



The prevalence of poly cystic ovary syndrome among young adult girls

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ABSTRACT

Polycystic ovarian disorder (PCOS) is a typical endocrine issue experienced in ladies and is related with issues, for example, menstrual inconsistencies; anovulation; barrenness; hirsutism; heftiness; insulin opposition, dyslipoproteinemia; and, in later life, with diabetes mellitus and uterine malignant growth. Early determination is fundamental for early treatment and to limit the prompt and constant results. The predominance of PCOS in our general public has not yet been resolved. This investigation is an endeavor to evaluate its pervasiveness of youthful grown-up young ladies 18-25 Years. PCOS was analyzed by utilizing self-appraisal apparatus and BMI, and the predominance was observed to be % of the population.

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INTRODUCTION

Polycystic ovary disorder (PCOS) is a typical endocrine issue experienced in ladies of the regenerative age the world over. It was first depicted in 1935 by Stein and Levinthal and was known as the Stein-Leviathan disorder. It is a heterogeneous issue with a familial premise. It is related with a wide range of introducing highlights, including anovulation, fruitlessness, corpulence, hirsutism, insulin opposition, and dyslipoproteinemia. In roughly 20% of asymptomatic cases were found on ultrasound assessment (Lorena, 2018).

Pervasiveness of PCOS is expanding among Indi-

ans. PCOS in vagrant Indians have been assessed at 52% level. The commonness of PCOS changes somewhere in the range of 2.5 and 11 %. Late European and American examinations utilizing NIH criteria are in understanding that PCOS is a typical endocrine issue, influencing ladies of regenerative age up to 6.8%. The introduction of PCOS in puberty is additionally influenced by metabolic changes related with muscle to fat ratio dissemination. Ordinary pubescence and youthfulness are related with expanded insulin opposition and expanded fasting insulin fixations (Sunitha, 2018). Ladies with PCOS, regardless of whether lean or large, have higher insulin obstruction than ladies without PCOS of comparable weight. Besides, thinks about show exacerbating of insulin opposition with overweight and heftiness related with PCOS Pelusi, 2002 (Brady *et al.*, 2009).

MATERIALS AND METHODS

The study was conducted to estimate the prevalence of PCOS among the female students of Saveetha institute of medical and technical sciences. Descriptive survey method adapted for this study. The sampling technique was convenience sampling. SIMATS consists of eight constituent colleges with various

Table 1: Self-Assessment Tool Questionnaire

S.n	Clinical signs and symptoms of PCOS	Yes		NO	
		N	%	N	%
1.	Do you have 8 or few periods a year?	281	52.5%	254	47.5%
2	Have you ever gone 4 months or longer without having a period?	129	24.1%	406	75.9%
3	Do you have irregular bleeding or spotting	114	21.3%	421	78.7%
4	Do you have excessive hair on your face or body	203	37.9%	332	62.1%
5	Do you have a severe adolescent or persistent adult acne	73	13.6%	462	86.4%
6	Do you have thinning scalp hairs	357	66.7%	178	33.3%
7	Do you have skin tags or velvety dark skin patches on the nape of your neck	46	8.6%	489	91.4%
8	Have you recently had a significant weight gain	127	23.7%	408	76.3%
9	Do you carry excessive weight around your waist line	182	34.0%	353	66.0%
10	Do you feel sugar craving, drowsiness or sometimes light headedness within the first few hours after a meal?	66	12.3%	469	87.7%
11	Do you or any close family members have type 2 diabetes mellitus	176	32.9%	359	67.1%

Table 2: BMI - Prevalence Data

	Size	Mean±SD	95% CI
BMI	535	22.12 ± 2.593	24.034

Table 3: Self Assessment Tool - Prevalence Data

	Size	Mean±SD	95% CI
Self-assessment Tool	535	3.28 ± 2.44	3.28

courses and equipped with 1500 bedded multi-specialty hospital. Out of this, a researcher has selected two colleges like physiotherapy and engineering. Students were gathered in the conference hall, investigator along with student’s co-coordinator from respective colleges gave instructions about PCOS. Questionnaire was distributed to the participants, and informed consent was obtained around 535 young adult girls were participated in this prevalence study, by using convenience sampling technique. Self-assessment tool included history about their weight gain, puberty, menstrual pattern, presence of hirsutism, dysmenorrhoea, persistent acne, past and present medical and surgical history was obtained. It was interpreted, and abnormality was noted.

