

A Study to Assess Effectiveness of Video Assisted Teaching on Knowledge Regarding Polycystic Ovarian Disease (PCOD) Among Selected Students at Arya Nursing College and Arya School of Nursing, Assam

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Abstract- With the recent advancement in technology in medical field, there is a number of PCOD cases detected every day. Statistics indicate that in India, 1 in every 5 women below the age of 35yrs is said to have PCOD. It also affects over 10 million women globally. Modern science commonly prescribes treatment for PCOD like hormonal treatment, ayurvedic etc, but it does not eliminate the root cause of this disorder. Over 600 million women, globally silently suffer from menstrual disorders, hair growth on the face and obesity associated with PCOD. This is a great time to focus on the health of female in the reproductive age by diet modification, regular exercises, lifestyle changes and correcting the health problems such as hormonal defects preventing infertility, endocrine and metabolic disturbances. The aim of the study is to assess the effectiveness of video assisted teaching on knowledge regarding Polycystic Ovarian Disease (PCOD) Among Selected Student at Arya Nursing College and Arya school of Nursing, Assam comparing the pre-test and post-test knowledge score. The study also aims to find the association between pre-test and post-test knowledge score regarding polycystic ovarian disease (PCOD) among selected students of Arya Nursing College and Arya School of Nursing with their selected demographic variables. One group pre-test. post - test pre - experimental design was selected for the study. 60 first year BSC nursing students and first year GNM students in Arya Nursing College and Arya School of Nursing were selected by Convenient sampling technique was used to select the sample for study. A demographic proforma was used to collect information from the participants and knowledge questionnaire was (developed and validated) was used to assess the knowledge regarding PCOD. A video was developed and validated by experts for imparting knowledge regarding PCOD after pre-test to the participants in the study. The obtained data was analysed using descriptive and inferential statistics

and interpreted in terms of objectives and hypothesis of the study. The level of significance was set at 0.05 level. In the pre-test, the subjects had inadequate knowledge with the mean percentage of 17.23% with SD 3.78. After the video assisted teaching, in post-test there was significant gain in mean percentage knowledge score of 19.53% with SD of 3.79. A significant association was found between pre-test knowledge score and their selected demographic variable i.e menstrual cycle, BMI and how frequent do you take junk food. There was significant association between post-test knowledge score and their selected demographic variable i.e how frequently do you take junk food. In pre-test 60% of the subjects had inadequate level of knowledge, followed by 38.33% of the subjects have moderate knowledge whereas in post-test 61% have moderate knowledge and remaining 40% has inadequate knowledge regarding PCOD.

Key Words: PCOD, first year BSC nursing students and GNM nursing students, one group pre- test post-test pre-experimental design, convenient sampling technique.

INTRODUCTION

TO KEEP THE BODY IN GOOD HEALTH IS A DUTY OTHERWISE WE SHALL NOT BE ABLE TO KEEP THE MIND STRONG AND CLEAR

In women the period of growth and development extends throughout the life cycle, however, the period in which the principal changes occur is during the onset of menstruation, menarche is the hallmark of female pubertal development.¹ According to the earliest medical report dating back to Ebers-Papyrus (1550 BC), the uterus was

initially seen to be an independent animal capable of movement within the female. This view was held for centuries until it was replaced by the seven –cell doctrine, according to which the uterus consist of seven compartment. The first good illustrations of the female internal genital are appeared in 1543 in the publication *De Humani Corporis Fabrica* by Andreas Vesalius.¹

Adolescent period is a unique where there is a change from childhood to adulthood at time of physiological, psychological, social and emotional adaptation. During this period individual attain physical and sexual maturity, whereas emotional maturity will be imbalance. The changes in adolescence period have important implications to understand the health risk associated with this disease. During this period the body changes and there will be development of secondary sex characteristics. Any differences of secondary sex characteristics can inversely affect the physical and emotional adaptation of the adolescent.²

A women’s reproductive system is a delicate and complex system in the body. There are many diseases associated with the female reproductive system. Among those, polycystic ovarian disease is one of the common diseases.³

Adolescents represent a period of intensive growth and changes in nearly all aspects of child's physical, mental, social, and emotional life. During adolescence, young women are primarily concerned with finding their identity and expressing who they in the world. Puberty causes many physical changes to take place, and adolescents must adapt to their changing bodies. All of these changes can make adolescence a confusing and stressful period.⁵

