

**“A STUDY TO EVALUATE THE EFFECTIVENESS OF VIDEO ASSISTED
TEACHING PROGRAMME ON KNOWLEDGE AND ATTITUDE REGARDING
THE EFFECTS OF FERTILITY MESSAGES ON PCOS AMONG YOUNG
WOMEN IN A SELECTED AREA AT HONAVAR, UTTARA KANNADA
DISTRICT”**

BY

Ms. Meluzina Gigi

Submitted to



Rajiv Gandhi University of Health Sciences, Bangalore, Karnataka

**Under Short term Research Grants for Undergraduate Students of Institutions Affiliated to
RGHUS for the year 2024-25**

And

In Partial fulfillment of the requirements for the degree of

Bachelor of Sciences in Nursing

Under the guidance of

Ms.Thankamma M S



St. Ignatius Institute of Health Sciences,

Honavar, Uttar Kannada

2024-25

DECLARATION BY THE CANDIDATE

1. I hereby declare that this project titled “**A study to evaluate the effectiveness of video assisted teaching programme on knowledge and attitude regarding the effects of fertility massages on PCOS among young women in a selected area at Honavar, Uttara Kannada District**” is a bonafide and genuine work to carried out under the guidance of **Ms. Thankamma M.S** Professor, St. Ignatius Institute of Health Sciences, Honavar.

Date:

Signature of the candidate

Place:

Ms. Meluzina Gigi

CERTIFICATE BY GUIDE

This is to certify that project “**A study to evaluate the effectiveness of video assisted teaching programme on knowledge and attitude regarding the effects of fertility massages on PCOS among young women in a selected area at Honavar, Uttara Kannada District**” is a bonafide and genuine work to carried out by **Ms. Meluzina Gigi** under the Short-term Research Grants for Undergraduate Students of Institutions affiliated to RGUHS for the year 2024-25.

Date:

Signature of the guide

Place:

MsThankamma M.S
Professor
Dept. of Obstetrics and Gyneacology Nursing

ENDORSEMENT BY THE PRINCIPAL/ HEAD OF THE INSTITUTION

This is to certify that the project entitled “**A study to evaluate the effectiveness of video assisted teaching programme on knowledge and attitude regarding the effects of fertility massages on PCOS among young women in a selected area at Honavar, Uttara Kannada District**” is a bonafide and genuine work to carried out by **Ms. Meluzina Gigi** under the Short-term Research Grants for Undergraduate Students of Institutions Affiliated to RGUHS for the year 2024-25 under the guidance of **Ms.Thankamma M.S** Professor, St. Ignatius Institute of Health Sciences, Honnavar.

Date:

Seal & Signature of the Principal

Place:

A. Sagaya Arockia Mary

ST. IGNATIUS INSTITUTE OF HEALTH SCIENCES, HONAVAR.

SHORT TERM RESEARCH GRANT FOR UNDERGRADUATE STUDENTS

2024-2025

FINAL REPORT

1.	TITLE OF THE PROJECT	“A study to evaluate the effectiveness of video assisted teaching programme on knowledge and attitude regarding the effects of fertility massages on PCOS among young women in a selected area at Honavar,Uttara Kannada District”
2.	RGUHS PROJECT CODE	UG24NUR0613
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5.	NAME OF THE DEPARTMENT	NURSING
6.	DATE OF COMMENCEMENT OF THE RESEARCH ACTIVITY	31-12-2024

7.	DATE OF COMPLETION	04-04-2025
8.	OBJECTIVES STATED	<p>The objectives of the study</p> <ol style="list-style-type: none"> 1. To assess the pre test and post test knowledge regarding the effects of fertility massages on PCOS among young women. 2. To assess the pre test and post test attitude towards the effects of fertility massages on PCOS among young women. 3. To determine the effectiveness of video assisted teaching programme on knowledge regarding the effects of fertility massages on PCOS among young women. 4. To determine the effectiveness of video assisted teaching programme on attitude towards the effects of fertility massages on PCOS among young women. 5. To find the correlation between pre-test knowledge and pre-test attitude regarding the effects of fertility massages in PCOS among young women. 6. To find the association of pre-test knowledge regarding the effects of fertility massages on PCOS with selected demographic variables of young women. 7. To find the association of pre-test attitude towards the effects of fertility massages on PCOS with selected demographic variables of young women.

9. Field/ Experimental work giving full details of summary of methods adopted supported by necessary tables, charts, diagrams and photographs.

Statement of the problem

“A study to evaluate the effectiveness of video assisted teaching programme on knowledge and attitude regarding the effects of fertility massages on PCOS among young women in a selected area at honavar,Uttara Kannada District”

Hypotheses

H₁: There is a significant difference in pre test and post test knowledge regarding the effects of fertility massages on PCOS among young women.

H₂: There is a significant difference in pre test and post test attitude towards the effects of fertility massages on PCOS among young women.

H₃: There is a significant correlation between pre test knowledge and pre test attitude regarding the effects of fertility massages in PCOS among young women.

H₄: There is a significant association of pre test knowledge regarding the effects of fertility massages in PCOS with selected demographic variables of young women.

H₅: There is a significant association of pre test attitude towards the effects of fertility massages in PCOS with selected demographic variables of young women.

Research approach: Research approach used was Quantitative approach.

Research design: Research design adopted was pre-experimental one group pre test and post test design.

Variables

Dependent variable:

- Knowledge regarding the effects of fertility massages in PCOS
- Attitude towards the effects of fertility massages in PCOS

Independent variable: Video assisted teaching programme regarding the effects of fertility massages on PCOS

Demographic variables: The demographic variables include age, education, occupation, marital status, place of residence, family type, family income per month, food pattern, type of menstrual cycle, history of PCOS, family history of PCOS and previous awareness about fertility massages.

