



TO ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE REGARDING BREAST SELF EXAMINATION AMONG WOMEN IN THE RURAL AREAS OF KHARAR, MOHALI.

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ABSTRACT

The study was conducted by researcher to evaluate the effectiveness of structured teaching programme on knowledge regarding breast self examination among women in the rural areas of kharar , mohali, to find out the the difference between pre test and post test knowledge score regarding breast self examination among women and to find out the association between pretest and posttest knowledge with selected demographic variables among women. The aim of the study is to assess the knowledge and effectiveness of structured teaching programme among women regarding Breast Self Examination. It is a patient centered, inexpensive and non invasive method of screening for breast cancer. Based on increased incidence of breast cancer and unawareness of Breast Self Examination among women. There is need to provide awareness of Breast Self Examination among women to reduce the incidence and prevalence of breast cancer in future. Main study was conducted in rural areas of Kharar, Mohali. 60 women were selected for this study. The data was collected by self structured knowledge questionnaire. Planned teaching programme were imparted to educate the women. The data gathered were analyzed by using descriptive and inferential statistics. Self administered questionnaire was used to assess the level of knowledge among women. Pretest results shows that 3% were having adequate knowledge 23% were having moderate knowledge 73% were having inadequate knowledge. post test results shows that 53% were having adequate knowledge, 45% were having moderate knowledge and 2% were having inadequate knowledge.

KEY-WORDS: Breast self examination, Effectiveness, women

INTRODUCTION

Our relationship with the world starts from mother's breast milk. Breasts are very important organs for each woman as these are the symbols of motherhood and womanhood so any disease affecting breast particularly breast cancer is important. Current statistics indicate that a women lifetime risks for developing breast cancer is one in eight, but this is not same for all age groups. For example, the risk for developing breast cancer by 35 years is 1 in 622, by 60

is 1 in 23. Approximately 80% of breast cancer is diagnosed after the age of 50 years. In India out of 1 lakh people, 100 are affected by cancer and out of this 30 are affected by breast cancer. In India women are more affected by cancer than men (men 42 and women 53) the important reason for this is breast cancer is increasingly seen in women.

According to a recent research done by “Mamma Care Society” the reason for not doing Breast Self Examination are women may not find the need to do it, they believe that breast cancer never happen to them, they will be lazy to do it especially if mammogram was negative.

There is a rising incidence of Breast cancer in India. According to International Agency of research on cancer, which is part of WHO, there were approximately 79,000 women per year affected by breast cancer in India in 2002 and over 87,000 women in 2003.

Of all cancer cases among women, breast cancer accounts for 19-34% in India. There is a high mortality rate due to late stage diagnosis as patients often present at a higher level due to lack of knowledge and non-cancer screening programs. Early detection and early treatment offer a greater chance of long-term survival and Breast Self Examination appears to be an important alternative to early cancer diagnosis.

Breast Self Examination is an important screening measure for detecting breast cancer. There is evidence that women who carefully perform BSE monthly have a responsibility to receive a lump at the beginning of its development and early diagnosis is reported to have an impact on early treatment, in order to achieve a better survival rate.

Breast exercise has long been recommended by health care professionals as a complement to mammography and breast screening at clinics. Only a small percentage report makes the Breast Self Examination process profitable. The individual and group training in Breast Self Examination with guided practice improved to measure to search, depth of palpation and duration of search time.

OBJECTIVES

1. To assess the pretest knowledge score regarding Breast Self Examination among women.
2. To assess the posttest knowledge score regarding Breast Self Examination among women.
3. To compare pretest and posttest knowledge score regarding Breast Self Examination among women.
4. To associate the pretest and posttest knowledge score regarding Breast Self Examination among women with selected demographic variables.

MATERIALS & METHODS

A Quantitative research approach was adopted to accomplish the objectives of the study. The research design selected for this study was Pre Experimental to achieve the objectives of the study. In this study the samples were selected by non probability, convenience sampling technique. The study was conducted among 60 women of villages Kharar, Mohali. The target population of the study was women who are living in villages of Kharar.

CRITERIA FOR SAMPLE SELECTION

- A. Those women who are willing and present during data collection period.
- B. Women who are married.
- C. Those women who are living in selected rural areas.
- D. The study is limited to 60 women.

DESCRIPTION OF THE TOOL

PART A: Demographic variables consists of 8 items which includes age, religion, educational status of women, educational status of husband, occupation of women, occupation of husband, monthly family income and source of information regarding Breast Self Examination.

PART B:

A structured knowledge questionnaire was prepared consisting of 36 items. It consists of structured questionnaire regarding Breast Self Examination.

The items were given one score for correct answer and zero mark for wrong answer. The items were developed to cover different areas of knowledge regarding Breast Self Examination.

PROCEDURE OF DATA COLLECTION

The data collection period was 24-01-2014 to 20-02-2014. On day one, an administrative approval was obtained from the Principal and Directorate General of medical services to conduct the study. The purpose of the study was explained to the samples and an informed consent was taken before starting study. The data was collected from the different villages during the time period of 9am to 5pm. The sample was selected from women by using non probability, convenience sampling technique. 7-8 women were selected per day for the study. The pretest was conducted for about 20-30 minutes followed by structured teaching programme to the women for 40 minutes. Pretest was conducted by using structured knowledge questionnaire to the selected 60 women in selected villages of Kharar. On the same day the STP was administered to the same samples. The posttest was conducted to the same samples by using the same method after seven days of structured teaching programme. Giving thanks to the women and the authority, the data collection procedure was finished.

