

Name of title: “Prevention of Polycystic Ovarian Syndrome(PCOS) among women: A descriptive Survey.”

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ABSTRACT:

Introduction: PCOS is one of the most commonly reported endocrine and metabolic disorders among women of reproductive age. It is a heterogeneous condition characterized by features of androgen excess and ovarian dysfunction symptoms in the absence of another diagnosis. Although the etiopathology of PCOS is not so well proven, accumulating evidence suggests that it is a multi-gene condition with substantial epigenetic and environmental impacts, including nutrition and lifestyle variables. Menstrual abnormalities and reproductive dysfunction are the most commonly reported signs of PCOS, leading to female infertility. The World Health Organization (WHO) data suggests that approximately 116 million women (3.4%) are affected by PCOS globally. In India, it affects 3.7% to 22.5% (1.3-7.9 crore) of women. **Aim:** To assess the awareness of women on prevention of PCOS. **Material & Methods:** The method used is a descriptive, quantitative research approach with a Non-experimental research design was adopted along with a self-structured tool to collect data from 304 women from rural and urban parts of Navi Mumbai and Kerala. **Results:** The total number of participants were 304. Majority 71% of the participants were in the age group of 18 to 26, 69.9% of women belong to urban community, 88.8% of participants were single and 51.5% of participants were undergraduates. The level of awareness of PCOS in this study was 87%. Among the aware females, majority were aware about the causes and prevention of PCOS. **Conclusion:** The awareness of women on PCOS and its prevention among women was high. With enhancement of knowledge the implementation of modified lifestyles practices is also important.

KEYWORDS: Prevention, PCOS, Women

Introduction:

Polycystic ovary syndrome, or PCOS, is the most common endocrine disorder in women of reproductive age. Polycystic ovarian syndrome (PCOS) is associated with multiple presentations in females although it is a common disorder due to lack of knowledge females are often delayed in getting confirmed diagnosis and treatment.¹ It often manifests with some or all of the following symptoms: menstrual dysfunction, infertility, hirsutism, acne, and obesity. The World Health Organization (WHO) data suggests that approximately 116 million women (3.4%) are affected by PCOS globally². In India, it affects 3.7% to 22.5% (1.3-7.9 crore) of women.³

Objective: To assess the awareness of women on prevention of PCOS

Material and methods:

A quantitative, descriptive research approach was used. 304 samples were selected by using snowball sampling technique. A self-structured questionnaire was used to collect the data. The data was analyzed using descriptive statistics in terms of frequency and percentage.

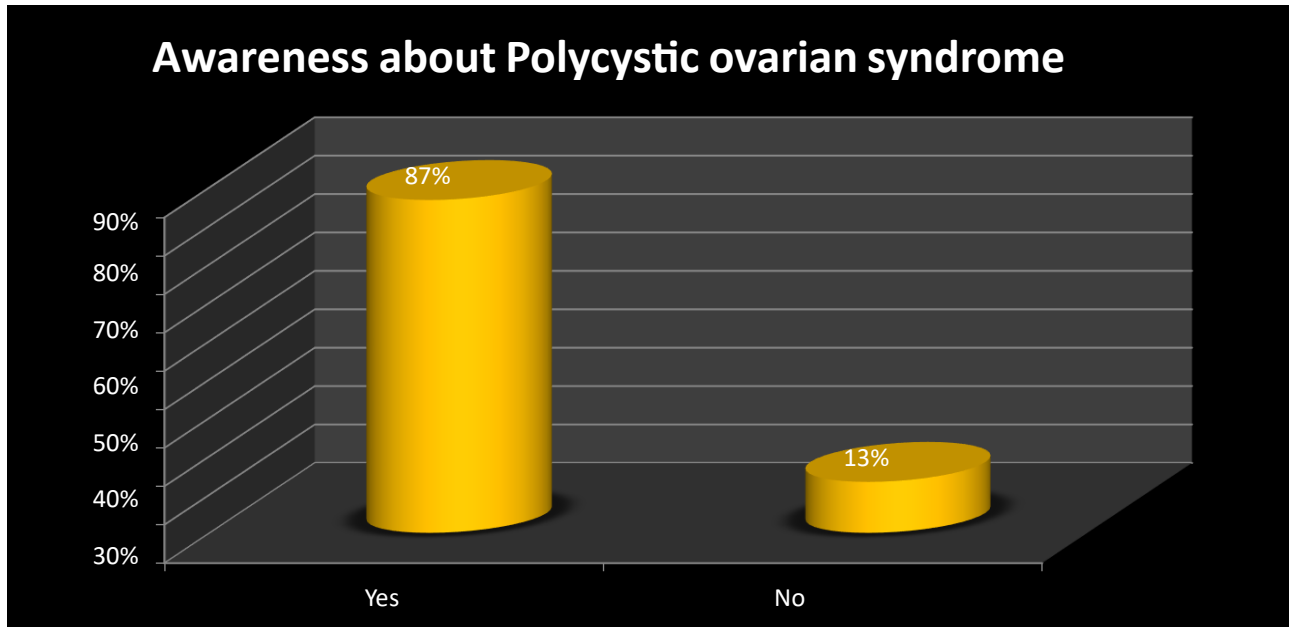
Results: Description of frequency and percentage distribution of sociodemographic variables