Setting: The study was conducted Lower Kasarkod, Honavar Taluk, Uttara Kannada District

Target population: Target population for the study was young women

Accessible population: Accessible population for the study was young women who were residing in Lower Kasarkod, Honavar Taluk, Uttara Kannada District.

Sample: The sample for the study was the young women who were residing in Lower Kasarkod, Honavar Taluk, Uttara Kannada District and who fulfilled the inclusion and exclusion criteria

Sampling technique: The non probability convenience sampling technique was used.

Sample size: The sample size for the study was 100 young women

Inclusion criteria

- Young women who were between the age group of 15-29 years
- Young women who were residing at Lower Kasarkod
- Young women who were able to read Kannada or English.
- Young women who were available at the time of data collection .

Exclusion criteria

- Young women who were having visual or auditory impairment.
- Young women who were not able to comprehend and respond to the intervention.
- Young women who were contraindicated to do fertility massages.

Instrument used

Section A: Proforma to collect baseline variables of young women

Demographic variables were age, education, occupation, marital status, place of residence, familytype, family income per month, food pattern, type of menstrual cycle, history of PCOS, family history of PCOS and previous awareness about fertility massages.

Section B: Self structured knowledge questionnaire on effects of fertility massages in PCOS

Structured knowledge questionnaire on effects of fertility massages in PCOS consisted of 18 multiple choice questions. Questions related to definition, causes, symptoms, management of PCOS, definition, indication, side effects and benefits of fertility massage were included. Tool was translated in Kannada. Each question consists of a stem and 4 alternatives. In 4 alternatives 1 was correct response and other 3 were incorrect responses. The rating of the alternatives as follows, “Correct response = score of 1” and for “Incorrect response=score of 0”. The maximum score was 18 (18 questions x 1 =18). To interpret the score, the scores were classified and interpreted into 3 categories i.e., Poor Knowledge (Scores between 0 – 10), Average knowledge (Score between 11 – 14) and Good knowledge (Score between 15 - 18)

Section C: Self structured likert scale to assess the attitudes towards effects of fertility massages in PCOS

It is a self-constructed likert scale consisted of 60 items to assess the attitude towards effects of fertility massages in PCOS in young women. The tool consisted of 5 options namely “Never =0”, “Strongly disagree=1”, “Disagree=2”, “Agree=3” and “Strongly agree=4”. The maximum score was 60 (15 items x 4= 60). Tool was translated in Kannada. To interpret the attitude towards effects of fertility massages in PCOS in young women, the scores were classified into 2 categories i.e. Negative attitude towards effects of fertility massages in PCOS (score of 0 to 30) and Positive attitude towards effects of fertility massages in PCOS (score of 31 to 60). The higher the score indicated the positive attitude towards effects of fertility massages in PCOS.

Validity and reliability of the tool

The content validity was obtained for the tool and lesson plan on effects of fertility massages in PCOS from 5 Obstetrical and Gynecological Nursing experts. The reliability for the self-structured knowledge questionnaire on effects of fertility massages in PCOS was done using test and retest method, Karl Pearson’s correlation co-efficient and spearman prophecy formula and r value was “0.81” The reliability for the self-structured likert scale to assess the attitude towards effects of fertility massages in PCOS was done using test and retest method, Karl Pearson’s correlation co-efficient and spearman prophecy formula and “r” value was “0.67”

Data collection Method: Pilot study

The ethical clearance was obtained from institutional ethical committee. A formal permission was obtained from the Principal, St. Ignatius Institute of Health Sciences, Honavar and from THO, Honavar Taluk. The study was conducted from 05/02/2025 to 13/02/2025. Pilot study

was conducted in Prabhatnagar, Honavar Taluk. 10 young women were selected using non probability convenience sampling technique based on inclusion and exclusion criteria.

Pretest: The researcher introduced herself and explained about the study and its purpose. Written consent was obtained. Proforma was used to collect baseline variable, structured knowledge questionnaire on effects of fertility massages in PCOS was used to assess the knowledge and self structured likert scale was used to assess the attitudes towards effects of fertility massages in PCOS. Tool was self administered. 15-30 minutes was taken to administer the tool.

Administration of intervention (Video Assisted Teaching programme): Young women were taught regarding definition, causes, symptom, management of PCOS, definition, indication, side effects and benefits of fertility massage for 1 hour. Post test: Post test was done after 7 days of teaching. Structured knowledge questionnaire on effects of fertility massages in PCOS was used to assess the knowledge and self structured likert scale was used to assess the attitudes towards effects of fertility massages in PCOS. Tool was self administered. 10 - 15 minutes was taken to administer the tool.

Data collection Method: Main Study

The ethical clearance was obtained from institutional ethical committee. A formal permission was obtained from the Principal, St. Ignatius Institute of Health Sciences, Honavar and from THO, Honavar Taluk. Study was conducted in Lower Kasarkod, Honavar Taluk. 100 young women were selected using non probability convenience sampling technique based on inclusion and exclusion criteria. 100 young women were selected in 4 slots (1st slot – 25 young women, 2nd slot – 25 young women, 3rd slot – 25 young women and 4th slot – 25 young women). For the 1st slot, the study was conducted from 16/02/2025 to 24/02/2025, 2nd slot, the study was conducted from 18/02/25 to 26/02/25, 3rd slot, the study was conducted from 20/02/25 to 28/02/25 and 4th slot the study was conducted from 2/03/25 to 10/03/25.

Pretest: The researcher introduced herself and explained about the study and its purpose. Written consent was obtained. Proforma was used to collect baseline variable, structured knowledge questionnaire on effects of fertility massages in PCOS was used to assess the knowledge and self structured likert scale was used to assess the attitude towards effects of fertility massages in PCOS. Tool was self administered. 15-30 minutes was taken to administer the tool.

