56.7 %) were experiencing

painful menstruation, 12(40.0%) were had excessive bleeding and 1(3.3%) didn't have any complications.

Distribution of subjects according to food habit

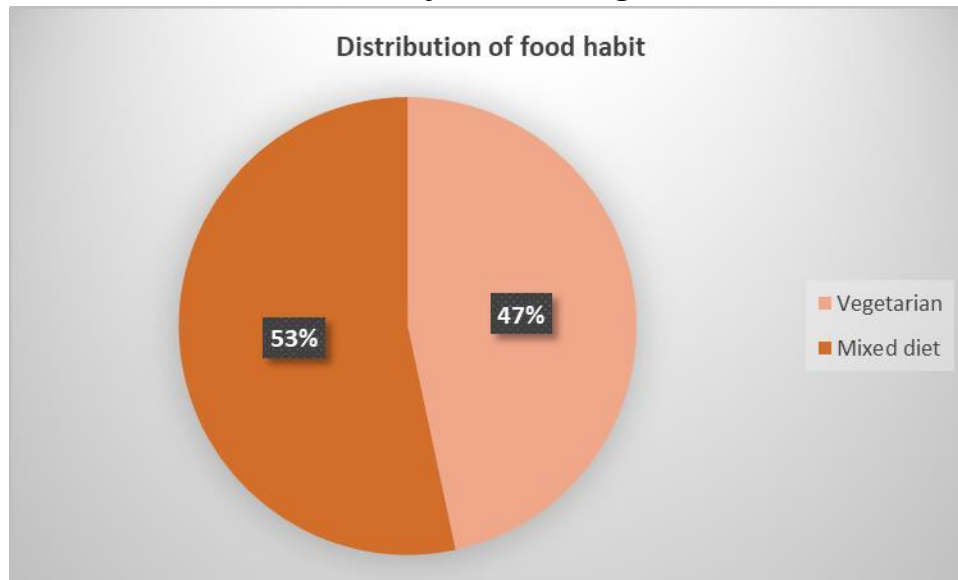


Figure 7: Pie diagram portrays the percentage distribution of subjects according to their food habit

The above Pie diagram shows that majority of the subjects, majority of the subjects, 16(53.3%) were taking mixed diet and 14(46.7%) were vegetarians.

Distribution of subjects according to their dressing style

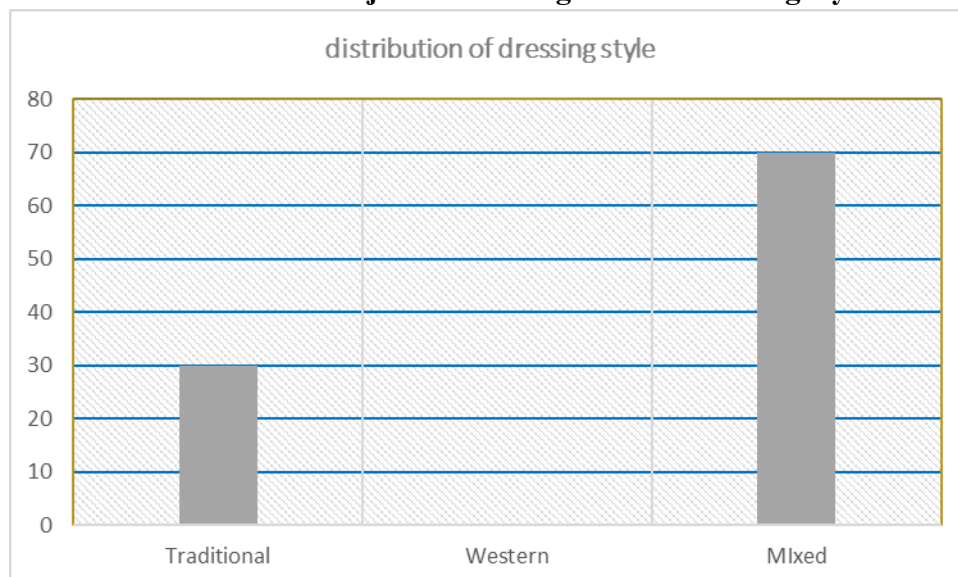


Figure 8: Bar diagram portrays the percentage distribution of subjects according to their occupation of father

The above bar diagram reveals that majority of the subjects, 21(70.0%) were mixed style, 9(30.0%) were traditional dressing style 0% were wearing western style.