Gynaecological problems of adolescents occupy a special space in the spectrum of gynaecological disorder of all ages. This is because of the physical nature of the problems which are so unique, special and specific for the age group, and also because of the associated and psychological factors which are very important in the growth and psychological remodelling of someone line the transition between childhood and womanhood. Although PCOD is a common disorder, the diagnosis may be overlooked during adolescence, as irregular means with anovulatory cycles, obesity, and acne are frequent in adolescent women.⁶

Studies now show that polycystic ovarian disease is a metabolic, hormonal, and psychosocial disorder that impacts a patient's quality of life. It is extremely important to holistically treat these patients early on

to help them deal with the emotional stress that is often overlooked with polycystic ovary.⁶

Women with polycystic ovarian disease have recently been highlighted as an overload and potentially high-risk population for COVID-19 complications. Patient with PCOD may represent a distinct subgroup of women at higher-than-average risk of development of COVID-19 related outcomes.⁷

NEED OF THE STUDY

Early diagnosis is necessary for early intervention including lifestyle modification to prevent the immediate and chronic consequence of PCOD. Summarize comprehensively the current knowledge on the prevalence of PCOD. Determine and interpret the prevalence of symptoms of PCOD in female students that what percentages of female students are suffering from menstrual irregularities.

Recognizing polycystic ovary syndrome in women presenting with oligo –ovulation and hyperandrogenism offers an important opportunity to begin a long term conversation about prevention and treatment of a condition that has a multi-system impact on affected women. Due to the varied nature of PCOD and the large range of

possible signs and symptoms health personnel need a thorough knowledge of the disorders and its management. Nurses should be aware of the various organizations whoever renders support. Counselling for adolescents should be including the curriculum which will provide awareness towards the disorder and lifestyle modifications.

PCOD is a most complicated and common endocrinopathy of women in reproductive age. Its pathophysiological changes are extensive involving in neuroendocrine lipo metabolism and local ovary regulating factors. Resistin is a newly found peptide hormone secreted by adipocytes and it is recognized that it could play roles in development of metabolic disorders in PCOD and could link obesity to insulin resistance of common with PCOD.¹¹

A nurse has an important role and responsibilities and plays as an inspirational role in treating and diagnosis polycystic ovarian disease. Statistical studies revealed that rate is increasing. Therefore, it is the need of the hour to look into factors, prevention, treatment causing and increasing rate of polycystic ovarian disease by educating young girls of the reproductive age.¹³

STATEMENT OF THE PROBLEM

REVIEW OF LITERATURE

A study to assess the effectiveness of video assisted teaching on knowledge regarding polycystic ovarian disease (PCOD) among selected students at Arya Nursing College and Arya School of Nursing, Assam.

OBJECTIVES

- Assess the pre-test knowledge regarding polycystic ovarian disease (PCOD) among selected students of Arya Nursing College.
- Assess the post-test knowledge regarding polycystic ovarian disease (PCOD) among selected students of Arya Nursing College.
- Evaluate the effectiveness of video assisted teaching on the knowledge regarding polycystic ovarian disease (PCOD) among selected students by comparing the pre-test and post-test knowledge score.
- Find the association between pre-test and post-test knowledge score regarding polycystic ovarian disease (PCOD) among selected students of Arya Nursing College and Arya School of Nursing with their selected demographic variables.

HYPOTHESIS

H1: There will be a significant difference in the knowledge of 1st year B.SC NURSING and 1ST year GNM students regarding polycystic ovarian disease before and after administration of video assisted teaching.

H2: There will be a significant association between the mean pretest knowledge score and posttest knowledge score of 1st year B.SC Nursing students and 1ST year GNM students regarding polycystic ovarian disease with their selected demographic variables.

ASSUMPTION

1. 1st year BSC NURSING and 1st year GNM students may have some knowledge regarding PCOD.
2. Video Assisted Teaching is an acceptable teaching strategy that can enhance the knowledge of 1st year BSC NURSING and 1st year GNM students on PCOD.
3. Proper knowledge regarding PCOD reduces the risk of getting PCOD among 1st year BSC NURSING and 1st year GNM students.

