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RESEARCH ARTICLE

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## HAINAN RESIDENTS' KNOWLEDGE AND ADVICE ON KEY GYNECOLOGICAL DISORDERS

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### ABSTRACT

Gynecological diseases are common and frequent among women, affecting their daily lives and physical and mental health. With the development of the Hainan Free Trade Port and the advancement of special domestic policies, gynecological diseases are receiving increasing attention, and women's willingness to disclose their conditions has greatly improved. This study conducted a survey through questionnaires and interviews to investigate the awareness of major gynecological diseases among residents of the Hainan region, and data were analyzed using SPSS chi-square tests. The aim is to understand the level of awareness in the area, provide public education on the subject, and provide a basis for improving awareness of gynecological diseases and health education.

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## INTRODUCTION

Gynecological diseases are common and frequently occurring diseases among women, affecting the daily lives and physical and mental health of a large number of women<sup>[1]</sup>. The ancient medical text *Zhu Bing Yuan Hou Lun* suggests that the onset of diseases in women is often related to blood deficiency or inherent weakness in their constitution. In the prevention, clinical treatment, and prenatal care of diseases, it is important to consider the physical condition of women, following the principles of treatment based on body constitution, to better realize the concept of "preventing diseases before they occur" and "curing the root cause of the disease"<sup>[2]</sup>. Due to the influence of various factors, such as social, cultural and traditional awareness, many women in China are too embarrassed to express or openly discuss these issues, which has led to a lack of attention to gynecological diseases for a long time. However, with the development of the Hainan Free Trade Port and the advancement of special domestic policies, women's willingness to disclose their conditions online has increased significantly<sup>[3]</sup>. Gynecological diseases are a critical issue in women's health, and public awareness plays a vital role in the early detection, treatment and prevention of these diseases<sup>[4]</sup>. Our team conducted a circular survey, using Haikou as reference points to investigate surrounding areas, collect relevant data, and compare gynecological disease awareness among different populations in different environments. This was done to understand society's attention to gynecological health, and to call for greater awareness of women's gynecological health.

Increased awareness can help society provide better health services to women, reducing the incidence and worsening of such diseases. Through six days of research, we collected a significant number of questionnaires and compiled a summary based on the data collected. This study aims to explore the current status of awareness of major gynecological diseases among residents in Hainan region, understand their knowledge levels, and provide theoretical education and recommendations for improving awareness and health education of gynecological diseases.

## METHODS

**Research Subjects:** The survey focused on residents of Hainan, with Longhua District, Haikou City, as the center of the survey, expanding in a circular pattern to surrounding districts.

#### Survey Content

- A questionnaire was designed to assess awareness of major gynecological diseases. All respondents were asked to provide information from the following perspectives:
- Basic information of the respondents (gender, age, occupation, level of education, etc.).
- Understanding and awareness of specific gynecological conditions, such as cervical cancer, uterine fibroids, and polycystic ovary syndrome.
- Channels and methods of obtaining information on gynecological diseases.

- Level of awareness of gynecological diseases (multiple choice).
- Whether the respondent or someone they know has suffered from gynaecological diseases and how they have dealt with them.
- Awareness of behaviours related to prevention and treatment of gynaecological diseases.

**Data Analysis:** Data were statistically analyzed using Wenjuanxing platform to collect questionnaire data, exported to Excel, and further analyzed using SPSS 27.0 software for chi-square testing.

## RESULTS

In this endeavor, we are delighted to welcome a total of 205 participants, comprising 45 gentlemen (21.95%) and 160 ladies (78.05%). Our participants come from diverse backgrounds such as students (70.73%), teachers/doctors/civil servants (12.2%), company employees (5.85%), sole proprietors/business owners (6.83%), forestry/agriculture personnel (2.93%), retirees/unemployed (0.98%), and others (0.49%). Their educational attainments span from technical secondary school or lower (7.8%), college degree (12.2%), undergraduate degree (74.63%), to graduate degree or higher (5.37%). This survey focuses on three diseases: cervical cancer, uterine fibroids, and polycystic ovary syndrome. During the survey, we found that 53.66% of respondents, or almost half of the population, had a "general understanding" level of understanding of these three diseases. Of course, we can also analyze from the data that there are still 20.49% of people who have a "relatively good understanding" or above of the relevant disease knowledge of these three diseases, Table 1. This indicates that there is some help in promoting knowledge about related diseases, but there is still room for improvement. In the data, we also found that most people are willing to go to the hospital for relevant treatment when facing others or themselves with gynaecological diseases, as shown in Table 2. Most people are not careless in dealing with gynecological diseases.