SECTION –B

Description of subjects according to their level of knowledge regarding PCOD among college students at selected arts college in Madurai

TABLE - 2

Frequency and percentage distribution of subjects according to their level of knowledge regarding PCOD among college students.

Level of knowledge	(f)	(%)	Mean	standard deviation
Adequate	1	3.3%	13.8	2.84
Moderately adequate	27	90%		
Inadequate	2	6.7%		

The above table 2 shows that percentage distribution of subjects according to their level of knowledge regarding PCOD among college students at selected arts College at Madurai

Majority of the subjects 27 (90%) were having average level of knowledge, 2 (6.7%) were having below average level of knowledge and 1(3.3%) were having above average level of knowledge regarding PCOD. The Mean score with Standard deviation of knowledge regarding PCOD is 13.8 ± 2.84 .

Distribution of subjects according to their level of knowledge regarding PCOD among College students

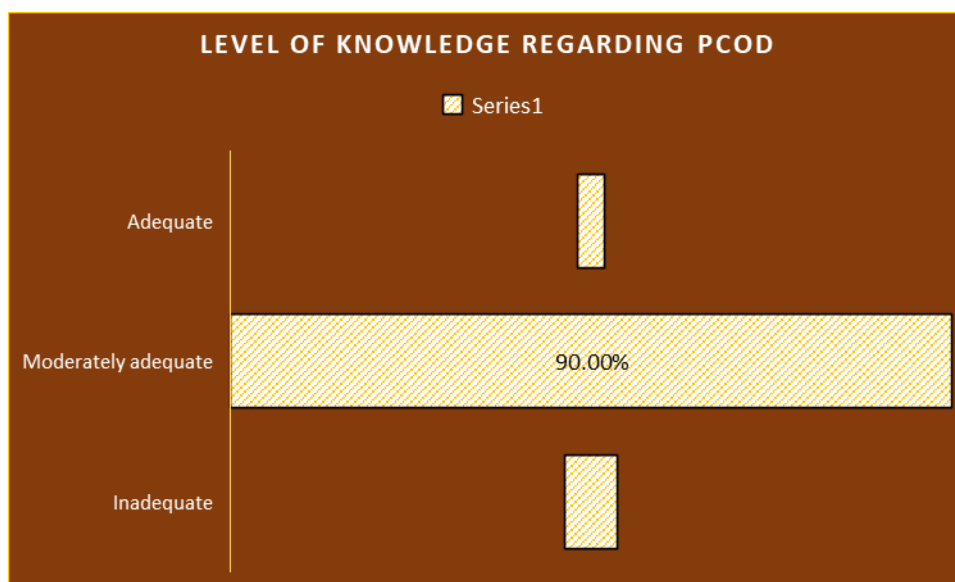


Figure 9: Clustered bar diagram shows percentage distribution of subjects according to their level of knowledge on PCOD

The above bar diagram reveals that, Majority of the subjects 27 (90%) were having average level of knowledge, 2 (6.7%) were having below average level of knowledge and 1(3.3%) were having above average level of knowledge regarding PCOD. Mean score of knowledge regarding PCOD is 13.8 and Standard deviation of knowledge regarding PCOD is 2.84

SECTION C

Associate the level of knowledge regarding PCOD among college students with their selected socio-demographic variables

TABLE: 3

Association between the level of knowledge regarding PCOD among college students with their selected socio-demographic variables

