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### RESEARCH ARTICLE

## A DESCRIPTIVE STUDY TO ASSESS THE LEVEL OF KNOWLEDGE REGRADING POLYCYSTIC OVARIAN DISEASE AMONG ADOLESCENT GIRLS IN GOVERNMENT INTER COLLEGE OF DEHRADUN , UTTARAKHAND

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### Abstract

“Your hormones may be out of balance, but your power is not. You can take control, one choice at a time.” --- Lara Briden Polycystic Ovarian Disease (PCOD), also known as Polycystic Ovary Syndrome (PCOS), is a common hormonal disorder that affects women of reproductive age. Characterized by the presence of multiple cysts on the ovaries, it disrupts normal ovulation and leads to a range of physiological and metabolic issues. This condition affects approximately 1 in 10 women globally, with growing prevalence due to changes in lifestyle, stress, and dietary habits. The primary cause of PCOD is an imbalance in reproductive hormones, particularly increased levels of androgens (male hormones) which interfere with the development and release of eggs during ovulation. Symptoms often include irregular menstrual cycles, weight gain, acne, excessive hair growth (hirsutism), and in some cases, infertility. Additionally, PCOD is frequently associated with insulin resistance, increasing the risk of type 2 diabetes, hypertension, and cardiovascular disease. Though the exact etiology remains unclear, both genetic and environmental factors are believed to play significant roles. Diagnosis is typically based on clinical symptoms, ultrasound imaging, and hormone level testing. Early detection and management are crucial to reduce complications and improve quality of life. Treatment approaches focus on lifestyle modifications such as healthy diet, regular physical activity, and weight management, along with medications like hormonal contraceptives and insulin sensitizers. With timely intervention, the symptoms of PCOD can be effectively controlled, allowing affected individuals to lead healthy, fulfilling lives.

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### Introduction:-

#### Need of The Study:-

Studying PCOD is essential due to its growing prevalence, impact on women's health, and long-term complications.

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**Here's a detailed explanation of the need for the study:**

1. Increasing Prevalence Among Women PCOD affects 1 in 10 women of reproductive age globally. In India, nearly 20–25% of women suffer from PCOD due to changing lifestyles and stress. Early detection and awareness are lacking.
2. Major Cause of Infertility PCOD is one of the leading causes of female infertility. It disrupts ovulation and hormonal cycles, making conception difficult. Studying it helps in providing better fertility treatment and counseling. Risk of Long-Term Complications

**Women with PCOD are at higher risk for:****Type 2 Diabetes:-**

- \*High blood pressure
- \*Cardiovascular diseases
- \*Endometrial cancer
- \*Early intervention can help in preventing future complications.

**3. Mental Health Impact:-**

- \*Many PCOD patients experience:
- \*Anxiety
- \*Depression

One of the main reasons for studying PCOD is its significant impact on the reproductive health of women. PCOD often leads to irregular menstrual cycles and problems with ovulation, which can result in infertility. Many women may not be aware that they have PCOD until they face difficulties in conceiving. Therefore, studying this condition is important to increase awareness among women and healthcare professionals about its symptoms, causes, and treatment options. Another important reason for studying PCOD is its effect on overall physical health. Women with PCOD are at a higher risk of developing metabolic disorders such as obesity, insulin resistance, type 2 diabetes, and high blood pressure. These conditions can further increase the risk of cardiovascular diseases later in life. By studying PCOD, researchers and healthcare providers can better understand the relationship between hormonal imbalance and metabolic disorders, which can help in improving prevention and treatment strategies.

PCOD also has a significant impact on the psychological and emotional well-being of women. Symptoms such as acne, excessive hair growth, weight gain, and hair thinning can affect a woman's self-esteem and body image. Many women with PCOD may experience anxiety, depression, and emotional stress. Studying PCOD helps in identifying these psychological effects and highlights the importance of providing mental health support along with medical treatment. Another important need for studying PCOD is to improve early diagnosis and management. Many women remain undiagnosed because the symptoms can vary from person to person and may be mistaken for other conditions. Early detection through proper study and research can help in initiating timely treatment, which can reduce the severity of symptoms and prevent long-term complications.

Furthermore, studying PCOD is essential for developing effective treatment and management methods. Although there is no permanent cure for PCOD, the symptoms can be controlled through medications, lifestyle modifications, and proper diet. Research studies help in identifying the most effective treatment options and improving existing medical practices. It also helps healthcare professionals educate patients about the importance of maintaining a healthy lifestyle, including regular exercise and balanced nutrition.

In addition, the study of PCOD is important for public health awareness. Many young girls and women are not aware of this condition and its possible consequences. Health education programs, seminars, and research studies can spread awareness and encourage women to seek medical advice when they notice symptoms such as irregular periods or unexplained weight gain. In conclusion, the study of PCOD is essential because it helps in understanding the causes, symptoms, complications, and management of this common disorder. It also promotes awareness, early diagnosis, and effective treatment, which can improve the overall health and quality of life of women affected by PCOD. Continuous research and education are necessary to reduce the impact of this condition on women's physical, reproductive, and psychological health.

