



## **EXERCISE DEFICIENCY AND PCOD/PCOS SEVERITY**

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## **ABSTRACT**

*Polycystic Ovary Syndrome (PCOS) is a prevalent endocrine disorder that affects 6–26% of reproductive-aged women. PCOS is linked with an extremely varied range of signs and symptoms, i.e., menstrual and ovulatory dysfunction, weight gain, and psychological disturbances. The present study was designed to determine the impact of physical inactivity on symptoms of PCOS, and also the awareness, lifestyle, and activity level in PCOS women. A cross-sectional descriptive survey was carried out using an online questionnaire distributed through social media. Sixty subjects in the age group of 18–35 years formed the sample. On analysis, it was found that 53% of the subjects were sedentary, and 75% were diagnosed with PCOS, but only 22% of them had visited a doctor. Among the moderately active subjects, 42%, a very large number were unaware: only 38% had received exercise counseling, and 72% lacked access to a fitness center. Moreover, they also had 32% and 42% fewer chances to follow a healthy diet or reduce stress, respectively. On average, 57. 3% of the respondents opined that physical exercise would be a treatment for their PCOS, but they were unaware of it. The present study indicates the need for more support and facilities, including medical guidance and physical activity, and health opportunities. Stressing lifestyle modification could have a significant impact on the quality of life of PCOS women.*

**KEYWORDS** Polycystic Ovary Syndrome, Exercise, Deficiency, Psychological