S. No	Socio- demographic variables	LEVEL OF KNOWLEDGE						χ^2	df	‘t’ value
		Above average		Average		Below average				
		f	%	F	%	f	%			
1	Age in years									
	17	0	0	7	87.5	1	2.5	21.72	6	12.5 S
	18	0	0	9	90.0	1	10			
	19	0	0	10	100	0	0			
	20	1	50	0	0	1	50			
2.	Course of study							30	4	9.49 S
	UG	1	3.3	27	90	2	6.7			
	PG	0	0	0	0	0	0			
	Others	0	0	0	0	0	0			
3	Religion							0.11	4	9.49 NS
	Hindu	1	3.4	26	89.6	2	6.7			
	Christian	0	0	0	0	0	0			
	Muslim	0	0	1	100	0	0			
	Others	0	0	0	0	0	0			
4.	Marital status							16.1	6	12.5 S
	Married	0	0	0	0	1	100			
	Unmarried	1	3.4	27	93.2	1	3.4			
	Divorced	0	0	0	0	0	0			
	Widowed	0	0	0	0	0	0			
5.	Type of family							1.05	4	9.49 NS
	Nuclear	1	5.6	16	88.8	1	5.6			
	Joint	0	0	9	90	1	10			

	Extended	0	0	2	100	0	0			
6.	Family monthly income									
	<10000	0	0	16	88.8	2	11.2			
	10001-20000	1	16.7	5	83.3	0	0			
	20001-30000	0	0	5	0	0	5	1.05	4	9.49
	>30001	0	0	1	100	0	0			NS
7.	Family history of PCOD									
	Paternal	0	0	0	0	0	0			
	Matrinal	0	0	1	100	0	0			
	None	1	3.4	26	89.7	2	6.9	0.11	4	9.49
										NS
8.	Menstrual history									
	Regular	0	0	23	92	2	8	1.53	2	5.99
	Irregular	1	20	4	80	0	0			NS
9.	Menstrual complications									
	Excessive Bleeding	1	100	0	0	0	0			
	Painful menstruation	0	0	16	94.1	1	5.9			
	None	0	0	11	94.7	1	8.3	33.1	4	9.49
										S
10.	Food habit							0.95	2	5.99
	Vegetarian	0	0	7	87.5	1	12.5			
	Mixed	1	5	20	90	2	5			NS
11.	Dressing Style									
	Traditional	0	0	9	100	0	0			
	Western	0	0	0	0	0	0			
	mixed	1	4.8	18	85.7	2	9.5	0.53	4	9.49
										NS

S*– Significant, NS – Not Significant

The above table denotes the association between the level of knowledge regarding PCOD among college students with their socio-demographic variable.

In order to find out association between the level of knowledge regarding PCOD among college students with their socio-demographic variable Chi Square analysis reveals that, there was statistically significant association between the level of knowledge regarding psychiatric emergencies among college students with their selected socio-demographic variable such as **age of the subject ($\chi^2 = 21.72$, 't' value= 12.5)**, **course of study ($\chi^2 = 30$, 't' value= 9.49)**, **marital status ($\chi^2 = 16.5$, 't' value= 12.5)** and **menstrual complications ($\chi^2 = 33.1$, 't' value= 9.49)** were associated other variables religion, type of family, family monthly income, family history of PCOD,

menstrual history, food habit, dressing style were not associated with the level of knowledge regarding among college students with their selected socio-demographic variables.

Association between the level of knowledge regarding PCOD among college students with their course of Age.