RESULTS

Pretest results shows that 3% were having adequate knowledge 23% were having moderate knowledge 73% were having inadequate knowledge. post test results shows that 53% were having adequate knowledge, 45% were having moderate knowledge and 2% were having inadequate knowledge.

Findings related to Pretest and Post test Level of knowledge among women

Table 1
Frequency and Percentage distribution of women based on their Pretest knowledge regarding Breast Self Examination.

N = 60

Level of knowledge	Frequency	Percentage %
a) Adequate	02	03
b) Moderate	14	23
c) Inadequate	44	73
Total	60	99

Table 1 shows that 73% had inadequate knowledge (23%) had moderate knowledge and (3%) had adequate knowledge.

Table 2

Frequency and Percentage distribution of women based on their posttest knowledge regarding Breast Self Examination

N = 60

Level of knowledge	Frequency	Percentage %
a) Adequate	32	53
b) Moderate	27	45
c) Inadequate	01	02

Table 2 shows that 53% had adequate knowledge 45% had moderate knowledge and 2% had inadequate knowledge on Breast Self Examination.

Table 3

Comparison between Pretest and Posttest Knowledge Score among women regarding Breast Self Examination. N=60

Groups	Mean	SD	Mean diff	Paired 't'
Level of Knowledge	13.63	6.254	12.517	15.559
Pretest				
Posttest	26.15	4.801		

Table 3 Shows that posttest mean score (28.18) was higher than pretest mean score (13.63) . The difference was found to be statistically significant at 0.05 level by paired 'T' test ($t=15.559$) this findings shows that the STP has significant effects in Structured Teaching Programme Knowledge of women regarding Breast Self Examination.

Table 4

Distribution of women based on association between demographic variables with Posttest knowledge score.

N = 60

Variables	Description	Above Mean	Below Mean	Chi Test
1.Age in years	a) 21-30	17	13	1.339
	b) 31-40	07	07	df = 3
	c) 41-50	04	06	NS
	d) >50	04	02	P> 0.05
2. Religion	a) Hindu	10	10	2.026
	b) Sikh	15	12	df = 3
	c) Christian	05	02	NS
	d) Muslim	02	04	P >0.05
3.Educational Status of Women	a) Primary	04	03	2.055
	b) Secondary	05	08	df = 3
	c) Graduate	15	13	NS
	d) Post Graduate	08	04	P >0.05
4.Educational Status of Husband	a) Primary	03	03	0.430
	b) Secondary	07	06	df = 3
	c) Graduate	11	14	NS
	d) Post Graduate	11	05	P >0.05
5.Occupation of women	a) Housewife	15	15	0.316
	b) Skilled worker	09	07	df = 3
	c) Unskilled worker	01	01	NS
	d) Business women	07	05	P>0.05
6. Occupation of Husband	a) Skilled worker	16	14	0.034
	b) Unskilled worker	03	03	df = 2
	c) Business Man	13	11	NS P >0.05
7. Monthly family income in Rupees.	a) <3000	04	04	0.658
	b) 3001-5000	03	03	df = 3
	c) 5001-10000	08	09	NS
	d) >10,000	17	12	P >0.05

8.Source of Information	a) Family Members	12	08	3.690 df = 3 NS P> 0.05
	b)Mass Media/Newspaper	11	14	
	c) Friends/Relatives	04	05	
	d) Health Personnel	05	01	

Significant: P < 0.05

NS P > 0.05

Table 13 shows that the obtained chi square values showed no association between the demographic variables and posttest knowledge score.

DISCUSSION

In the discussion session, the researcher draws conclusion about the meaning and implication of the findings.

The first objective is to assess the pretest knowledge score regarding breast self examination among women

Pre test results shows that 3% were having adequate knowledge 23% were having moderate knowledge 73% were having inadequate knowledge.

The third objective is to assess the posttest knowledge score regarding Breast Self Examination among women.

Post test results shows shows that 53% were having adequate knowledge, 45% were having moderate knowledge and 2% were having inadequate knowledge.

The fourth objective is to compare pretest and posttest knowledge score regarding Breast Self Examination among women.

The study findings showed that posttest mean score 26.15 is higher than the pretest mean score 13.63. The obtained t value is 15.559 which is significant at 0.05 level. This findings show that the structured programme has significant effect in increasing knowledge of women regarding Breast Self Examination.

To associate the pretest and posttest knowledge score regarding Breast Self Examination among women with selected variables.

Association of Age, religion ,educational status of women, educational status of husband, occupation of women, occupation of husband, family income in rupees and source of information in regard to the effectiveness of structured teaching programme on Breast Self Examination was analyzed using inferential statistics namely chi squared there is non significant association between the demographic variables.

IMPLICATIONS

- Nurse educator should possess theoretical and practical knowledge on Breast Self Examination.
- Special training programmes can be organised for the nursing educators, so as to enable them to deliver proper training to the nursing students.
- Nurses taking care of patients should have sound professional knowledge about Breast Self Examination.
- In service education programmes, workshops can be initiated to conduct continuous teaching programmes particularly so that they can teach the nursing students.
- Charts, booklets and hand outs must be kept in colleges regarding Breast Self Examination.

- The findings of this study is helpful for the nursing professionals and nursing students to conduct further studies so as to find the effectiveness of various methods of providing education on Breast Self Examination.
- There is a need for extensive and intensive research in clinical area so that strategies for educating students and nurses on Breast Self Examination can be developed.

RECOMMENDATIONS

- A similar study can also be done to assess the practice of adolescent girls on Breast Self Examination.
- The study can be conducted using large samples.
- This same study can be done on adolescent girls of colleges
- This same study can be conducted by taking control group at selected villages.

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