

**LIVED EXPERIENCES OF STUDENT NURSES WITH  
POLYCYSTIC OVARY SYNDROME (PCOS)**

A Research Report

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by

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## ABSTRACT

This phenomenological study's purpose was to conduct an in-depth exploration on the lived experiences of student nurses with Polycystic Ovary Syndrome. The experiences of the participants focused on the impact of PCOS on their daily lives. In this study, the researchers utilized snowball sampling in selecting their participants. The findings of the study showed the different challenges and obstacles the participants faced being diagnosed with PCOS. It yielded three major themes: (1) Challenges in Attaining Ideal Body Weight, (2) Adverse Impacts on Mental Health, and (3) A Comprehensive Approach to PCOS Management. The results of the study delved into the physical and lifestyle challenges faced by participants, including difficulties in managing dietary impulses, disruptions in activities of daily living (ADLs), and the onset of related health issues such as hormonal imbalances and irregular periods. Furthermore, it examined the psychological toll of PCOS, highlighting mood swings, irritability, and negative body image perceptions that not only affect self-esteem but also interpersonal relationships. Additionally, it encapsulated the multifaceted strategies adopted by participants to cope with PCOS, ranging from dietary adjustments to holistic practices and enhanced self-care routines aimed at improving overall health and productivity.

*Keywords:* PCOS, descriptive phenomenology, lived experience, nursing students, mental health, lifestyle

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