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Data analysis plan

- The frequency and percentage was used to describe the baseline variables of young women.
- The frequency, percentage, mean, SD and Mean% was used to assess the knowledge regarding the effects of fertility massages in PCOS among young women.
- The frequency, percentage, mean, SD and Mean% was used to assess the attitude towards the effects of fertility massages in PCOS among young women.
- Paired 't' test was used to determine the effectiveness of video assisted teaching programme on knowledge regarding the effects of fertility massages in PCOS among young women.

- Paired t test was used to determine the effectiveness of video assisted teaching programme on attitude towards the effects of fertility massages in PCOS among young women.
- Karl Pearson Correlation co- efficient was used to correlate the pre test knowledge with pretest attitude towards the effects of fertility massages in PCOS among young women.
- Chi Square was used to find the association of pre-test knowledge regarding the effects of fertility massages in PCOS with selected demographic variables of young women.
- Chi Square was used to find the association of pre-test attitude towards the effects of fertility massages in PCOS with selected demographic variables of young women

FIGURE: SCHEMATIC REPRESENTATION OF RESEARCH DESIGN

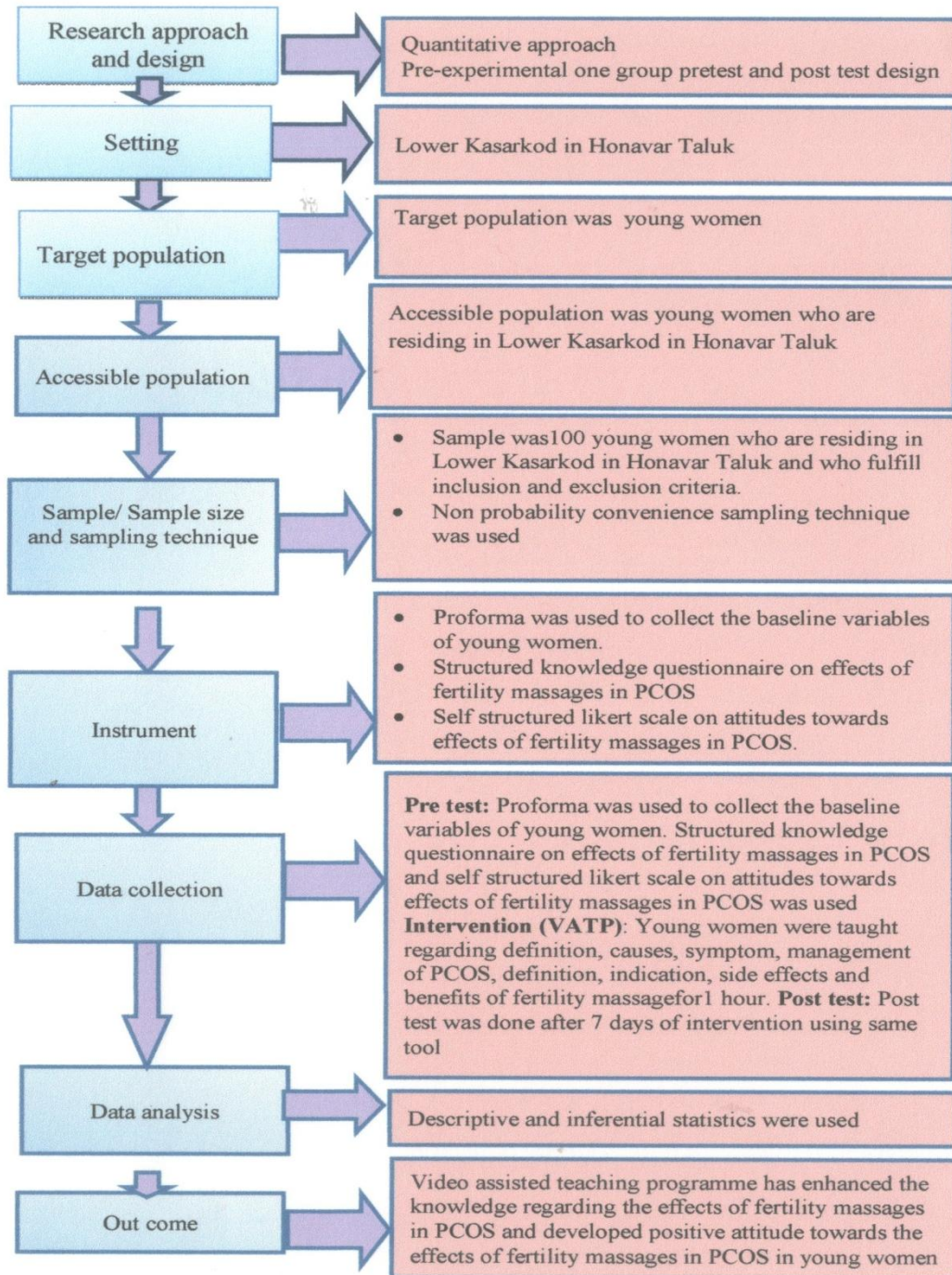


Figure1: The research design of the study

10 . Detailed analysis of results: This section deals with the analysis and interpretation of data collected to evaluate the effectiveness of video assisted teaching programme on knowledge and attitude regarding the effects of fertility massages on PCOS among young women in a selected area at Honavar, Uttara Kannada District

Presentation of data

Section1: Description of baseline variables of young women

Section 2: Description of knowledge regarding the effects of fertility massages in PCOS among young women

Section 3: Description of attitude towards the effects of fertility massages in PCOS among young women

Section 4: Determining the effectiveness of video assisted teaching programme on knowledge regarding the effects of fertility massages in PCOS among young women.

