

THE EFFECT OF STUDYING HOUR ON THE PREVALENCE OF OVERACTIVE BLADDER IN COLLEGE WOMEN

Hypothesis / aims of study

Nowadays, the women have higher literacy level than the past, but they have much stresses of the study. Little information is available on the relation between an overactive bladder (OAB) and studying hour in college women. We conducted a questionnaire survey to access the effect that the studying hour has on the prevalence of OAB in college women.

Study design, materials and methods

A total of 126 (63%) women (mean age: 23.2 years) among 200 participants completed the questionnaire. They were divided into two groups: A group (mean age: 23.8 years) consisted of medical students in Ewha womans university and B group (mean age: 22.6 years) consisted of french literature woman students in Pusan national university. The factors related to OAB were analyzed by the Chi-square test.

Results

Of 126 respondents, the prevalence of OAB was 38 (30.2%). There was significant difference between the 2 groups in terms of the prevalence: 7.0% for A group and 42.2% for B group, respectively. In B group, at under 2 hours, OAB prevalence was 66.7%, at 3-4 hours was 41.2%, at 5-6 hours was 46.5% and over 7 hours was 23.5%. This survey showed that there was no relationship between studying hour and OAB.

Table 1. Rate of the insight according to each age

Age (years)	Insight		Total (%)
	No (%)	Yes (%)	
20	10 (12.0)	1 (1.2)	11 (13.3)
21	15 (18.1)	9 (10.8)	24 (28.9)
22	8 (9.6)	8 (9.6)	16 (19.3)
23	9 (10.8)	4 (4.8)	13 (15.7)
24	10 (12.0)	2 (2.4)	12 (14.5)
25	2 (2.4)	3 (3.6)	5 (6.0)
26	2 (2.4)	0	2 (2.4)

Table 2. Factors related to overactive bladder

Factors		OAB		P
		Yes (%)	No (%)	
Family Hx.	Yes	7 (8.4)	10 (12.0)	>0.05
	No	28 (33.7)	38 (45.8)	
UTI Hx.	Yes	33 (39.8)	47 (56.6)	>0.05
	No	2 (2.4)	1 (1.2)	

UTI Hx.: urinary tract infection history

Interpretation of results

Though the studying hour was no association with OAB in college women, there is special studying hour that affects OAB prevalence. Also the awareness of OAB does that.

Concluding message

The quantity of studying hour should be considered as one factor that has an effect on the quality of life and the prevalence of OAB to the young woman who have the moderate degree of studying hour.

Specify source of funding or grant	NONE
Is this a clinical trial?	No
What were the subjects in the study?	HUMAN
Was this study approved by an ethics committee?	Yes
Specify Name of Ethics Committee	PNUH IRB (Pusan National University Hospital Institutional Review Board)
Was the Declaration of Helsinki followed?	Yes
Was informed consent obtained from the patients?	Yes