Dr Shanmanrwardi N Amrita et al (2015) conducted a descriptive study to determine the prevalence of PCOD among adolescent girls in Bangalore. The study included population comprised of adolescent girls attending the gynaecology OPD of a tertiary care hospital. Among 126 adolescent girls, majority that is 76.2% of adolescent were in their late adolescence. Ultrasound report of the adolescence revealed that 23.8% of them were diagnosed as PCOD. Among the selected population 16.6% seen in irregular menses, 14.3% in obesity, 9.5% hirsutism, 5.5% in alopecia, 16.6% in acne, 4.8% in depression. This difference was statistically significant by using p value of 0.05. The study concluded that early diagnosis and intervention will reduce the long term health complications such as uterine cancer, fibroids, female infertility etc associated with PCOD.¹⁵

Aditya GR Reddy, et al (2016), conducted a study to assess the prevalence of Polycystic Ovarian Disease (PCOD) and its associated risk factor in girls of 18-30 years of age, study in various professional colleges in Mangalore. Data were collected by using a self-administered questionnaire. Of the 480 participants, 39 (8.1%) were already diagnosed with PCOS. Out of the remaining 441 participants, 40 (9.1%) were at high risk, and 401 (90.9%) were at low risk for PCOS. Greater proportion of PCOS cases was seen in the age group 23-25 years (P = 0.026), with family history of PCOS (P = 0.002), permanent residents of urban areas (P = 0.048), and overweight or obese (P = 0.004). About 90% of PCOS cases and those at high risk having difficulty in controlling excess weight 36 (92.3%) and emotional problems. PCOS is a common. A multidisciplinary approach is required to bring about lifestyle modification.¹⁶

3. Yin Xican et al. Arch Womens Mental Health conducted a meta-analytic study on 2021february comparing mental health of women with and without PCOD. Random - effective models were introduced and subgroup analysis, sensitivity test, and meta regression were carried out to determine the source of heterogeneity among studies. 46 studies including 30, 989 participants (9265 women with PCOD and 25,638 controls) were qualified for review according to the inclusion criteria. 28 studies reported depression symptoms, 22 studies were on anxiety, 16 studies showed

quality of life status, 12 studies shows about sexual dysfunction 4 on binge eating and 4 on somatisation women. with PCOD reported significantly higher depression (SMD=0.63%; 95% CI 0.50-0.78) anxiety (SMD = 0.63%; 95% CI 0.05-0.77) lower Qo (SMD=-0.55; 95% CI -0.69 to -0.40) was not significant sexual dysfunction (SMD = -0.24; 95% CI -0.49 to 0.01). The study was concluded that women with PCOD has depression and anxiety and also experience lower quality of life.17

RESEARCH METHODOLOGY

RESEARCH DESIGN: One group pre-test Post-test (pre-experimental)

RESEARCH APPROACH: Quantitative research approach

SETTING: Arya Nursing College

POPULATION: 1st year b.sc students and 1st year gnm students

SAMPLE: 1st Year B.Sc And 1st Year Gnm Students Girls With Age Group Of 19-21 Years In Arya Nursing College

SAMPLE SIZE: 60

Inclusive criteria

1. 1st year BSC NURSING and 1st year GNM students.
2. Those who are willing to participate in the study.
3. Those who are available at the time of study.

Exclusion criteria

1. 2nd year, 3rd year, 4th year BSC NURSING and 2nd year, 3rd year GNM students.
2. Those who have attended education program regarding PCOD before.

SAMPLING TECHNIQUE: Convenient Sampling technique

ANALYSIS: Descriptive and inferential statistics (CHI SQUARE)

DESCRIPTION OF TOOL:

The tool comprises of 2 sections:

Section 1 – It comprises of demographic variables including age, menstrual cycle, body mass index, having any associated disease related to PCOD, frequency to take junk food, amount of intake of water per day, source of information about polycystic ovarian disease.

Section 2 – It comprises of questions related to knowledge regarding polycystic ovarian disease.

METHOD OF DATA COLLECTION

A written permission was obtained from the head of the Arya Nursing College, Rural – Kamrup District, Assam prior to data collection for the present study. The data collection was done in the following steps:

- Consent from the subject.
- Explanation of the procedure

Tool 1: Demographic proforma were distributed among the students for taking the correct answer and taking back.

Tool 2: Pre-test were done on 4.08.2021 were structured questionnaire was given and collected back after an hour.

Video assisted teaching were given to the participants on the same day for 40 minutes.

The participants were requested to come back after completion of seven day

Post test was done on 11.08.2021 with the same questionnaire were given to the same participants and collected after an hour.

ORGANIZATION OF THE FINDINGS

SECTION 1: Descriptive analysis of demographic proforma.

SECTION 2: Analysis of effectiveness of video assisted teaching on knowledge on polycystic ovarian disease.

SECTION3: Inferential analysis of association between the pre-test knowledge score with selected demographic variables.