Section 5: Determining the effectiveness of video assisted teaching programme on attitude towards the effects of fertility massages in PCOS among young women.

Section 6: Correlation of pre test knowledge with pretest attitude towards the effects of fertility massages in PCOS among young women.

Section 7: Association of pre-test knowledge regarding the effects of fertility massages in PCOS with selected demographic variables of young women

Section 8: Association of pre-test attitude towards the effects of fertility massages in PCOS with selected demographic variables of young women

Section 1: Description of baseline variables of the young women

Table1a: Frequency and percentage distribution of the baseline variables such as age in years, education and occupation

n=100

S No	Baseline Variables	Frequency (f)	Percentage (%)
1	Age in years		
	15-18 Years	16	16
	19-22 Years	45	45
	23-26Years	14	14
	27-29 Years	25	25
2	Education		
	Graduate	16	16
	Pre university	15	15
	High school	15	15
	Primary school	54	54
	No formal education	0	0
3	Occupation		
	Employed	31	31
	Self employed	49	49
	Unemployed/Home maker	20	20

Table 1a indicates that 45 % of subjects belong to the age group of 19-22years. 54% of subject's education is primary school and 49% subjects are self employed.

Table1b: Frequency and percentage distribution of the baseline variables such as marital status, place of residence and type of family **n=100**

S No	Baseline Variables	Frequency (f)	Percentage (%)
1	Marital status		
	Married	31	31
	Unmarried	66	66
	Separated	1	1
	Divorced	2	2
2	Place of residence		
	Urban	0	0
	Rural	100	100
3	Type of family		
	Nuclear family	61	61
	Joint family	33	33
	Extended family	6	6

Table 1b indicates that 66% subjects are unmarried. 100% subjects are residing in rural area and 61% are living in nuclear family.

Table1c: Frequency and percentage distribution of the baseline variables such as family income per month, and type of food, menstrual cycle and history of PCOS

n=100

S No	Baseline Variables	Frequency (f)	Percentage (%)
1	Family income per month		
	Upto 10000	32	32
	Rs 10001-15000	43	43
	Rs 15001 – 20000	18	18
	Above Rs. 20000	7	7
2	Type of food		
	Vegetarian	9	9
	Mixed	91	91
3	Menstrual cycle		
	Regular	84	84
	Irregular	16	16
4	History of PCOS		
	Yes	33	33
	No	67	67

Table 1c indicates that 43% subjects' family income per month is Rs 10001-15000 and 91% of subjects consume mixed food. 84% subjects' have regular menstrual cycle. 33% subject has a history of PCOS