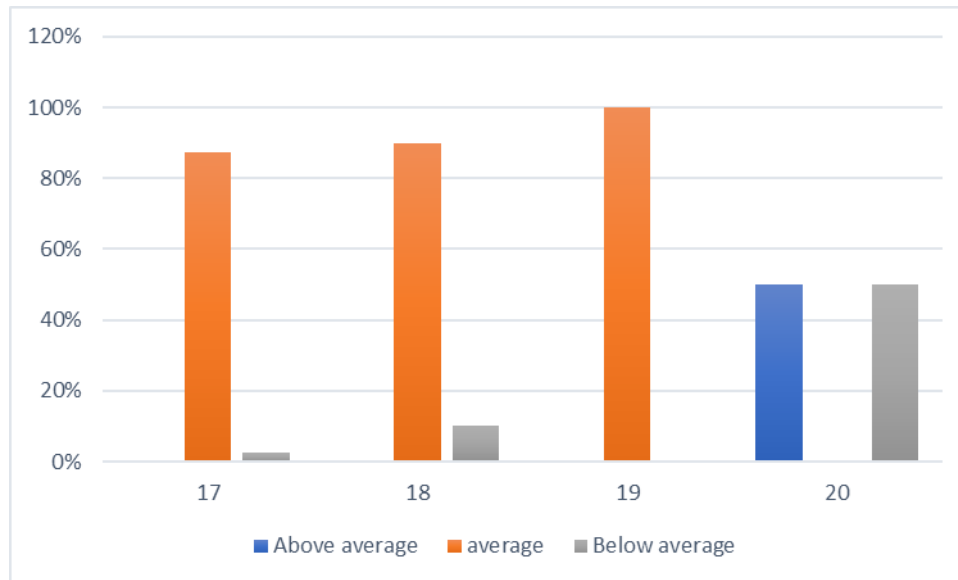


Figure 10: Above bar diagram shows that association between the level of knowledge regarding PCOD among college students with their age.

Chi square reveals that, there was statistically significant association between the level of knowledge regarding PCOD among college students with their age ($\chi^2 = 21.72$, 't' value= 12.5)

Association between the level of knowledge regarding PCOD among college students with their course of study

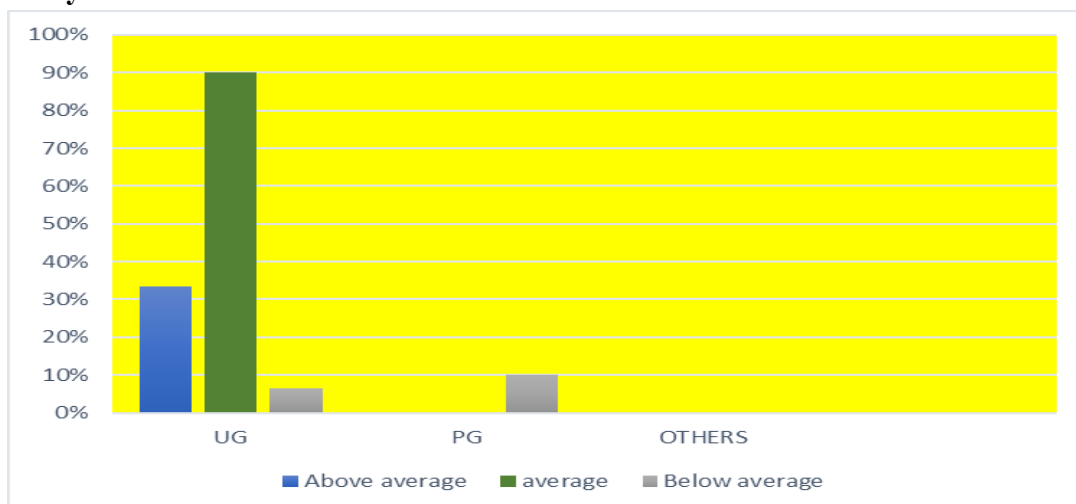


Figure 11: Above bar diagram shows that association between the level of knowledge regarding PCOD among college students with their course of study

Chi square reveals that, there was statistically significant association between the level of knowledge

regarding PCOD among college students with their course of study ($\chi^2 = 30$, 't' value= 9.49)

Association between the level of knowledge regarding PCOD among college students with their marital status.