TABLE 1: Depicts the frequency and percentage distribution of socio-demographic variables of women.

| SR NO | DEMOGRAPHIC DATA | CATEGORIZATION | FREQUENCY | PERCENTAGE % |
|-------|------------------|----------------|-----------|--------------|
| 1. | Age | 18-26 | 216 | 71.05% |
| | | 27-35 | 76 | 25% |
| | | 36-44 | 12 | 3.9% |
| 2. | Residency | Urban | 211 | 69.9% |
| | | Rural | 93 | 30.1% |
| 3. | Marital Status | Single | 270 | 88.8% |
| | | Married | 30 | 9.9% |
| | | Divorced | 3 | 1% |
| | | Widowed | 1 | 0.3% |
| 4. | Education | Primary | 3 | 1% |
| | | Secondary | 12 | 3.9% |
| | | Under Graduate | 156 | 51.3% |
| | | Graduate | 111 | 36.5% |
| | | Post Graduate | 22 | 7.2% |

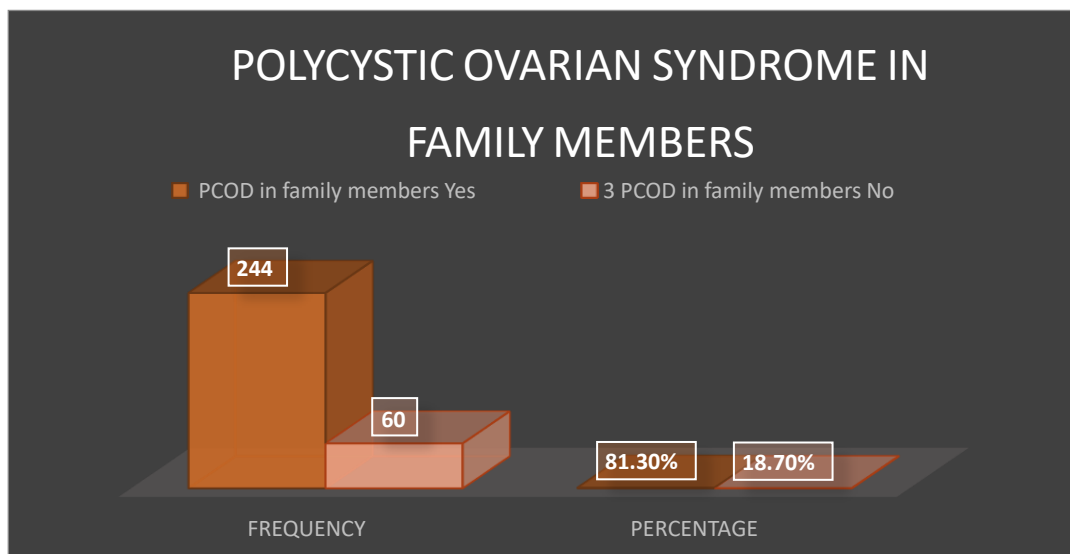
Table No.1 The above table depicts that majority 71% of the participants were in the age group of 18 to 26, 69.9% of women belong to urban community, 88.8% of participants were single and 51.5% of participants were undergraduates

Figure 1: Cylindrical graph shows the awareness of polycystic ovarian syndrome.