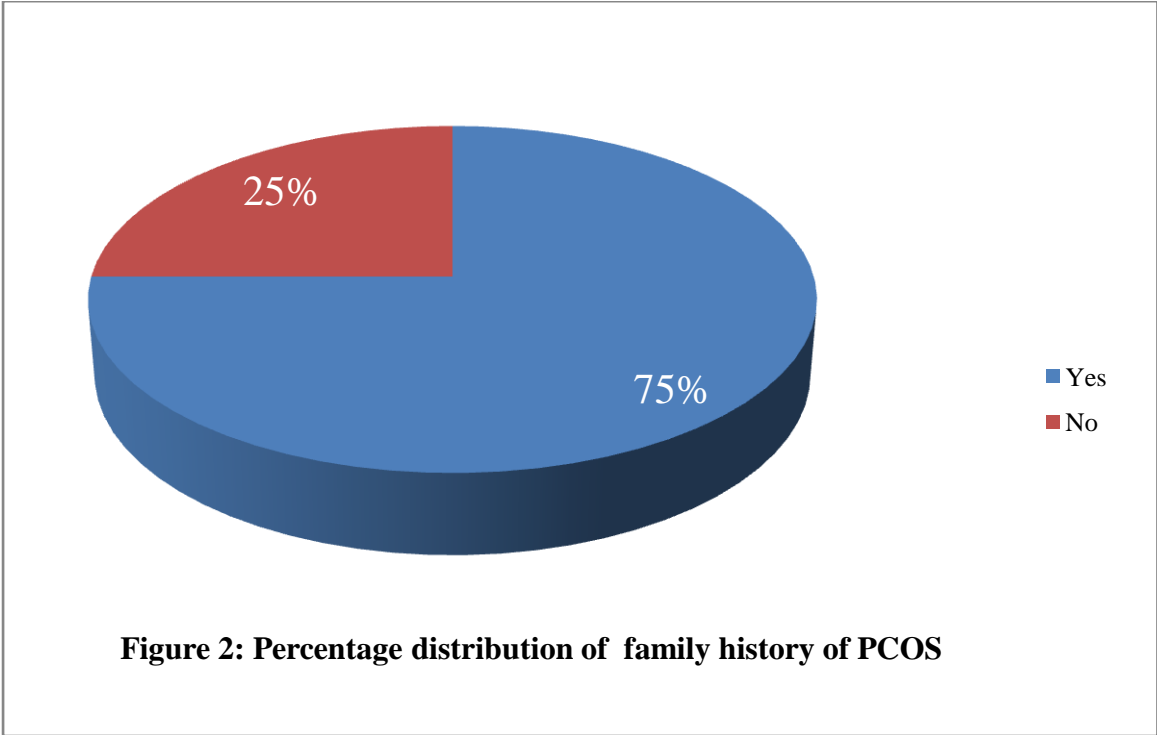


Figure 2 reveals that 75% of the subjects have family history of PCOS

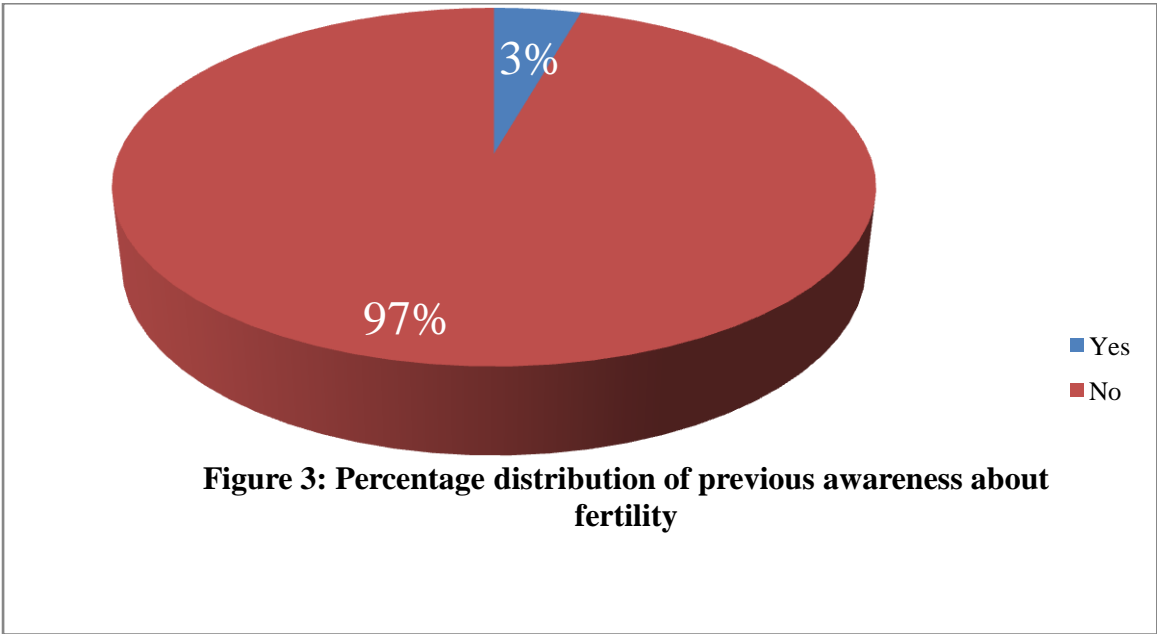


Figure 3 reveals that only 3% of subjects have awareness about fertility.

Section 2: Description of knowledge regarding the effects of fertility massages in PCOS among young women

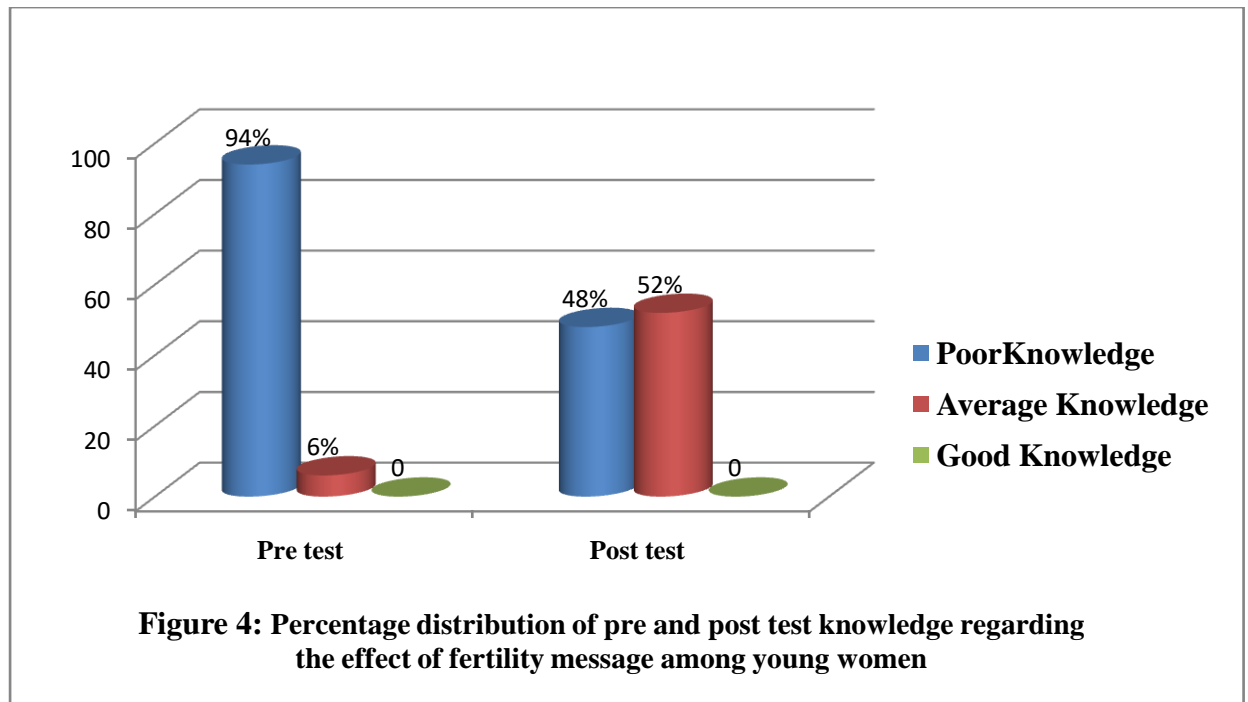


Figure 4 reveals that in pre test, 94% subjects have poor knowledge regarding the effects of fertility massages in PCOS. In post test 52% subjects have average knowledge on the effects of fertility massages in PCOS and only 48% have poor knowledge regarding the effects of fertility massages in PCOS.

