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A STUDY TO ASSESS THE KNOWLEDGE REGARDING ROLE OF LIFESTYLE MODIFICATION IN POLYCYSTIC OVARIAN SYNDROME AMONG THE GIRLS IN SELECTED COLLEGES OF JAIPUR, RAJASTHAN, WITH A VIEW TO CONDUCT A SEMINAR

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ABSTRACT

This present study was aimed to assess the knowledge regarding role of lifestyle modification in polycystic ovarian syndrome among the girls in selected colleges of Jaipur, Rajasthan, with a view to conduct a seminar. A quantitative research methodology with a descriptive research design was used. Non-probability convenient sampling technique was used to select the sample of 100 girls from S.S Jain Subodh Girls P.G. College, Sanganer, Jaipur. A structured knowledge questionnaire was used to assess both demographic details and knowledge-related questions about role of lifestyle modification in PCOS. The result showed that, A statistically significant association was identified between knowledge regarding role of lifestyle modification in polycystic ovarian syndrome and the socio-demographic variables (education qualification, father's education, father's occupation, family income, and previous knowledge of PCOS ($p < 0.05$)) of girls, while no associations was observed with other demographic factors. The study revealed a significant gap in knowledge among girls, which can be improve by conducting awareness programs focusing on lifestyle modifications among young women.

Keywords: Polycystic Ovarian Syndrome (PCOS), Lifestyle Modification, Women's Health, Awareness and Education, Quality of Life, Well-being

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INTRODUCTION

Polycystic ovarian syndrome (PCOS) is a prevalent gynecologic endocrine disease that affects 6–10% of women in their reproductive years.[1] Also referred to as Stein-Leventhal syndrome or hyperandrogenic anovulation (HA), this is the most common endocrine disorder.[2] Lewis describes polycystic ovary syndrome as a chronic condition where several benign ovarian cysts develop [3]. Polycystic ovarian syndrome can be recognized by insulin resistance, prolonged anovulation, hyperandrogenism, and ovarian abnormalities.[1]

In recent years, the number of PCOS cases in India has increased by approximately 30%. This highlights that there is a need for early detection among teenage girls. The main causes of this phenomenon are changes in lifestyle and a lack of knowledge. Therefore, women's awareness must be increased to prevent major cases of infertility in the future. [5]

The risk of PCOS complications can be reduced by even minor changes in lifestyle. Numerous research investigations have shown that reducing body weight improves hormonal profiles like ovulation and the menstrual cycle. A mere 5% reduction in body weight can increase ovulation and insulin sensitivity. A healthy diet, yoga, and exercise have been shown to reduce the disease's symptoms and severity significantly.[4]

During clinical posting experience, I observed that many cases were present with symptoms of irregular menstrual cycles, excessive hair growth and obesity all of which are commonly associated with PCOS. Despite its increasing prevalence rate can further relate to infertility complications. Therefore, PCOS management is essential for improving the clinical outcomes, enhancing quality of life, and reducing the long-term health risks associated with the condition.

STATEMENT OF THE PROBLEM

"A study to assess the knowledge regarding role of lifestyle modification in polycystic ovarian syndrome among the girls in selected colleges of Jaipur, Rajasthan, with a view to conduct a seminar."

OBJECTIVES

- To assess the knowledge regarding role of lifestyle modification in polycystic ovarian syndrome among the girls in selected colleges of Jaipur, Rajasthan.
- To find out the association of knowledge regarding role of lifestyle modification in polycystic ovarian syndrome with their selected demographic variables.
- To conduct a seminar regarding role of lifestyle modification in polycystic ovarian syndrome among the girls in selected colleges of Jaipur, Rajasthan.

MATERIAL AND METHODS

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A quantitative research methodology with a descriptive research design was implemented in this study. The study was conducted in S.S Jain Subodh Girls P.G. College, Sanganer, Jaipur, Rajasthan with a sample size of 100 girls selected through non-probability convenient sampling. Data collection tools include a structured knowledge questionnaire validated by experts, and reliability was established using the Kuder-Richardson (KR_{20}) method (r = 0.83). Necessary permission for the study and data collection was secured, and informed consent was obtained from participants while ensuring their confidentiality and autonomy.