Scoring and interpretation

Self-assessment tool was used based on (Rotterdam

criteria) It consisted of eleven questions regarding the signs and symptoms of PCOS, Total items were 11 with a total score of 11 the tool was interpreted as no problem (0) and yes means (1) from the total score 11 those who scored 5 and above were considered as suspected with PCOS. Body mass index of up to 22.9kg/m² comes under as normal, 23 to 24.9kg/m² comes under as overweight, and more than 25kg/m² were considered as obese according to the WHO (world health organization).

RESULTS AND DISCUSSION

Based on the BMI values among the participants in prevalence study the mean value is 22.122 with 0.114 SE with the C.I of mean 0.224, the result shows about 24.03% (95% CI) were found symptoms with PCOS among 535 young adult girls. The mean value of self-assessment tool was 3.279 with 0.106

SE. The result shows about 29.82 (95% CI) were found symptoms with PCOS among 535 young adult girls. Data analysis and interpretation by descriptive statistics.

PCOS among young adult is a raising problem in India which needs careful assessment, timely intervention, and early treatment. The diverse manifestations of PCOS start at an age when a female is maturing into an adult. It is essential to make an early diagnosis in order to prevent early PCOS syndrome and its complications. Hence, the present study was conducted to find the prevalence of PCOS among young adult girls and assess the effectiveness of self-help strategies among the students studying in Saveetha Institute of Medical and technical sciences. The present study reveals that the prevalence of PCOS was found to be 24.034% (BMI) and 4.00% (self-assessment tool).

All around, pervasiveness evaluations of PCOS are exceptionally factor, extending from 2.2% to as high as 26%. In India, the pervasiveness is bit by bit expanding. As per an examination directed by (Nidhi *et al.*, 2011) on 460 young ladies matured 15-18 years in a private school in Andhra Pradesh, South India, the commonness of PCOS was observed to be 9.13% in youths. In comparable examination led on Saudi young ladies, the assessed pervasiveness of PCOS was seen to be 53.7% which is higher. Vidya R. found that as per the World Health Organization, there are PCOS influenced 116 million ladies worldwide in 2012 (3.4%) of ladies.

A Similar discoveries were gotten in a study led that the greater part of the building understudies had lacking learning in a pre-test. Another examination done to gauge the impact of instructive sessions about Polycystic Ovarian Syndrome in late youthful young ladies indicated the same outcomes, Hanan Elsayed Mohamed, 2015. It was found in a concentrate that a large number of members were suspected with PCOS as they had signs and side effects. It demonstrates that numerous females don't counsel gynecologists to analyze their wellbeing status. It was found in another examination that with the exception of in hazardous circumstances, the families don't take the lady to a medical clinic, since removing a lady from their homes had thought to be ill-bred Rizvi, Khan, and Shaikh, 2014.

An examination done among young people in Karachi found that the vast majority of the subjects expressed that the issues identified with regenerative issues ought not to be depicted to anybody. Just 22% revealed that the issue ought to be talked about with the relatives, though remaining subjects expressed that if there should arise an occurrence

of any issue, a specialist ought to be counseled Ali, Ali, Waheed, and Memon, 2006. It is accepted that spearmint and exercise positively affect BMI, Improvement in pre-adult young ladies with PCOS Trent, 2005. The present commonness study Among the 535 subjects, 83 had the indication of PCOS score of over 5 in the statistic part demonstrated the youthful grown-up young ladies lion's share that is 208 (38.9%) of youthful grown-up young ladies were in the age bunch between 18-19 years. In a dietary example, the greater part of them are has a place with non-vegan 432 (80.7%) (Tables 1 and 2 & Table 3).

CONCLUSION

The finding of the study gives that commonness of indications and manifestations of PCOS are expanding. However, understudies didn't know about PCOS in spite of the fact that its signs and side effects were knowledgeable about a significant number of them. So extraordinary mindfulness projects ought to be done to give learning about such sicknesses to females. Besides, the study demonstrates that the greater part of females don't counsel gynecologist except if there is a serious or hazardous issue or sickness. So females ought to counsel gynecologist at any rate once in a year to analyze their wellbeing status to improve the wellbeing.

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