Table 2a: Scale score, Range of score, Mean, Mean% and SD of pre and post test knowledge on effects of fertility massages in PCOS among young women

n=100

Assessment	Scale score	Range of score	Mean	SD	Mean%	Mean% difference
Pre test	0-18	2-12	6.63	1.91	36.8	17.3
Post test	0-18	6-14	9.74	2.28	54.1	

Table 2a depicts that the pre test knowledge mean score \pm SD is 6.63 ± 1.91 with the range of score is 2-12 , the mean% is 36.8% and the post test knowledge mean score \pm SD is 9.74 ± 2.28 with the range of score is 6-14 , the mean% is 54.1%. The mean difference of pre and post test is 17.3%

Section 3: Description of attitude towards the effects of fertility massages in PCOS among young women

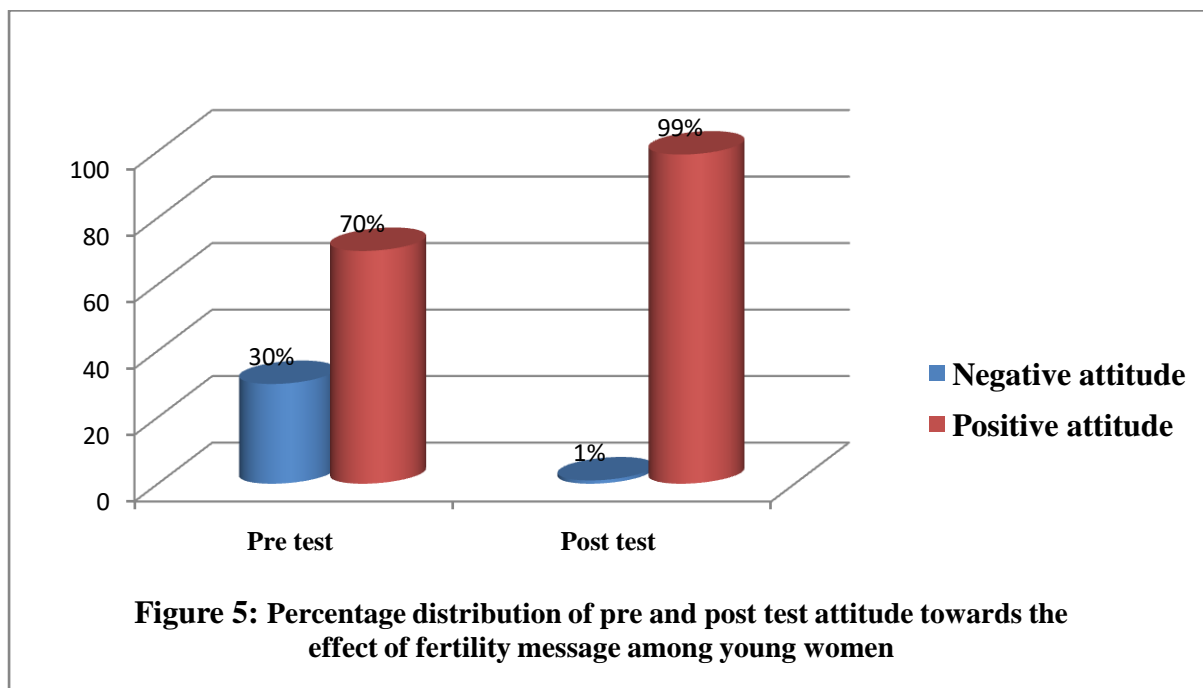


Figure 5 reveals that in pre test, 30 % subjects have negative attitude and 70% subjects have positive attitude towards the effects of fertility massages in PCOS. In post test only 1% subject have negative attitude and 99% have positive attitude towards the effects of fertility massages in PCOS.

Table 3a: Scale score, Range of score, Mean, Mean% and SD of pre and post test attitude towards the effects of fertility massages in PCOS among young women

n=100

Assessment	Scale score	Range of score	Mean	SD	Mean%	Mean% difference
Pre test	0-60	13-52	35.73	8.94	59.55	11.45%
Post test	0-60	30-56	42.60	5.56	71	

Table 3a depicts that the pre test attitude mean score \pm SD is 35.73 ± 8.94 with the range of score is 13-52, the mean% is 59.55% and the post test attitude mean score \pm SD is 42.60 ± 5.56 with the range of score is 30-56, the mean% is 71%. The mean difference of pre and post test is 11.45%

Section4: Determining the effectiveness of video assisted teaching on knowledge regarding the effects of fertility massages in PCOS among young women.

Table 4: Mean, SD and t value, df and table value to determine the effectiveness of video assisted teaching on knowledge regarding the effects of fertility massages in PCOS among young women **n=100**

Assessment	Mean	SD	t-value	df	Table value
Pre test	6.63	1.91	14.69*	99	1.66
Post test	9.74	2.28	S		

***S: Significant at 0.05 level**

Table 4 depicts that there is a statistically significant difference in pre test and post test knowledge regarding the effects of fertility massages on PCOS among young women, since pre test knowledge, mean score \pm SD is 6.63 ± 1.91 , post test knowledge mean score \pm SD is 9.74 ± 2.28 , t value is “14.69” which is more than the table value (1.66; df=99 at 0.05 level). Hence H_1 : There is a significant difference in pre test and post test knowledge regarding the effects of fertility massages on PCOS among young women **is accepted.**

Section5: Determining the effectiveness of video assisted teaching programme on attitude towards the effects of fertility massages in PCOS among young women.