Specification of the instrument and related measurement

Part A: Socio-Demographic variables consist of 09 items

Part B: Self-Structured questionnaire on role of lifestyle modification of PCOS

Data collection tool comprised of 30 questions regarding role of lifestyle modification on PCOS and each question has four options, in which one option is correct and other are incorrect answer. The maximum score expected is 30. The scoring criteria were established to quantitatively measure the level of knowledge in three categories, Good, Average and Poor, allowing for a systematic and comparative analysis across participants.

RESULT

TABLE NO. 1, Frequency and percentage distribution of socio - demographic variables of girls (N=100)

S.NO.	SOCIO DEMOGRAPHIC VARIABLE		FREQUENCY	PERCENTAGE
1.	Age – (in years)	18-19	54	54 %
		20-21	23	23 %
		22-23	10	10 %
		24 or above	13	13 %
2.	Education Qualification of girls	B.A.	25	25 %
		B.Sc.	36	36 %
		B.Com.	22	22 %
		B.BA.	17	17 %
3.	Mothers Education	Illiterate	16	16 %
		Primary or Secondary School	51	51 %
		Graduation	29	29 %
		Professional Degree	04	04 %
4.	Mothers	Homemaker	86	86 %

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	Occupation	Daily Wage Worker	07	07 %
		Government Employee	02	02 %
		Private employee	05	05 %
5.	Father Education	Illiterate	07	07 %
		Primary or Secondary School	39	39 %
		Graduation	34	34 %
		Professional Degree	20	20 %
6.	Father Occupation	Unemployed	03	03 %
		Daily Wage Worker	28	28 %
		Government Employee	10	10 %
		Private employee	59	59 %
7.	Family income (per month)	< 15,000 /-	17	17 %
		15,000 – 25,000 /-	29	29 %
		25,000 – 35,000 /-	30	30 %
		>38,000 /-	24	24 %
8.	Previous Knowledge	YES	31	31 %
		NO	69	69 %
9.	Previous Family History of PCOS	YES	10	10 %
		NO	90	90 %

Table no.1, represents that, majority of participants 54 (54%) were in 18-19 years of category, Education Qualification reveals most of participants 36 (36%) were pursuing B.Sc. Regarding mothers' education, the largest group had completed primary or secondary schooling 51 (51%), and a majority group of mothers were homemakers 86 (86%). For fathers' education, the majority group had completed primary or secondary schooling 39 (39%), and most of them employed in the private sector 59 (59%). The Family income 30 (30%) reported in the range of ₹25,000–₹35,000. Majority of participants 69 (69%) had no previous knowledge of PCOS, most participants 90 (90%) reported no family history of PCOS.

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TABLE NO. 2, Frequency and percentage distribution of level of knowledge regarding role of lifestyle modification in polycystic ovarian syndrome among the girls

(N-100)

LEVEL OF KNOWLEDGE	Score	Frequency (F)	Percentage (%)
GOOD	21 - 30	43	43 %
AVERAGE	11 - 20	49	49 %
POOR	0 -10	08	08 %

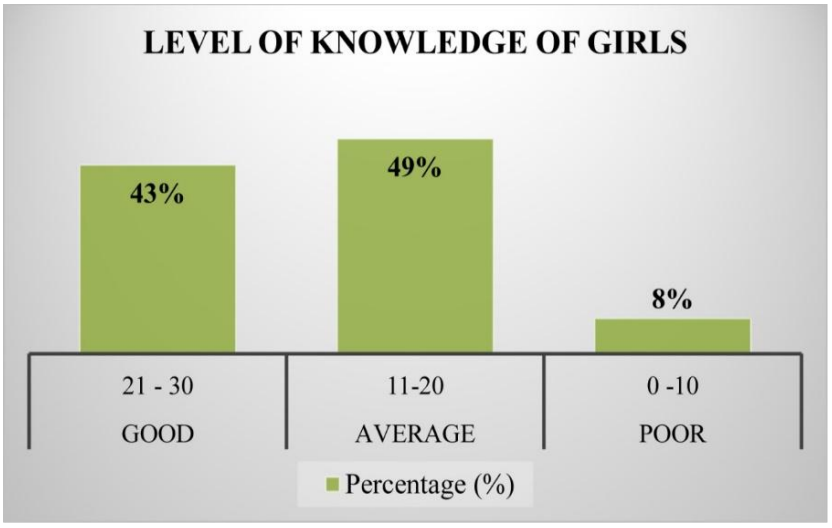


Figure no. 1: Bar graph showing the percentage distribution of level of knowledge regarding role of lifestyle modification in polycystic ovarian syndrome among the girls