**Table 1. Level of understanding of gynecological diseases**

Project	Cervical carcinoma	Fibroid	Polycystic ovary syndrome
Very familiar	3(1.46%)	3(1.46%)	4(1.95%)
More familiar	41(20%)	24(11.71%)	15(7.32%)
Commonly	93(45.37%)	89(43.41%)	91(44.39%)
Not quite familiar with it	47(22.93%)	54(26.34%)	59(28.78%)
Completely unaware	21(10.24%)	35(17.07%)	36(17.56%)

**Table 2. How to deal with gynecological diseases**

Project	No.	Proportion
Go to the hospital	108	45.12%
Search online for solutions	55	13.42%
If it's not serious, ignore it	43	10.49%
Ask people around you	58	14.14%
Other	1	0.2%
Number of valid respondents for this question	205	100%

Through the survey, we know that the source of gynecological diseases for the masses basically comes from the Internet (78.54%), and offline popularization of science accounts for only 38.05%, which needs to be improved, Table3 and 4.

**Table 3. Ways to understand gynecological diseases in daily life**

Project	No.	Proportion
Written materials such as newspapers and magazines	90	22.22%
Campus science popularization	78	19.25%
Internet	161	39.75%
Pass from mouth to mouth	76	18.76%

**Table 4. Awareness of gynecological diseases**

Project	NO.	Proportion
Common and high incidence diseases	85	41.46%
Difficult to cure and prone to recurrence	74	36.09%
Relatively serious, affecting fertility	39	19.02%
Very serious and may develop into malignant tumors	7	%

## DISCUSSION

We found through a questionnaire survey that the number of women who are willing and effective in completing the questionnaire is often higher than that of men. Among the female population, those aged 18-25 tend to be more willing to participate in the questionnaire. Medical anthropology believes that human diseases are never merely pathological and physiological phenomena. Any disease is a reality constructed by society, and its significance and the reactions it causes are traceable. In the context of social and cultural background, it is particularly important to pay attention to various structural factors behind diseases and behaviours<sup>[5,6]</sup>. In our contemporary society, women endure three sources of mental stress: gender and biological characteristics, outdated societal attitudes, and inadequate social circumstances<sup>[7]</sup>. Two critical areas for attention include the secrecy of sex education within families and schools, which leads to hidden adolescent reproductive health issues, and the limited focus by society, businesses, and hospitals on patient-centred reproductive health care, which is a major impediment to women's medical progress in this area. Disease and well-being are inherently private matters, especially women's gynaecologic issues, profoundly affecting the privacy of individuals<sup>[8]</sup>. This self-consciousness has contributed to neglect or misinterpretation of women's gynaecological health. As a delicate subject, gynaecological diseases often affect patient privacy during medical interviews, physical exams, and nursing procedures<sup>[9]</sup>. Patients react differently emotionally and psychologically, with disease uncertainty potentially triggering significant psychological shifts, possibly leading to psychological disorders and resistance<sup>[10]</sup>. Jiang Hong, a professor at Fudan University's School of Public Health and a member of the Women's Health Branch of the Chinese Preventive Medicine Association, stated, "Take gynaecological exams, for instance. Many women in China find them daunting. Medical facilities need to step up efforts like reproductive health services, surroundings, privacy maintenance, proactivity, and humane care." In conclusion, there's much progress yet to be made in providing accessible, friendly and sensitive reproductive health services<sup>[11]</sup>. At present, there is widespread neglect of women's needs, and there is relatively little discussion in society about women's diseases<sup>[12]</sup>. Therefore, our team focuses on researching the awareness and incidence rates of gynecological diseases in real situations. Through this survey, we call for targeted improvement of reproductive health education and communication content, such as sexually transmitted diseases, contraceptive methods, key nutritional supplements, and other issues. Focus on people with low incomes (less than 3000 yuan per month), rural registered residence, low education (high school and below) and other poor reproductive health knowledge. At the same time, actively advocate a healthy lifestyle, such as increasing dietary intake of fruits and vegetables, regular exercise, etc. We hope our team can make their own contribution to the development of women's health. Here are some suggestions and opinions after this survey and visit.

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