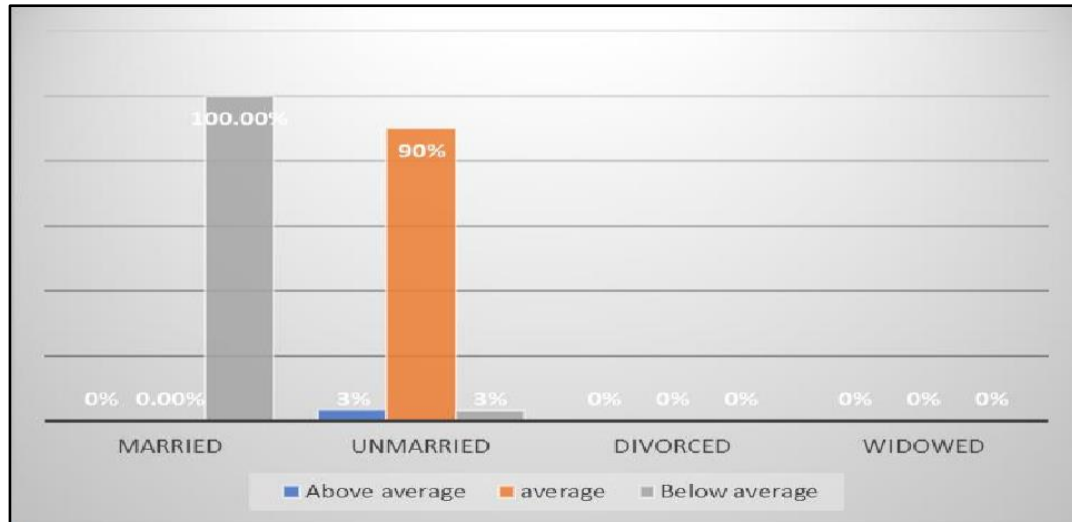


Figure-14 :Above bar diagram shows that association between the level of knowledge regarding PCOD among college students with their marital status

Chi square reveals that, there was statistically significant association between the level of knowledge regarding PCOD among college students with their marital status ($\chi^2 = 16.1$, 't' value= 12.5)

Association between the level of knowledge regarding PCOD among college students with their menstrual complications.

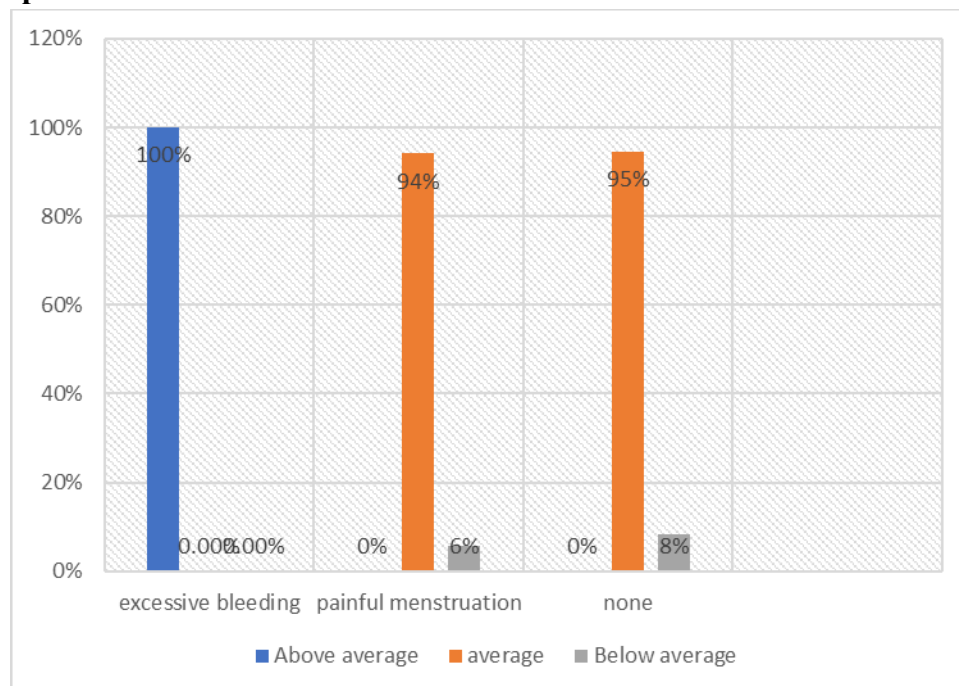


Figure 13: Above bar diagram shows that association between the level of knowledge regarding PCOD among college students with their menstrual complications