Table no.2 & Figure no. 1, represents that, 49% had average knowledge which are in 11-20 category, 43% of girls had good knowledge which are in 21-30 category and 08% have poor knowledge which are in 0-10 category.

TABLE NO. 3, Mean, Median, Mode and Standard Deviation

S. No.	Mean	Median	Mode	Standard deviation
1.	18.47	19	22	5.5

Table no.3, Data presented in above table showing the, mean, median, mode and standard deviation of level of knowledge score regarding polycystic ovarian syndrome among the girls. In this mean was 18.47, median was 19, mode was 22 and standard deviation was 5.5.

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TABLE NO. 4 Represents the association of the level of Knowledge with selected Socio - demographic variables

(N=100)

S.no.	Socio Demographic Variables	Categories	Frequency	Calculated value	Degree of freedom	Tabulated value	Level of Significance @ 0.05
1.	AGE (in years)	18-19	54	2.92	6	12.59	N.S.
		20-21	23				
		22-23	10				
		24 or above	13				
2.	Education Qualification of girls	B. Com	22	18.73	6	12.59	S
		B. A	25				
		B.Sc.	36				
		B.BA.	17				
3.	Mothers Education	Illiterate	16	3.56	6	12.59	N.S.
		Primary or Secondary School	51				
		Graduation	29				
		Professional Degree	4				
4.	Mothers Occupation	Housemaker	86	12.17	6	12.59	N.S.
		Daily Wage Worker	7				
		Government Employee	2				
		Private employee	5				
5.	Father Education	Illiterate	7	13.92	6	12.59	S.
		Primary or Secondary School	39				
		Graduation	34				

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		Professional Degree	**20**				
6.	Father Occupation	**Unemployed**	**3**	15.02	6	12.59	S.
		Daily Wage Worker	**28**				
		Government Employee	**10**				
		Private employee	**59**				
7.	Family income	**< 15,000 /-**	**17**	12.60	6	12.59	S.
		15,000 – 25,000 /-	**29**				
		25,000 – 35,000 /-	**30**				
		>38,000 /-	**24**				
8.	Previous Knowledge	**Yes**	**31**	6.20	2	5.99	S.
		No	**69**				
9.	Previous History of PCOS	**Yes**	**10**	0.767	2	5.99	N.S.
		No	**90**				

N.S. – non-significant

S. – Significant

Table no.4, represents that, a statistically significant relationship was identified between knowledge regarding role of lifestyle modification in PCOS and the socio-demographic variables {education qualification, father's education, father's occupation, family income, and previous knowledge of PCOS ($p < 0.05$)} of girls, while no associations was observed with other demographic factors. The findings suggest that these socio-demographic variables influence knowledge levels about role of lifestyle modification in PCOS among girls.

DISCUSSION

This study aligns with 2024 research emphasizing the moderate awareness of PCOS among women and the effectiveness of educational interventions. Studies by Bohsasa Haidara et al. (2024) Abhilasha and Charu Vyas (2024) stress the importance of targeted educational interventions to improve knowledge. While this study focused on seminars, other research explored yoga and naturopathy as effective management strategies. Findings also match those by Hareesh et al. (2023) and Kaur Dupinder et al. (2023), showing improved knowledge through structured teaching. Overall, the study confirms the value of awareness and lifestyle changes in PCOS management.

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CONCLUSION

The study identifies average knowledge about role of lifestyle modification in PCOS among girls. Key influencing factors included educational qualification, father's education and occupation, family income, and previous knowledge, while other factors showed no significant impact. The findings highlight the need for targeted awareness programs focusing on diet, exercise, and stress management, to improve understanding and promote healthier outcomes for young women.

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