Table 5: Mean, SD and ‘t’ value, df and table value to determine the effectiveness of video assisted teaching programme on attitude towards the effects of fertility massages in PCOS among young women

n=100

Assessment	Mean	SD	t-value	df	Table value
Pre test	35.73	8.94	11.72*	99	1.66
Post test	42.60	5.56	S		

***S: Significant at 0.05 level**

Table 5 depicts that there is a statically significant difference in pre test and post test attitude towards the effects of fertility massages on PCOS among young women, since pre test attitude, mean score \pm SD is 35.73 ± 8.94 , post test attitude mean score \pm SD is 42.60 ± 5.56 , t value is “11.72” which is more than the table value (1.66; df=99 at 0.05 level).H₂: There is a significant difference in pre test and post test attitude towards the effects of fertility massages on PCOS among young women **is accepted.**

Section 6: Correlation of pre test knowledge with pretest attitude towards the effects of fertility massages in PCOS among young women.

Table 6: Mean, SD and r value, df and table value to correlate the pre test knowledge with pretest attitude towards the effects of fertility massages in PCOS among young women

n=100

Assessment	Mean	SD	r-value	df	Table value
Pre test knowledge	6.63	1.91	0.17	98	0.19
Pre test attitude	35.73	8.94	NS		

NS: Significant at 0.05 level

Table 6 depicts that there is no statistically significant correlation between pre test knowledge and pre test attitude regarding the effects of fertility massages in PCOS among young women, since the pre test knowledge, mean score \pm SD is 6.63 ± 1.91 , pre test attitude mean score \pm SD is 35.73 ± 8.94 , r value is “0.17” which is less than the table value (0.19; $df=98$ at 0.05 level). Hence H_3 : There is a significant correlation between pre test knowledge and pre test attitude regarding the effects of fertility massages in PCOS among young women is rejected.

Section 7: Association of pre-test knowledge regarding the effects of fertility massages in PCOS with selected demographic variables of young women

Table 7: Frequency, chi square value, df and table value to associate the pre-test knowledge regarding the effects of fertility massages in PCOS with age, family income per month, type of menstrual cycle, history of PCOS and family history of PCOS **n=100**

Demographic Variable	Frequency	Knowledge Score		Chi Square value	df	Table value
		< Mean Score 6.63	≥ Mean Score 6.63			
Age						
15-22 years	60	26	34	1.93 NS	1	3.84
23-29 years	40	23	17			
Family income per month						
Upto 15000	75	41	34	24.87*S	1	3.84
>Rs. 15000	25	8	17			
Type of menstrual cycle						
Regular	84	45	39	3.046 NS	1	3.84
Irregular	16	5	11			
History of PCOS						
Yes	32	15	17	0.190 NS	1	3.84
No	68	35	33			
Family history of PCOS						
Yes	25	13	12	0.053 NS	1	3.84
No	75	37	38			

***S: Significant at 0.05 level; NS: Not Significant**

Table 7 depicts that, there is a statistically significant association of pre-test knowledge regarding the effects of fertility massages in PCOS with family income per month, since the Chi-square value = “24.87” that is more than table value (3.84; df 1: at 0.05 level).

H₄: There is a significant association of pre test knowledge regarding the effects of fertility massages in PCOS with selected demographic variables of young women **is accepted**. Association of pre test knowledge regarding the effects of fertility massages in PCOS with education, occupation, marital status, place of residence, type of family, food pattern, and previous awareness about fertility massages could not be done since all the categories do not have frequency of 5

Section 8: Association of pre-test attitude towards the effects of fertility massages in PCOS with selected demographic variables of young women

Table 8: Frequency, chi Square value, df and table value to associate the pre-test attitude towards the effects of fertility massages in PCOS with age, family income per month, type of menstrual cycle, history of PCOS and family history of PCOS

n=100

Demographic Variable	Frequency	Attitude Score		Chi Square value	df	Table value
		< Mean Score 35.73	≥ Mean Score 35.73			
Age in years						
15-22 years	61	32	29	4.542* S	1	3.84
23-29 years	39	12	27			
Family income per month						
Upto 15000	84	34	40	0.464 NS	1	3.84
>Rs. 15000	16	10	16			
Type of menstrual cycle						
Regular	84	38	46	0.012 NS	1	3.84
Irregular	16	7	9			
History of PCOS						
Yes	33	15	18	0.025 NS	1	3.84
No	67	30	37			
Family history of PCOS						
Yes	25	9	16	1.092 NS	1	3.84
No	75	36	39			

***S: Significant at 0.05 level; NS: Not Significant**

Table 8a depicts that, there is a statistically significant association of pre-test attitude towards the effects of fertility massages in PCOS with age in years, since the Chi-square value = “4.542” that is more than table value (3.84; df 1: at 0.05 level). **H₅:** There is a significant association of pre test attitude towards the effects of fertility massages in PCOS with selected

demographic variables of young women **is accepted**. Association of pre test attitude towards the effects of fertility massages in PCOS with education, occupation, marital status, place of residence, type of family, food pattern and previous awareness about fertility massages could not be done since all the categories do not have frequency of 5

11. Contributions made towards increasing the state of knowledge in the subject

Nursing practice: The findings of the study

- Emphasises that staff nurse need to educate the women regarding benefits of fertility message in managing PCOS to increase the knowledge and bring positive attitude towards the fertility message in managing PCOS.
- Emphasizes that nursing staff working in OBG setting need to have knowledge on fertility message in managing PCOS.
- Emphasis the need for displaying the educational material on fertility message in managing PCOS in the OPD and IP setting to create awareness to the women.
- Emphasis the need for distributing the educational material on fertility message in managing PCOS to women in community area to create awareness and to bring positive attitude towards fertility message in managing PCOS.
- Emphasises that the nursing staff need to give health counselling regarding the fertility message in managing PCOS to the OPD and IP patients who are in need
- Revealed that in pre test, 94% subjects had poor knowledge regarding the effects of fertility massages in PCOS and 30 % subjects had negative attitude towards the effects of fertility massages in PCOS, so the result emphasises that nursing staff should conduct periodical mass health education on fertility message in managing PCOS in OBG setting.

