Winter 8-1-2019

A study to assess the knowledge regarding endometriosis and wellbeing of women diagnosed with endometriosis in selected hospitals of Udupi Taluk, Karnataka

ANNIE NIRMALA A

"ABSTRACT

A research entitled "A study to assess the knowledge regarding Endometriosis and wellbeing of women diagnosed with Endometriosis at selected Hospitals of Udupi Taluk, Karnataka." was conducted by Ms Annie Nirmala as a partial fulfillment of the requirement for the degree of Master of Science in Nursing, at Manipal College of Nursing, MAHE, Manipal.

The objectives of the study were to assess the knowledge of women regarding Endometriosis by using a structured knowledge questionnaire, assess the wellbeing among women diagnosed with Endometriosis by using a wellbeing questionnaire, determine the relationship between knowledge regarding Endometriosis and wellbeing of women diagnosed with Endometriosis.

The conceptual framework used in this study was Rosenstock's Health Belief model (1974). The study adapted a survey approach with a descriptive survey design. The setting of the study was Kasturba Hospital, Manipal and Kamath Nursing Home, Udupi.

Hypothesis was formulated based on the study objectives and tested at 0.05 level of significance. Purposive sampling technique was used to select the setting and Non-probability purposive sampling was used to select the participants. A total 85 women diagnosed with Endometriosis participated in the study.

Abstract

The data collection instruments used for the study were: demographic proforma, knowledge questionnaire regarding Endometriosis and wellbeing questionnaire of women diagnosed with Endometriosis which were developed by the researcher.

The tools were translated to kannada and re translated to English by language expert. Split half method (r=0.80) for knowledge questionnaire regarding Endometriosis and Cronbach's alfa (r=0.81) for wellbeing questionnaire regarding Endometriosis was computed to test the reliability of the tools and tools were reliable. Data collection was done from the month of January 2019 to March 2019 after obtaining the administrative permission and Institutional Ethical Clearance. Informed consent was sought from every study participant. Pilot study was conducted among seven women diagnosed with Endometriosis and found to be feasible.

Both descriptive and inferential statistics were used to analyze the data using SPSS Version 16.0 package and the major findings of the study were

Most 33 (38.8%) women in age group of 21-30 were high risk age group and majority 60 (70.6%) of the women were housewife, 65 (76.5%) belonged to Hindu religion and their area of residence 64 (75.3%) was urban, most of the women 36 (42.4%) had attained menarche at the age of 14 years, majority of the women 59 (69.4%) did not have children, most 45 (52.9%) of the women were not diagnosed with infertility, in the last one year 51 (60%) of the women were diagnosed with Endometriosis, the women experiencing lower abdominal pain were 43 (50.6%) and it was not during menstruation, majority of them 48 (56.5%) had the pain score of 4-7, 35 (41.2%) of the women did not experience dyspareunia, women had menstruation

Abstract

every month were 79 (92.9%), most of the women 39 (45.9%) changes 4-5 pads per day during first 2-3 days of menstruation, majority of the women 56 (65.9%) underwent gynaecological surgery and the surgery performed was cystectomy 28 (33%), majority of the women didn't have any bowel changes 73 (85.9%).

Majority 50 (58.8%) women had good knowledge, 35 (41.2%) women had average knowledge and there is no poor knowledge regarding Endometriosis among women diagnosed with Endometriosis. The knowledge scores obtained by women diagnosed with Endometriosis, the mean and standard deviation was found more in anatomy and physiology (10.02 ± 1.47). Maximum knowledge score of women diagnosed with Endometriosis was 30 and minimum score was 12 and mean and standard deviation was 21.02 and 4.66.

Majority 81 (95.3%) women have average wellbeing, 4 (4.7%) women have high wellbeing and there was no low wellbeing among women diagnosed with Endometriosis. wellbeing score was obtained by the women diagnosed with Endometriosis, the mean and standard deviation was found more in physical wellbeing (27.03 ± 3.79). Maximum wellbeing score of women diagnosed with Endometriosis 129 and minimum score 91 and mean and standard deviation was 101.93 and 7.95.

There is no significant statistical relationship between scores of knowledge and wellbeing since p valve is more than 0.05, hence the null hypothesis with respect to scores of knowledge and wellbeing is accepted and research hypothesis is rejected. The data infers that there is no significant statistical relationship between scores of knowledge and wellbeing.

Abstract

The study period was limited to a period of three months. However, this study has implications to nursing pratice, research, education and administration. Further a similar study can be done among the general population to know the knowledge and awareness regarding Endometriosis.

The study concluded that the wellbeing of the women is affected due to their health condition and thus counselling, lifestyle modifications which includes diet and complementary therapies must be taught to the women so it helps in their day to day life. The recommendations for future research based on the present research are, A similar study can be implicated on a larger group. A similar study can be done on the spouses of the women diagnosed with Endometriosis. A similar study can be done among the general population to know the knowledge and awareness regarding Endometriosis."