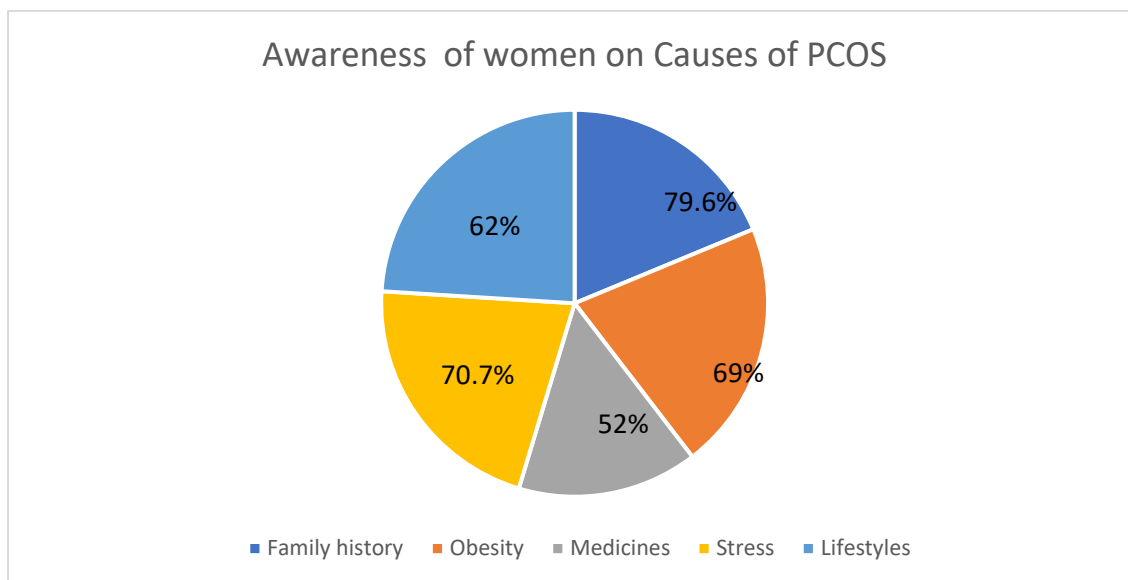
Inference: (87%) of women are aware about Polycystic ovarian syndrome followed by (13%) of women who are unaware of polycystic ovarian syndrome.

Figure 2: Bar Graph shows the Percentage of Polycystic ovarian syndrome in their family members



Inference: This graph shows that (81%) of their family members have polycystic ovarian syndrome followed by (19%) of their family members doesn't have polycystic ovarian syndrome.

Figure 3: pie diagram shows the awareness of samples regarding the cause of Polycystic ovarian syndrome



Inference: The above pie diagram depicts that 62% of participants were aware that family history is one of the causes of PCOS, 79.6% of participants felt lifestyle, 69% of participants were aware that obesity, 52% of participants felt medicines and 70.7% of participants were aware stress respectively were the cause of PCOS.

Table 11: Awareness regarding prevention of polycystic ovarian syndrome among women.

| SR NO | FACTORS | CATEGORIZATION | FREQUENCY |
|-------|----------------|----------------|-----------|
| | Exercise daily | Yes | 257 |
| | | No | 14 |
| | | Don't Know | 29 |
| | Healthy diet | Yes | 254 |
| | | No | 18 |
| | | Don't know | 24 |

| | | | |
|--|---------------------------|------------|-----|
| | | | |
| | Losing weight | Yes | 195 |
| | | No | 41 |
| | | Don't know | 62 |
| | Avoid contraceptives | Yes | 130 |
| | | No | 52 |
| | | Don't know | 117 |
| | Avoid alcohol and smoking | Yes | 199 |
| | | No | 27 |
| | | Don't know | 73 |

Inference: The above table depicts that majority of the participants 70% were aware that exercise and healthy diet prevents PCOS among women.

Discussion: The results of the study show that majority of women 70% of women are having knowledge on preventive aspects of PCOS. Out of 304 samples the majority who participated were the women of age group 18-26 years (71.1%) and most of the women reside in urban area (69.9%) and the women are single (88.8%) and their educational status is undergraduate (51.3%). (87%) of women are aware of polycystic ovarian syndrome followed by (13%) of women who are unaware of polycystic ovarian syndrome. PCOS has no cure, as of 2023. Treatment may involve lifestyle changes such as weight loss and exercise. Recommendation can be bringing maximum awareness among women on PCOS.

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