Chi square reveals that, there was statistically significant association between the level of knowledge regarding PCOD among college students with their menstrual complications ($\chi^2 = 33.1$, 't' value= 9.49)

DISCUSSION

CHAPTER V DISCUSSION

This chapter deals to find meaningful answers to research questions, the collected data must be processed, analyzed in an order and coherent fashion, so that patterns and relationship can be discussed. Based on the objective of the study and hypothesis, this chapter deals with detailed discussion on the results of the data interpreted from the statistical analysis. The present study was focused to assess the knowledge on PCOD among college students of selected college at Madurai.

The aim of the study was to assess the knowledge on PCOD among college students of selected college at Madurai.

30 samples were selected by purposive sampling technique. The tool used for the data collection was validated by the experts in the department of nursing. Knowledge on PCOD among college students of selected college at Madurai was assessed by structured questionnaire.

The objectives of the study

1. To assess the level of knowledge towards poly cystic ovarian disease among college students
2. To associate level of knowledge and attitude towards poly cystic ovarian disease among students with selected demographic variables.

The following hypothesis was tested at 0.05 level of significance

H1 :There will be significant association between level of knowledge and attitude with selected demographic variables among college students.

The findings of the study were discussed under the following headings

- Distribution of subjects according to the selected socio demographic variables among college students
- Description of subjects according to their level of knowledge regarding PCOD among college students
- Association between the level of knowledge regarding PCOD among college students with their selected socio-demographic variables

5.1 Distribution of subjects according to their selected socio-demographic variables.

An analysis of socio-demographic variables of college students at selected colleges at Madurai.

With considering age, majority of the subject, 10(33.3%) were 18 and 19 years and 2(6.6%) were >20 years.

With considering course of study, all the subjects, 30(100%) were UG

With considering religion, majority of subjects, 29(96.6%) belongs to Hindu religion , 1(3.3%) belongs to Muslim .

While considering the marital status, majority of the subjects, 29(96.6%)were married, 1(3.3%) unmarried.

With regard to type of family majority of the subjects, 17(56.6 %) were living in a nuclear family, 11(36.6%) were joint family and 2(6.6%) were from extended family.

While discussing with family monthly income majority of the subjects, 15(50%) were having monthly income of <10,000 and 8(26.6%) were 10,001-20000, 6(20%) were 20,001-30000 and 1(3.3%) were 30,001 .

With regard to family history of PCOD majority of the subjects, 29(96.6%) had no family history of PCOD, 1(3.3%) had the maternal history of PCOD.

While considering the menstrual history majority of the subjects, 25(83.3%) were had a regular menstrual history, 5(16.6%) were had irregular menstrual history.

With regard to menstrual complications majority of the subjects, 17(56.6%) were experiencing painful menstruation, 12(40%) were didn't experience any complications, 1(3.3%) having the complications of excessive bleeding.

While dealing food habit, majority of the subjects 16(53.3%) were taking mixed diet, 14(46.6%) were vegetarians.

Pertaining to dressing style, majority of the subjects 21(70%) were mixed style, 9(30%) were traditional dressing style.

5.2 Discussion based on the objective of the study

The first objective of the study was to assess the level of knowledge on PCOD among college students in selected colleges at Madurai. Majority of the subjects 27(90%) were having average level of knowledge on PCOD among college students in selected colleges at Madurai.

The second objective of the study was to find out the association between the level of knowledge on PCOD among college students in selected colleges at Madurai, with their selected socio demographic variables.

In order to find out the association between the level of knowledge on knowledge on PCOD among college students in selected colleges at Madurai, with their selected socio-demographic variables.