SECTION4: Inferential analysis of association between the post-test knowledge score with selected demographic variables.

Table1: Descriptive analysis of demographic performance

SERIAL.NO	DEMOGRAPHY	VARIABLES	FREQUENCY	PERCENTAGE
1	AGE	18-19	36	60%
		20-21	24	40%
		Above 21	0	0
2	Menstrual cycle	Regular cycle	46	76.6%
		Irregular cycle	14	23.3%

3	BMI	18-21	31	51.6%
		22-25	17	28.3%
		26-29	8	13.3%
		Above 30	4	6.6%
4	Do you have PCOD	Yes	8	13.3%
		No	52	86.6%
5	How frequent do you take junk foods	Approximately/less than a week	29	48.3%
		Twice a week	20	33.3%
		Almost everyday	11	18.3%
6	Amount of water intake per day	500-1000ml	24	40%
		1000-2000ml	34	56.6%
		>2000ml	2	3.3%
7.	Source of information related to Ovarian Disease	Health personal	10	16.3%
		Parents	13	21.6%
		Teacher	19	31.6%
		Mass media	12	20%
		No information	6	10%

Table 1: Reveals classification of respondents by age, menstrual cycle, BMI, PCOD, frequency of taking junk foods, amount of water intake and source of information related to Ovarian Disease.

SECTION 2

Mean pre - test and post - test knowledge score of respondents on knowledge regarding polycystic ovarian disease (PCOD) among selected students at Arya Nursing College and Arya School of Nursing, Assam.

Table 2: Mean, Standard Deviation and comparison of pre-test and post-test effectiveness of video assisted teaching programme

No. of Sample(n)	Pre-test		AFTER VIDEO ASSISTED TEACHING PROGRAMME	Post-test		Enhancement	Paired_t'test	Table Value
	mean	SD		mean	SD			
60	17.27	3.73		19.53	3.79	2.26	5.349	2.00

The data depicted in the above table shows the comparison of the pre-test and posttest Mean knowledge score on polycystic ovarian disease (PCOD) among selected students at Arya Nursing College and Arya School of Nursing, Assam. A paired t'test was done to compare the mean pre- test and post -test knowledge scores. The obtained t'value is 5.349 and it is found to be significant at 0.05 level t= 2.00 (59df). From the above statistical information, it is evident that the video assisted teaching was significantly effective in improving the knowledge on polycystic ovarian disease (PCOD) among selected students at Arya Nursing College and Arya School of Nursing, Assam.

Table 3: Association between pre-test and post-test knowledge score regarding polycystic ovarian disease (PCOD) among selected students of Arya Nursing College and Arya School of Nursing with their selected demographic variables.

3A

Sl.no	Demographic variables	Pre-test mean		Chi	Tabulated value	Df	Inference	
		>17	<17					
1	Age (in year)	18-19	17	19	0.26	3.84	1	NS
		<20	13	11				
2	Menstrual Cycle	Regular	23	23	37.69	3.84	1	S*
		Irregular	7	7				
3	BMI	18-25	20	29	22.38	3.84	1	NS
		<26	7	4				
4	Do you have PCOD			4.18	3.84	1	NS	

	YES	7	2				
	NO	20	31				
5	How frequent do you take junk food			11.82	3.84	1	S*
	Less than a week	19	29				
	Almost regular	8	4				
6	Amount of water intake per day			1.42	3.84	1	NS
	500-2litre	27	28				
	More than 2 litre	1	4				
7	Source of information related to ovarian disease			3.18	3.84	1	NS
	Having of information	27	26				
	No information	1	6				

NS= Not significant DF= Degree of freedom

S= Significant

Inference:

From the above table, it is evident that with regard to age of first year Bsc nursing and first year GNM students, the obtained χ^2 value (0.26) is found to be less than the table value (with 3.84, 1df, $P > 0.05$) at 0.05 level of significance. Therefore, null hypothesis is accepted and research hypothesis is rejected. It means that there is no significant association between age and the pre-test knowledge level on Polycystic Ovarian Disease (PCOD) among selected Students at Arya Nursing College and Arya school of Nursing.

