



Study on Awareness of Polycystic Ovary Syndrome (PCOS) Amongst the Women

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Abstract:

In the given below pages is mention for the report of dissertation. I was place as a researcher, so as being a researcher, I had work on the topic of "AWARENESS OF POLYCYSTIC OVARY SYNDROME (PCOS) AMONGST THE WOMEN" The main objective of this dissertation was to spread awareness regarding Polycystic ovary syndrome among the women of village of Vadodara district which can be used as a dissertation purpose and should be keep confidential. It also aims to improve and change the thinking of the village women. The dissertation data contains symptoms, causes, treatment which help women to gain more about Polycystic ovary syndrome. This dissertation also helps women to improve their knowledge. It also contains different types of Polycystic ovary syndrome, how to deal with it, how to manage with it also contain food to avoid, diet and exercise as well as treatment, tips to deal with lifestyle changes etc. This dissertation not only for those women who are suffering from Polycystic ovary syndrome but also for normal women who are not suffering from this disorder. The dissertation contains the introduction, review of literature, research methodology, data analysis and interpretation, questionnaire and sampling of the survey.

A. INTRODUCTION

Polycystic Ovary Syndrome, or PCOS, is a common hormonal condition that causes females to produce more male hormones than usual (affecting up to 1 in 10 women of childbearing age). An imbalance in reproductive hormones causes issues in a woman's ovaries, which are the organs that (almost) solely regulate a healthy menstrual cycle. As a result, women with PCOS have irregular/missed periods and have difficulty getting pregnant. In addition to being the leading cause of infertility, irregular periods are also responsible for the development of small fluid-filled sacs called cysts in the ovaries.

Types of PCOS:

Insulin resistant PCOS

Pill-induced PCOS

Inflammatory PCOS

Hidden PCOS

Symptoms of PCOS:

Heavy menstrual bleeding

Period irregularity

Increase hair growth on the body

Weight gain

Obesity

Hair loss/ thinning

Skin tags

Headaches

Infertility

Skin darkening

Managing of PCOS:

Weight loss

Diet changes

Exercise

Supplements

Herbal products

B. RESEARCH METHODOLOGY**Main objective:**

To study on awareness of Polycystic Ovary Syndrome (PCOS) among the women.

Sub objective:

- To spread awareness of Polycystic Ovary Syndrome.
- To study the impact of awareness regarding Polycystic Ovary Syndrome.
- To improve and change the thinking of the women.
- To gain more knowledge about Polycystic Ovary Syndrome.

Research design:

The research design is the conceptual framework within which research is carried out; it acts as the blueprint for data collection, measurement, and analysis. It is the systematic planning in leads to the research. It is the process of collecting, analysis and interpreting observation. The purpose behind this study was to spread awareness. So, research design is exploratory design.

Universe:

The universe for this study consists of village of Vadodara district.

Sample and sampling size:

Here, the researcher has used the method of simple random sampling method, and selected 60 respondents from rural areas of Vadodara district which are randomly selected.

Tool of data collection:**Primary data:**

Interview schedule

Secondary data:

Internet, Previous dissertation, Journals.

Limitation of the study:

The data was collected from rural areas that takes time more in collecting data or it is time consuming.

Another problem face by researcher is that rural people not given proper response to the researcher during data collection.

The time for data collection was limited.

C. FINDINGS

1. Majority of the women (56.7%) are in 15-25 years of the age.
2. Majority of the women (55%) are graduated.
3. Majority of the women (50%) are student.
4. Majority of the women (51.7%) are single.
5. Majority of the women (96.6%) are aware about polycystic ovary syndrome and heard about this disorder.

6. Majority of the women (41.7%) are those who heard about polycystic ovary syndrome from their relatives.
7. Majority of women (95%) are knowing about Polycystic Ovary syndrome.
8. Majority of women (91.7%) know the full form of PCOS.
9. Majority of women (96.6%) are knowing the right full form of PCOS, that is Polycystic Ovary Syndrome.
10. Majority of the women (80%) know that PCOS and PCOD are not same.
11. Majority of women (91.7%) who Are not suffering from Uncertain periods.
12. Majority of women (95%) are not suffering from Polycystic Ovary Syndrome.
13. Majority of women (92.6%) have not gone to Gynecologist.
14. Majority of women (95%) have family history of Polycystic Ovary Syndrome.
15. Majority of the women (62.7%) are those whose family member or friends are not suffering from Polycystic Ovary Syndrome.
16. Majority of women (61.7%) response No for not knowing that Polycystic Ovary Syndrome is curable disease.
17. Majority of women (75%) are aware that PCOS is Treatable.
18. Majority of women (79.7%) are knowing that PCOS is life-long disease.
19. Majority of women (96.7%) know the real about PCOS that PCOS is a hormonal Disorder which is common amongst women.
20. Majority of the women (90%) knows the symptoms of PCOS.
21. Majority of women (98.3%) are response for Irregular periods, Weight gain, Excessive Hair Growth, Acne.
22. Majority of women (75%) knows that Pregnancy affecting during PCOS.
23. Majority of women (78.3%) response for non-communicable type of PCOS.
24. Majority of women (71.2%) think that PCOS is Genetic.
25. Majority of women (83.3%) response YES for PCOS affecting weight.
26. Majority of women (78.3%) know that PCOS causing pain.
27. Majority of women (96.6%) response YES that PCOS can be manage through Diet and Exercise.
28. Majority of women (949%) response YES for think that every girl or women should know about PCOS.
29. Majority of women (85%) response YES that they got aware about PCOS after completing this survey.

References:

- https://www.google.com/url?sa=t&rct=j&q=&esrc=s&source=web&cd=&ved=2ahUKEwinxo231L_8AhU9cGwGHV9tB2UQFnoECC8QAQ&url=https%3A%2F%2Fwww.healthline.com%2Fhealth%2Fpolycystic-ovary-disease&usg=AOvVaw3ZpIHpOhOKP3st71Ucby5m
- <https://www.nhs.uk/conditions/polycystic-ovary-syndrome-pcos/causes/#:~:text=Genetics,have%20not%20yet%20been%20identified.>