

Original Research Article

# **A Study to Assess the Effectiveness of Structured Teaching Programme on Knowledge Regarding Polycystic Ovarian Syndrome among Adolescent Girls at Indo American College of Nursing, Banjara Hills, Hyderabad, Telangana**

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## **ABSTRACT**

A Pre -experimental study was understand about “**A study to assess the effectiveness of structured teaching programme on knowledge regarding polycystic ovarian syndrome among adolescent girls at Indo-American college of nursing, Banjara Hills, Hyderabad, Telangana**”. Researchers from Group-F of Indo-American college of nursing, Hyderabad conducted the study in partial fulfilment of requirement for the degree of B.Sc. nursing at K.N.R. University of Health Science at Warangal, Telangana.

## **The Objectives of the Study Are:**

1. To assess the level of knowledge regarding polycystic ovarian syndrome among adolescent girls.
2. To find out the association between level of knowledge and demographic variable among adolescent girls.
3. To find out the association between level of knowledge and implementation of preventive methods of polycystic ovarian syndrome among adolescent girls.

The conceptual framework adopted for the study was based on the modified Ludwig Von Bertalanffy open system theory. The study was conducted in Indo- American college of nursing, Hyderabad, Telangana. A structured questionnaire was prepared to assess the knowledge regarding polycystic ovarian syndrome among the adolescent girls. The tool was given for content validity to experts in the field of nursing. The reliability of the tool was tested by correlation coefficient. A pilot study was conducted on 8 samples and it was found that tool was feasible, appropriate and practicable. The population of the study were students in Indo-American college of nursing, Hyderabad, Telangana. The main study was conducted from 13-3-24 to 20- 3-24. The data were collected from 50 students by non-random sampling according to their Roll number and the data was organized tabulated and analyzed with the help of descriptive and inferential statistics and finding were interpreted.

## **1. Research Methodology**

Research methodology deals with the method of investigations to be adopted by the investigator. This chapter deals with the methodology adopted for the study. The research framework comprises of approach, design, setting of the study, variables, population, sample

and sampling technique, sampling criteria, method of data collection, development of the tool, pilot study, ethical consideration, content validity, reliability, procedure of data collection and plan for data analysis.

### **Research Approach**

Research approach is the most significant part of any research. The appropriate choice of the research approach depends upon the purpose of the research study which was under taken.

The present study is aimed at evaluating the effectiveness of structured teaching programme in polycystic ovarian syndrome among adolescent girls at Indo-American College of Nursing, Banjara hills, Hyderabad, Telangana.

A quantitative research approach is considered as an appropriate measure to determine the effectiveness of structured teaching program about knowledge regarding PCOS

A quantitative research approach is generally applied where the primary objective is to determine the extent to which a given strategy means to desired result; an analysis will be made to find out the effectiveness of structured teaching strategy

### **Research Design**

The researchers overall plan is to obtain answers to the research hypothesis is referred to as a research design.

### **Pilot and Hungler**

The research design adopted for this study was one group pretest post-test of Pre- experiment design.

One group pretest design is a relative straight forward research design in which there is a treatment group without a control group, with intervention of the treatment and post- test would be given.

This design is adopted to assess the knowledge of students following the administration of the structure teaching program on knowledge on polycystic ovarian syndrome.

The research design present diagrammatically as follows

### **E= 01×02**

**E** = Experimental group

**01**= (observation -1) pretest for the assessment of student's knowledge regarding polycystic ovarian syndrome

**X** = Implementation of structure teaching program

**02** = (observation -2) post test to observe the effectiveness of teaching strategy. The study design shows that the study will conduct in three phases:

phase-1, phase-2, phase-3.

### **Phase-1**

- Preparation of self-structured knowledge questionnaire and structure teaching programme based on the review of the existing literature and discussion with experts. Questionnaire on knowledge about pcos and STP will be prepared based on the blueprint.
- Experts validated tool and the reliability will be established in the expected desired value

### **Phase-2**

- The pretest done by administration of knowledge questionnaire to measure the knowledge of students regarding polycystic ovarian syndrome
- On the same day, administration of structure teaching program has done.

- Interval of 2 days has given for the conduction of post test. A post test has conducted with the same sample who has exposed to intervention (knowledge about PCOS)

### **PHASE-3:**

- Comparison of pre and post test as well as a pre test score with selected demographic variables with analysis and interpretation of collected data has done.
- Evaluation of effectiveness of STP

### **3.1 Study Setting**

Setting is the physical location and condition in which the data collection takes place. This study was conducted in Indo-American College of Nursing, Banjara Hills, Hyderabad, Telangana India.

### **Variable:**

A variable is characteristics or attitude that differs among persons, objectives or events that are to be studied.

Three types of variables are identified in the study. They are

- 1) Dependent variable
- 2) Independent variables
- 3) Extraneous variable

#### **1. Dependent Variable**

It is the effect of the action of the independent variable and cannot exist to itself

#### **Treese and Treece**

In this study students knowledge regarding PCOS is considered as dependent variable

#### **2. Independent Variable**

An Independent variable is a stimulus activity that is manipulated or varied by researcher's to create effect on the different variable

#### **Burns and Groove**

In this study, structured teaching program regarding polycystic ovarian syndrome is considered as an independent variable.