With regard to menstrual cycle, the obtained χ^2 value (37.69) is found to be more than the table value (3.84 with 1df, $P > 0.05$) at 0.05 level of significance. Therefore, null hypothesis is rejected. It means that there is significant association between menstrual cycle and the pre-test knowledge level on knowledge regarding Polycystic Ovarian Disease (PCOD) among Selected Students at Arya Nursing College and Arya school of Nursing. With regard to BMI, the obtained χ^2 value (22.38) is found to be more than the table value (3.84 with 1df, $P > 0.05$) at 0.05 level of significance. Therefore, null hypothesis is rejected. It means that there is significant association between BMI and the pre-test knowledge on Polycystic Ovarian Disease (PCOD) among Selected Students at Arya Nursing College and Arya school of Nursing.

With regard to Do you have PCOD, the obtained χ^2 value (4.18) is found to be more than the table value (3.84 with 1df, $P > 0.05$) at 0.05 level of significance. Therefore, null hypothesis is rejected. It means that there is significant association between do you have

PCOD and the pre-test knowledge level on Polycystic Ovarian Disease (PCOD) among Selected Students at Arya Nursing College and Arya school of Nursing.

With regard to How frequent do you take junk food, the obtained χ^2 value (11.82) is found to be more than the table value (3.82 with 1df, $P > 0.05$) at 0.05 level of significance. Therefore, null hypothesis is rejected. It means that there is significant association between How frequent do you take junk food? and the pretest knowledge level on Polycystic Ovarian Disease (PCOD) among Selected Students at Arya Nursing College and Arya school of Nursing.

With regard to amount of water intake, the obtained χ^2 value (1.42) is found to be less than the table value (3.84 with 1df, $P > 0.05$) at 0.05 level of significance. Therefore, null hypothesis is accepted and research hypothesis is rejected. It means that there is no significant association between amount of water intake and the pretest knowledge level on Polycystic Ovarian Disease (PCOD) among Selected Students at Arya Nursing College and Arya school of Nursing.

With regard to source of information related to ovarian disease, the obtained χ^2 value (3.18) is found to be less than the table value (3.84 with 1df, $P > 0.05$) at 0.05 level of significance. Therefore, null hypothesis is accepted and research hypothesis is rejected. It means that there is no significant association between source of information related to ovarian disease and the pre-test knowledge level on Polycystic Ovarian Disease (PCOD) among Selected Students at Arya Nursing College and Arya school of Nursing.

Table 3.2: Association between Post-test knowledge and demographic variables.

Sl.no	Demographic variables	Pre-test mean		Chi	Tabulated value	Df	Inference
		>19	<19				
1	Age (in year)			0.85	3.84	1	NS
	18-19	14	18				
	<20	9	19				

2	Menstrual Cycle			2.57	3.84	1	NS
	Regular	15	31				
	Irregular	8	6				
3	BMI			0.15	3.84	1	NS
	18-25	17	31				
	<26	5	7				
4	Do you have PCOD			1.05	3.84	1	NS
	YES	5	4				
	NO	9	32				
5	How frequent do you take junk food			14.063	3.84	1	S*
	Less than a week	20	31				
	Almost regular	3	6				
6	Amount of water intake per day			0.76	3.84	1	NS
	500-2litre	22	33				
	More than 2 litre	1	4				
7	Source of information related to ovarian disease			1.31	3.84	1	NS
	Having of information	22	32				
	No information	1	5				

NS= No significant association

Df= degree of difference

Inference:

From the above table, it is evident that with regard to age of first year Bsc nursing and first year GNM students, the obtained χ^2 value (0.85) is found to be less than the table value (with 3.84, 1df, $P > 0.05$) at 0.05 level of significance. Therefore, null hypothesis is accepted and research hypothesis is rejected. It means that there is no significant association between age and the post- test knowledge level on Polycystic Ovarian Disease {PCOD) among selected students at Arya Nursing College and Arya school of Nursing.

With regard to menstrual cycle, the obtained χ^2 value (2.57) is found to be less than the table value (3.84 with 1df, $P > 0.05$) at 0.05 level of significance. Therefore, null hypothesis is accepted. It means that there is no significant association between menstrual cycle and the post- test knowledge level on knowledge regarding Polycystic Ovarian Disease {PCOD) among selected students at Arya Nursing College and Arya school of Nursing With regard to BMI, the obtained χ^2 value (0.15) is found to be less than the table value (3.84 with 1df, $P > 0.05$) at 0.05 level of significance. Therefore, null hypothesis is accepted. It means that there is no significant association between BMI and the post -test knowledge on Polycystic Ovarian Disease {PCOD) among selected students at Arya Nursing College and Arya school of Nursing.