Nursing education: The findings of the study

- Enlighten the nursing educators regarding benefits of fertility message in managing PCOS
- Emphasises the need for conducting the academic sessions on fertility message in managing PCOS as the part of nursing course.
- Emphasises the need for preparing the nursing student to provide health education regarding fertility message in managing PCOS to women
- Emphasises the need for motivating the nursing students to prepare the written educational material on fertility message in managing PCOS that can be displayed and made available in the outpatient and inpatient department to create awareness in women and even can be distributed to community area to create awareness too.

Nursing administration: The findings of the study

- Emphasises the need for incorporating the concept of fertility message in managing PCOS in nursing curriculum.
- Emphasises the need to take initiative in organising awareness programmes on fertility message in managing PCOS in hospital and community settings
- Emphasises the need for conducting academic sessions on fertility message in managing PCOS to women health professional, nursing staff and nursing students.

Nursing research: The study findings

- Enable nursing students and professional to undertake more researchers in the area of developing and implementation of more educational material on fertility message in managing PCOS

- Emphasises on conducting qualitative studies to know the perception of women about fertility message in managing PCOS.
- Emphasises on conducting more interventional studies to increase the awareness among women regarding fertility messages in managing PCOS

12. Conclusions, summarizing the achievements and indication of scope for future work:

Conclusion, summarizing the achievements

The findings of the study revealed that regarding **knowledge**, in pre test, 94% subjects had poor knowledge regarding the effects of fertility massages in PCOS. In post test 52% subjects had average knowledge on the effects of fertility massages in PCOS and only 48% had poor knowledge regarding the effects of fertility massages in PCOS. Pre test knowledge mean score \pm SD was 6.63 ± 1.91 with the range of score was 2-12, the mean% was 36.8% and the post test knowledge mean score \pm SD was 9.74 ± 2.28 with the range of score was 6-14 , the mean% was 54.1%. The mean difference of pre and post test was 17.3%. There was a statistically significant difference in pre test and post test knowledge regarding the effects of fertility massages on PCOS among young women, since pre test knowledge, mean score \pm SD was 6.63 ± 1.91 , post test knowledge mean score \pm SD was 9.74 ± 2.28 , t value was “14.69” which was more than the table value (1.66; df=99 at 0.05 level).

With regard to **attitude**, in pre test, 30 % subjects had negative attitude and 70% subjects had positive attitude towards the effects of fertility massages in PCOS. In post test only 1% subject had negative attitude and 99% had positive attitude towards the effects of fertility massages in PCOS. Pre test attitude mean score \pm SD was 35.73 ± 8.94 with the range of score was 13-52 , the mean% was 59.55% and the post test attitude mean score \pm SD was 42.60 ± 5.56 with the range of score was 30-56, the mean% was 71%. The mean difference of pre and post test was 11.45%. There was astatically significant difference in pre test and post test

attitude towards the effects of fertility massages on PCOS among young women, since pre test attitude, mean score \pm SD was 35.73 ± 8.94 , post test attitude mean score \pm SD was 42.60 ± 5.56 , t value was “11.72” which was more than the table value (1.66; df=99 at 0.05 level).

Above result indicated that video assisted teaching programme enhanced the knowledge and brought positive attitude regarding fertility massages on PCOS among young women. By conducting this study, the researcher identified that most of the young women were not aware about fertility massages on PCOS and few had negative attitude, so the video assisted teaching regarding fertility massages on PCOS was useful to them and young women will implement this knowledge in management of PCOS in their life time with positive attitude.

Indication of scope for future work

- Interventional studies with the use of educational material can be conducted to increase the awareness on fertility massages in managing PCOS to the women
- Explorative studies can be conducted to identify the factors contributing to PCOS in women
- A study can be conducted among staff nurses, nursing students, treating team and all health professionals to assess their knowledge on fertility massages in managing PCOS
- Similar study can be conducted in large sample and other settings

13. Abstract (300 words for possible publication in *RGUHS Journals/Other Journals*).

Introduction: Polycystic ovary syndrome is one of the most common endocrine dysfunctions that affect the reproductive health of women. Fertility massage is a recently developed method for the treatment of PCOS and other reproductive health issues that has its roots in the ancient massage techniques. **Objective:** To determine the effectiveness of video assisted teaching programme on knowledge and attitude regarding the effects of fertility massages on PCOS among young women. **Methodology:** Quantitative pre experimental one group pre test and post test design was used. 100 young women were selected using non probability

convenience sampling technique. The study was conducted in Lower Kasarkod at Honavar Taluk. Written consent was obtained. Pre test was done using baseline proforma, self structured knowledge questionnaire and self structured likert scale on attitude regarding fertility message on PCOS. Tool was self administered. Young women were taught regarding definition, causes, symptom, management of PCOS, definition, indication, side effects and benefits of fertility massage for 1 hour. The post test was done after 7 days using same tool. **Result:** The findings revealed that in pre test, 94% subjects had poor knowledge and in post test 52% subjects had average and 48% had poor knowledge regarding the effects of fertility massages in PCOS .In pre test, 30 % subjects had negative attitude and 70% subjects had positive attitude and post test only 1% subject had negative attitude and 99% had positive attitude towards the effects of fertility massages in PCOS. There was a statistically significant difference in pre test and post test knowledge and attitude since t value was “14.69”, “11.72” which was more than the table value (1.66; df=99 at 0.05 level). **Conclusion:** The findings of the study concluded that video assisted teaching programme enhanced the knowledge and brought positive attitude regarding fertility massages on PCOS among young women.

Key words: Video assisted teaching programme, PCOS, Fertility messages.

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