#### **3. Extraneous Variable**

A variable that confounds the relationship between the independent and dependent variable is known as an Extraneous variable.

An Extraneous variable is likely to effect the study is the educational status of the student.

### **Population**

Population is any group of individuals that have one or more characteristics in common that are of interest to the researcher.

The target population of present study includes all students in India American College of Nursing, Hyderabad, Telangana, India. The accessible population of the present study include only adolescent girls of Indo-American and college of nursing, Banjara hills, Hyderabad, Telangana India

## **Sample**

A sample is a subset of a population selected to participate in research study. The number of units or subjects gathered for a inclusion in the study is called a sample size. Sample comprises of 50 students of Indo-American College of Nursing, Banjara hills, Hyderabad, Telangana, India.

### **1 Sampling Technique**

Sampling refers to the process of selecting a portion of population to represent the entire population.

The enter population the sampling has been extracted using the sampling technique called simple random sampling technique.

### **2 Criteria for Sample Selection:**

The sample should be based on following criteria

#### **Inclusion Criteria**

The study includes the students who:

- are studying in Indonesian College of nursing
- are available during the time of data collection
- are adolescent girls participated in research
- can understand English, Hindi and Telugu.

#### **Exclusive Criteria:**

The study excludes the students who:

- are not adolescent girls
- are not available at the time of data collection
- are not willing to participate in their study

#### **Method of Data Collection:**

Data are the pieces of information or facts that are collected in a research study. Data collection is a method of gathering information needed to address a research problem.

Tools are the procedures of instruments used by the researcher to collect the data

**(Polit and Hungler)**

#### **a. Development of the Tools**

The following sources are used for the development of the questionnaire:

- Review of literature sources
- Consultation and discussion with experts

The following steps are under taken to prepare the tool.

The blueprint is prepared prior to the construction of self-structured knowledge questionnaire based on the items were developed

Structured knowledge questionnaire include the domains with the relevant questions

- \* General information
- \* Management

### **b. Content Validity**

Validity refers to whether a measurement instrument accurately measures what it is supposed to do measure. The knowledge questionnaire, answer key and STP was submitted to experts to establish the content validity. After obtaining their opinions, the tool was modified and final version of the refine tool was presented in the appendix. The list of the experts was enclosed

### **Validity of the Tools**

The tools was given to five experts for validation. The demographic data consists of 13 items according to experts opinion final tool concepts of 37 items. The final draft of knowledge questionnaire consists of 37 items. There were changes made in the options as per the expert's advice.

### **c. Reliability of the Tool**

Reliability of the instruments is a degree of a consistency with which measures attributes it is supposed to do measure. It refers to the extent to which the same research are obtained on repeated administration of the instrument.

### **Structured Teaching Programme**

Teaching plan is a guide for the teacher as it covers the topic comprehensively with proper sequence of points and without missing anything

- steps in preparing that teaching plan

1. Setting preliminary information with the regard to background information of the group
2. Framing outline of the teaching plan
3. preparing outline of the content
4. Deciding method of instruction and audio-visual aids 5.evaluation of the teaching plan

#### **1. Sitting Preliminary Information with the Regard to Background Information of The Group**

The questionnaire was used to assess the knowledge of the adolescent girls regarding polycystic ovarian syndrome and this formed the basis for preparing content of the teaching plan.

#### **2. Framing outline of the teaching plan**

The outline of the teaching plan was frame which includes setting of general and the specific objective specifying the date, place, size of the group and duration of the session.

#### **3. Evaluation of Teaching Plan**

Evaluation of the teaching plan was ascertained by consulting experts in the field of nursing. The major recommendation and suggestions were accepted to modify that teaching plan

### **d. Pilot Study**

Pilot study is the scale version of the actual study conducted with the purpose of listening and potentially referring the research plan same time called exploratory study according to the Karl person correlation, coefficient test retest method r value (0.96).

### **e. Procedure for Data Collection:**

A Structured questionnaire will be prepare for the purpose of the study will be explain and

consent will taken from the particular institution for the pilot study and also for the main study and consent of the participant will be conducted and the necessary modifications and further element of the tool will be done

**f. Plans for Data Analysis:**

These deals with the statistical analysis of the data collection from adolescent girls of nursing students at Indo-American College of Nursing, Hyderabad. The knowledge regarding polycystic ovarian syndrome among adolescent girls will be analyzed and tabulated in the following section.

**Section 1:**

Deals with the distribution of the demographic data of adolescents.

**Section 2:**

Frequency and percentage distribution of knowledge scores of PCOS among adolescent girls

**Section 3:**

Mean, standard deviation, T value of knowledge score regarding knowledge about PCOS among adolescent girls

**Section 4:**

Chi-square value showing the association between the knowledge of adolescent about PCOS

**g. Epilogue**

This chapter deals with methodology which include research approach design sample size criteria for sample selection, description of the tools, methods of data and data analysis.