With regard to Do you have PCOD, the obtained χ^2 value (1.05) is found to be more than the table value (3.84 with 1df, $P > 0.05$) at 0.05 level of significance. Therefore, null hypothesis is accepted. It means that there is no significant association between do you have PCOD and the post- test knowledge level

on Polycystic Ovarian Disease {PCOD) among selected students at Arya Nursing College and Arya school of Nursing.

With regard to —How frequent do you take junk food? the obtained χ^2 value (14.06) is found to be more than the table value (3.82 with 1df, $P > 0.05$) at 0.05 level of significance. Therefore, null hypothesis is rejected. It means that there is significant association between How frequent do you take junk food? and the posttest

knowledge level on Polycystic Ovarian Disease {PCOD) among selected students at Arya Nursing College and Arya school of Nursing.

With regard to amount of water intake, the obtained χ^2 value (0.76) is found to be less than the table value (3.84 with 1df, $P > 0.05$) at 0.05 level of significance. Therefore, null hypothesis is accepted and research hypothesis is rejected. It means that there is no significant association between amount of water intake and the posttest knowledge level on Polycystic Ovarian Disease {PCOD) among selected students at Arya Nursing College and Arya school of Nursing.

With regard to source of information related to ovarian disease, the obtained χ^2 value (1.31) is found to be less than the table value (3.84 with 1df, $P > 0.05$) at 0.05 level of significance. Therefore, null hypothesis is accepted and research hypothesis is rejected. It means that there is no significant association between source of information related to ovarian disease and the post- test knowledge level on Polycystic Ovarian Disease {PCOD) among selected students at Arya Nursing College and Arya school of Nursing.

NURSING IMPLICATION

The result of the study showed that students have moderate knowledge on effectiveness of video assisted teaching regarding knowledge on PCOD. The study also prove that video assisted teaching is an effective teaching strategy in improving their knowledge regarding effectiveness of knowledge on PCOD. So, the study has several implications for nursing education, practice, administration and research. Majority of the students are aware and have develop knowledge on PCOD. All the study statement shows that there is moderate knowledge among students. So, the nurses have an important role in providing important research evidence which prove the increase knowledge on PCOD among participants.

NURSING PRACTICE

Several implications can be drawn from the present study for nursing practice. Video Assisted Teaching Program is conducted by the nursing personnel. The responsibility of the nurse is to find out the knowledge regarding PCOD among selected students of Arya Nursing College and Arya School of Nursing, Changsari, Assam.

Health information can be imparted through various methods like lectures, mass media, pamphlets, information booklets etc. Any teaching strategy which is simple, Nurses have to position themselves in all areas of the community. Hence nurses should take keen interest in preparing different teaching strategies suitable for community.

NURSING RESEARCH

Research have yet to pinpoint about PCOD, effects of diet, effects of lifestyle, risk factors, diagnosis, management, treatment and prevention of PCOD etc. The findings of the present study are helpful for the nursing professionals and nursing students to conduct further studies to find out the effectiveness of various methods providing education on improving the knowledge and awareness about effects of PCOD and lifestyle, diet, risk factors among selected students.

LIMITATIONS

The present study has following limitations.

1. No broad generalization could be made due to small size of sample and limited area setting.

2. The tool used for the data collection was not standardized. It was designed by the investigator for the purpose of the present study based on the objectives of the study.

3. The sampling technique -probability simple random sampling might give representative sample.

SUGGESTIONS

The findings of the study suggest:

a) Nurses should update their knowledge constantly in order to educate subjects.

b) Nurses can conduct the periodic awareness program and training program for student's school regarding effects of knowledge on PCOD.

RECOMMENDATIONS

In the light of the findings of the present study the researcher puts forward the following recommendations for conducting further research

- A similar study with a large sample size can conducted on effectiveness of the planned teaching program to assess the effectiveness of video assisted teaching on knowledge regarding Polycystic Ovarian Disease among selected students of Arya Nursing College and Arya School of Nursing, Assam.
- A randomized control trial study can be conducted to assess the effectiveness of the video assisted teaching on knowledge regarding Polycystic Ovarian Disease among selected students of Arya Nursing College and Arya School of Nursing, Assam.
- A similar study can be conducted among the other age group.
- A similar study can be conducted with two groups.
- A descriptive study can be conducted to assess the effectiveness of the video assisted teaching on knowledge regarding Polycystic Ovarian Disease among selected students at Arya Nursing College and Arya School of Nursing, Assam
- A study can be conducted using various methods of teaching to determine the most effective method of teaching like self-instructional module, a planned teaching program etc.

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