Chi square test revealed that there was statistically significant association with age of the subject ($\chi^2 = 21.72$, 't' value= 12.5), course of study ($\chi^2 = 30$, 't' value= 9.49) marital status ($\chi^2 = 16.5$, 't' value= 12.5) and menstrual complications ($\chi^2 = 33.1$, 't' value= 9.49), $p = 0.05$ level.

This finding of the study was consistent with a study done by Farah Al Souheil et al (2020), conducted a study to Assess the Lebanese women's knowledge and perceptions of PCOD and its management using self-structure questionnaire. Study shows that Among the 450 included women, 196 (43.6%) had good knowledge about PCOD. The majority of participants were aware that menstrual irregularity is a symptom of PCOD, 327 (72.7%), while only 231 (51.3%) women knew that PCOD may lead to Infertility.

Hence –H1 :There will be a significant association between level of knowledge and attitude with selected demographic variables among college students..

Hence research hypothesis is accepted.

SUMMARY, IMPLICATIONS, RECOMMENDATIONS AND CONCLUSION

CHAPTER VI

SUMMARY, IMPLICATIONS, RECOMMENDATIONS AND CONCLUSION

This chapter narrates the summary of the study and the conclusion drawn. IN this study the primary aim is A study to assess the knowledge recording **polycystic ovarian disease** among Arts college students, Madurai. This chapter deals with a summary of the study, findings and conclusion and its focus on the implication and gives recommendations for nursing practice, nursing research, nursing administration and nursing education.

6.1 SUMMARY OF THE STUDY

A study to assess the knowledge regarding poly cystic ovarian disease among arts college students

at selected arts college in Madurai.

AIMS AND OBJECTIVES AIM :

To assess the knowledge on poly cystic ovarian disease among arts college students

OBJECTIVES

- To assess the level of knowledge regarding poly cystic ovarian disease among students at selected colleges.
- To associate level of attitude regarding poly cystic ovarian disease among students with selected demographic variables.

RESEARCH HYPOTHESIS

HI-There will be significant association between level of knowledge with selected demographic variables among arts college students.

The following hypothesis were tested

HI-There will be significant association between level of knowledge and about PCOD with selected demographic variables among arts college students.

Non-experimental descriptive design was used to assess the knowledge regarding PCOD among College students Madurai. The population of the study was students studying at Sri Meenakshi Govt Arts College, Madurai. The sampling technique is non-probability (purposive) sampling was used to select the sample. 30 college students those who are studying in Sri Meenakshi Govt Arts college, Madurai. Validity and reliability of the tool was tested and then the tool was used for data collection. The data gathered were analyzed by using both descriptive and inferential statistics.

The data collection tool consists of two parts,

SECTION-A:Socio demographic variables Age, Course study, Religion, Marital status, Type of family, Family monthly income, Family history, Menstrual history, Menstrual complication, Food habit, Dressing style

SECTION-B:Structured knowledge questionnaire based on knowledge of PCOD

It consists of 25 structured questionnaires related to knowledge regarding poly cystic ovarian disease . Each question carries 1– mark for correct answer.

6.2 MAJOR FINDING OF THE STUDY

The study finding summarized as below,

An analysis of socio demographic variables of college students at selected colleges at Madurai.

With considering age, majority of the subject, 10(33.3%) were 18 and 19 years and 2(6.6%) were >20 years.

With considering religion, majority of subjects, 29(96.6%) belongs to hindu religion, 1(3.3%) belongs to muslim .

While considering the marital status, majority of the subjects, 29(96.6%)were married, 1(3.3%) unmarried.

With regard to type of family majority of the subjects, 17(56.6 %) were living in a nuclear family, 11(36.6%) were joint family and 2(6.6%) were from extended family.

While discussing with family monthly income majority of the subjects, 15(50%) were having monthly income of <10,000 and 8(26.6%) were 10,001-20000, 6(20%) were 20,001-30000 and 1(3.3%) were 30,001 .