**Summary:-**

“A Descriptive study to assess the level of knowledge regarding polycystic ovarian disease among adolescent girls in Government inter college of Dehradun, Uttarakhand”

PCOD is one of the most common endocrine disorders among women of reproductive age, characterized by hormonal imbalance, irregular menstrual cycles, acne, obesity, and fertility issues. Despite being common, awareness and understanding of PCOD remain low, especially among adolescents who are at a crucial stage for developing healthy reproductive habits. A descriptive research design was adopted to assess the knowledge level among adolescent girls. The study sample consisted of selected adolescent girls from a government inter-college in Dehradun, chosen through a convenient sampling technique. A structured questionnaire was used as the tool for data collection, consisting of items on causes, signs and symptoms, complications, and preventive measures of PCOD.

The data analysis revealed that the majority of the participants had inadequate knowledge regarding PCOD. Only a small percentage of respondents demonstrated good awareness of the condition, its causes, and preventive strategies. The results highlighted that most of the girls relied on informal sources like peers and social media for health information. The study concluded that there is an urgent need for school-based health education and awareness programs to provide accurate information about PCOD and promote reproductive health. Creating awareness at the adolescent stage can help prevent complications, encourage early diagnosis, and promote a healthy lifestyle.

**Major Findings:-**

1. The majority of adolescent girls had inadequate knowledge regarding PCOD, particularly about its causes, symptoms, complications, and preventive measures.
2. A smaller proportion of participants demonstrated moderate knowledge, and only a few showed an adequate level of awareness.
3. Most participants were unaware of the hormonal and lifestyle factors contributing to PCOD, such as stress, obesity, poor diet, and lack of physical activity.
4. The study found that sources of information were primarily peers, social media, and family members rather than teachers or health professionals.
5. Many respondents had misconceptions about PCOD, confusing it with other menstrual irregularities or infertility problems.
6. There was a lack of formal health education sessions or programs conducted in the college related to PCOD and menstrual health.
7. The findings emphasized the need for structured awareness programs and inclusion of reproductive health education in school curriculums.

**Discussion:-**

The findings of this study revealed a significant lack of knowledge among adolescent girls regarding PCOD. This aligns with other studies conducted across India and globally, which also found that young girls possess limited understanding of reproductive health disorders. The lack of awareness can be attributed to social taboos, limited communication between adolescents and parents or teachers, and insufficient health education in schools.

Adolescence is a critical phase of life where awareness about health and hygiene should be instilled. The study's findings highlight that many girls are unaware of the early signs and symptoms of PCOD such as irregular menstruation, excessive hair growth, acne, and weight gain. Such lack of awareness can delay diagnosis and treatment, leading to long-term complications like infertility, diabetes, and depression.

Educational interventions at the school level can play a vital role in improving the knowledge and attitudes of adolescent girls toward PCOD. Teachers, nurses, and health professionals should take initiatives to organize awareness programs, workshops, and seminars to empower girls with knowledge regarding reproductive and hormonal health. The use of multimedia tools, posters, and interactive sessions can make learning more effective and engaging.

**Conclusion:-**

The study concluded that the level of knowledge regarding PCOD among adolescent girls is inadequate. The majority of the participants lacked basic understanding of the disease, its causes, manifestations, and preventive measures. Since adolescence is a sensitive and formative period, lack of awareness can lead to unhealthy lifestyles

and late detection of hormonal disorders. There is a strong need for comprehensive health education programs in schools to promote reproductive health awareness. Teachers, school nurses, and healthcare professionals should collaborate to provide accurate and age-appropriate information on PCOD. Early awareness and proper guidance can help in the prevention and early management of PCOD, reducing future complications and improving quality of life among young women.

**Limitation:-**

1. The study was conducted in only one government inter-college of Dehradun, which limits the generalizability of the findings.
2. The sample size was small, and therefore, results cannot represent the entire adolescent population.
3. The study utilized convenient sampling, which may have introduced sampling bias.
4. The data were collected using self-reported questionnaires, which may be affected by the participants' honesty and understanding.
5. The study focused only on the knowledge aspect and did not assess the attitude or practices related to PCOD.

**Implications:-****1. For Nursing Practice:**

- o Nurses can play a key role in organizing school health programs focusing on menstrual and reproductive health.
- o They can educate adolescent girls about PCOD, its prevention, and management through counseling and awareness sessions.

**2. For Nursing Education:**

- o Nursing curriculum should emphasize the importance of adolescent health and reproductive disorders like PCOD.
- o Nursing students can be trained to conduct community health awareness programs in schools and colleges.

**3. For Nursing Administration:**

- o Nursing administrators should encourage school health nurses to conduct regular awareness drives.
- o Collaboration with local health authorities can help implement educational campaigns in schools.

**4. For Nursing Research:**

- o Future studies can be conducted on a larger scale to assess not only knowledge but also attitudes and practices regarding PCOD.
- o Experimental studies can evaluate the effectiveness of educational interventions on improving knowledge and awareness among adolescent girls.

**Recommendations:-**

1. Organize regular health education programs, workshops, and seminars on PCOD and menstrual health in schools and colleges.
2. Incorporate reproductive health education in the school curriculum to ensure all adolescents receive correct and comprehensive information.
3. Encourage teachers and school nurses to discuss menstrual and hormonal health openly with students.
4. Promote media campaigns and social awareness programs to break the stigma surrounding reproductive disorders.
5. Conduct further research on a larger and more diverse population to generalize findings.
6. Develop educational materials such as leaflets, posters, and videos in simple language to spread awareness about PCOD.
7. Motivate adolescent girls to adopt a healthy lifestyle, including balanced diet, regular physical activity, and stress management to prevent PCOD.