With regard to family history of PCOD majority of the subjects, 29(96.6%) had no family history of PCOD, 1(3.3%) had the maternal history of PCOD.

While considering the menstrual history majority of the subjects, 25(83.3%) were had a regular menstrual history, 5(16.6%) were had irregular menstrual history.

With regard to menstrual complications majority of the subjects, 17(56.6%) were experiencing painful menstruation, 12(40%) were didn't experience any complications, 1(3.3%) having the complications of excessive bleeding.

While dealing food habit, majority of the subjects 16(53.3%) were taking mixed diet, 14(46.6%) were vegetarians.

Pertaining to dressing style, majority of the subjects 21(70%) were mixed style, 9(30%) were traditional dressing style.

Chi square test revealed that there was statistically significant association with their level of knowledge regarding PCOD among college students with their selected socio demographic variables like knowledge about PCOD is **age of the subject** ($\chi^2 = 21.72$, 't' value= 12.5), **course of study** ($\chi^2 = 30$, 't' value= 9.49) **marital status** ($\chi^2 = 16.5$, 't' value= 12.5) and **menstrual complications** ($\chi^2 = 33.1$, 't' value= 9.49) p - 0.05 level.

6.3 CONCLUSION

The study concluded that majority of the college students were having average level of knowledge regarding poly cystic ovarian disease. There is a statistically significant association with their level of knowledge regarding PCOD with their selected socio-demographic variables such as age of the subject ($\chi^2 = 21.72$, 'p' value= 12.5), **course of study** ($\chi^2 = 30$, 'p' value= 9.49) **marital status** ($\chi^2 = 16.5$, 'p' value= 12.5) and **menstrual complications** ($\chi^2 = 33.1$, 'p' value= 9.49) p -

0.05 level.

The finding of the study has several implications in the following field. It can be discussed on four areas namely Nursing practice, Nursing Education, Nursing Administration, and Nursing Research.

6.4 IMPLICATIONS

IMPLICATIONS OF NURSING PRACTICE

- Nurse need to create awareness among arts college students about PCOD.
- As a service provider the nurse should design booklet, pamphlets and to provide knowledge on nursing students and help them to bring awareness on PCOD.
- Nurse play an important role in creating awareness, motivate the people, provide information regarding PCOD.

6.4 IMPLICATIONS OF NURSING ADMINISTRATION

- Nursing administrative authority to recognize the need for conducting health education about PCOD among arts college students.
- Administration of both private and government sectors should organize mass health education program to update their knowledge regarding PCOD among arts college students.
- The administrator should allocate budgets for developing educational material like pamphlets, posters, slides, flexes, charts etc. required for improving knowledge regarding PCOD among arts college students.

IMPLICATIONS OF NURSING EDUCATION

- Nurse educators help the arts college student to identify the various interventional study regarding PCOD.

- This present study emphasizes the need for educating the nursing personnel through in-service or continuing education program to update their knowledge regarding PCOD and bring motivation among arts college students.
- The arts college students need to be educated and inculcate knowledge regarding PCOD.
- Nursing education should provide better platform to broaden the knowledge and its implications of practice.

IMPLICATIONS OF NURSING RESEARCH

- The study also brings about the facts that, more studies need to be done on PCOD.
- The study also brings about the facts that, more studies need to be done on awareness and attitude towards PCOD.
- This study can be a baseline for future studies to build up on and motivate other investigators to conduct further research work on knowledge regarding PCOD.

6.5. RECOMMENDATION

The project recommends following for the further research.

- This study can be replicated with larger sample size with the inclusion of all population in Arts College.
- This study helps the future investigator to adopt different method.
- Findings of the study can provide baseline information for further research.
- An experimental study can be conducted with structured teaching program on knowledge and practice.
- A study to be done to assess effectiveness on teaching programme of PCOD among college students.

6.6. LIMITATION OF THE STUDY

1. The study was small number of students recruited.
2. Data collection period was only one week.
3. Generalization will be better if large sample included.
4. Study was limited to one selected college

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