



Effectiveness Of Planned Teaching Programme On Knowledge Regarding The Breast Self-Examination Among The Women

Tinku^{1*}

^{1*}PG Nursing Tutor, Prameela Adhar Nursing School, Satanpur, Samastipur, Bihar

***Corresponding Author:** Tinku

*PG Nursing Tutor, Prameela Adhar Nursing School, Satanpur, Samastipur, Bihar

Article History:- Submitted-05 January 2023, Revised-20 January 2023, Accepted-31 January 2023, Published-February 2023.

Abstract

A study to assess the effectiveness of planned teaching programme on knowledge regarding the breast self-examination among the women in Lohagal community area, AJMER. 60 women of lohagal community area were selected through convenience sampling technique and data was collected by self-administered Multiple choice questionnaire. The result showed that in pretest, majority of women 34 (56.66%) had inadequate knowledge, remaining 26 (43.33%) had moderate knowledge and none of them had adequate knowledge regarding breast self-examination. In posttest, majority 20 (33.33%) had adequate knowledge, remaining 40 (66.66%) had moderate knowledge and none of them had inadequate knowledge regarding breast self-examination. The obtained t-value was 15.54 and $p=0.0001$. The study concluded that planned teaching programme was effective as method to improve knowledge regarding breast self-examination among women.

Keyword: Effectiveness, planned teaching programme, knowledge, breast self-examination, women.

I. INTRODUCTION

Breast cancer is a global health issue and a leading cause of death among women internationally. In India, it accounts second most common cancer in women. Around 80,000 cases are estimated to occur annually. The age standardized incidence rate of breast cancer among in Indian women is 22.9 and the mortality rate is 11.19. In the present scenario, roughly 1 in 26 women are expected to be diagnosed with breast cancer in their lifetime. Breast self-examination is a simple, very low-cost, non-invasive early detection method used to detect early breast cancer, which involves the women her self-looking at and feeling for any change in their breast as early as possible, which yield a better survival rate. Breast self-examination is a screening method used in an attempt to detect early breast cancer. Breast self-examination involves checking the breast for lumps or changes while standing on lying in different portion and while looking at the breast in a mirror to note any changes and appearance.

Need of the study

According to some studies Uttar Pradesh recorded the highest number of breast cancer deaths among states in 2010 -- 8,882 -- followed by Maharashtra (5,064), Bihar (4,518), West Bengal (4,095), Andhra Pradesh (3,863), Madhya Pradesh (3,179) and Rajasthan (3,097).Gujarat recorded 2,632 deaths, Kerala 1,618, Haryana 1,118 and Orissa 1,885.Delhi recorded an estimated 810 deaths due to breast cancer in 2010 compared to 779 in 2009 and 749 in 2008.When it comes to states recording low breast cancer mortality rate, Lakshadweep recorded the lowest with three deaths followed by Andaman and Nicobar Islands with 19 deaths. The north-eastern states also showed low levels of breast cancer deaths. Sikkim recorded 30 deaths, Mizoram 49 and Arunachal an estimated 63 deaths. Breast self- examination is an effective method of detecting breast cancer in early stage. Early diagnosis affords a better chance of survival and better prognosis in absence of an enact etiological agent for breast cancer, the most appropriate way of controlling it, will be early detection and treatment. The study high lights the need for educational program create awareness regarding breast cancer screening behavior. Breast self-examination regularly examining breast, can be an important way to find a breast cancer. Monthly breast self-exams can assist you detect changes which will be signs of infection or carcinoma (such as breast lumps or spots that feel different). When carcinoma is detected early, the probabilities for survival are far better.

PROBLEM STATEMENT

A study to assess the effectiveness of planned teaching programme on knowledge regarding the breast self-examination among the women in Lohagal community area, AJMER.

OBJECTIVES

1. To assess the pre-test and post-test knowledge regarding breast self-examination among the women in selected community area.
2. To evaluate the effectiveness of planned teaching programme on breast self-examination among the women in selected community area.
3. To find out the association between pre-test knowledge score of breast self-examination among the women in selected community area with their selected demographic variables.

HYPOTHESES

H₁: There would be significant difference between pre-test and post-test knowledge score regarding the breast self-examination among the women in selected community area.

H₂: There would be significant association between pre-test knowledge score with their demographical variables.

II. METHODOLOGY

The research design used in this study was pre experimental one group pretest posttest design. The study was conducted in Lohagal community area, AJMER. 60 women were selected through convenient sampling technique. Data was collected by self-administered multiple choice knowledge questionnaire to assess knowledge regarding breast self-examination among women. Women were explained the procedure and purpose of the study & written informed consent was taken. The pre-test was conducted on the women of Lohagal community area and planned teaching programme was given on the same day. After 20 days of pretest, then post-test was conducted on the same subjects to assess the knowledge of them. The data were collected with the help of various tools consisting:

Section A: Demographic variables: This section of tool consists of age, education, occupation, monthly family income, types of family, number of children, diet and source of knowledge.

Section B: Self-administered knowledge Questionnaire: This section comprised of 30 knowledge items regarding breast self-examination among women. The maximum score was thirty and minimum was zero.

The content validity of the tool was validated by 8 experts from the field of nursing and medicine. Reliability of tool was established by Split half Cronbach's Alpha method' and reliability co-efficient was= 0.78, hence the tool was found reliable.

III.RESULTS AND FINDINGS

The analysis and interpretation of the observation are given in the following section.

Section I: Description of demographic variables of study participants.

Table no. 1: Frequency and percentage distribution of demographic variables of study participants. N= 60

S. No.	Demographic variables	Frequency	Percentage
1.	Age (in years)		
	a) 20-30	16	26.67%
	b) 31-40	23	38.33%
	c) 41-50	10	16.67%
	d) 50 above	11	18.33%
2.	Education		
	a) Illiterate	00	00%
	b) Primary	18	30%
	c) Secondary	25	41.66%
	d) Senior secondary	10	16.66%
	e) Graduate	07	11.66%
3.	Occupation		
	a) House wife	40	66.67%
	b) Small scale business	13	21.66%
	c) Daily wage labor	07	11.66%
	d) Any other	00	00%
4.	Monthly Family income		
	a) Less than 5000	04	6.66%
	b) 5001-10,000	17	30%
	c) 10,001-15,000	18	28.33%
	d) More than 15,000	21	35%
5.	Type of family		
	a) Nuclear family	44	73.33%
	b) Joint family	16	26.67%
6.	Number of children		
	a) 1	11	18.33%
	b) 2	24	40%

	c) 3 d) No child	21 04	35% 6.66%
7.	Diet a) Vegetarian b) Non-vegetarian	45 15	75% 25%
8.	Source of knowledge a) Friends and relatives b) Social media c) Others	44 12 04	73.33% 20% 6.67%

Section II: Analysis based on the objectives

Objective 1: To assess the pre-test and post-test knowledge regarding breast self-examination among the women in selected community area.

Table 2: Pre-test and Post-test distribution of subjects according to their knowledge on breast self-examination. N=60

Level of knowledge	Obtained score	Pre-test		Post test	
		Freq.	%	Freq.	%
Inadequate knowledge	Below &= 10	34	56.67%	00	00%
Moderate knowledge	11 to 20	26	43.33%	40	66.67%
Adequate knowledge	21 & above	00	00%	20	33.33%

Maximum score=30

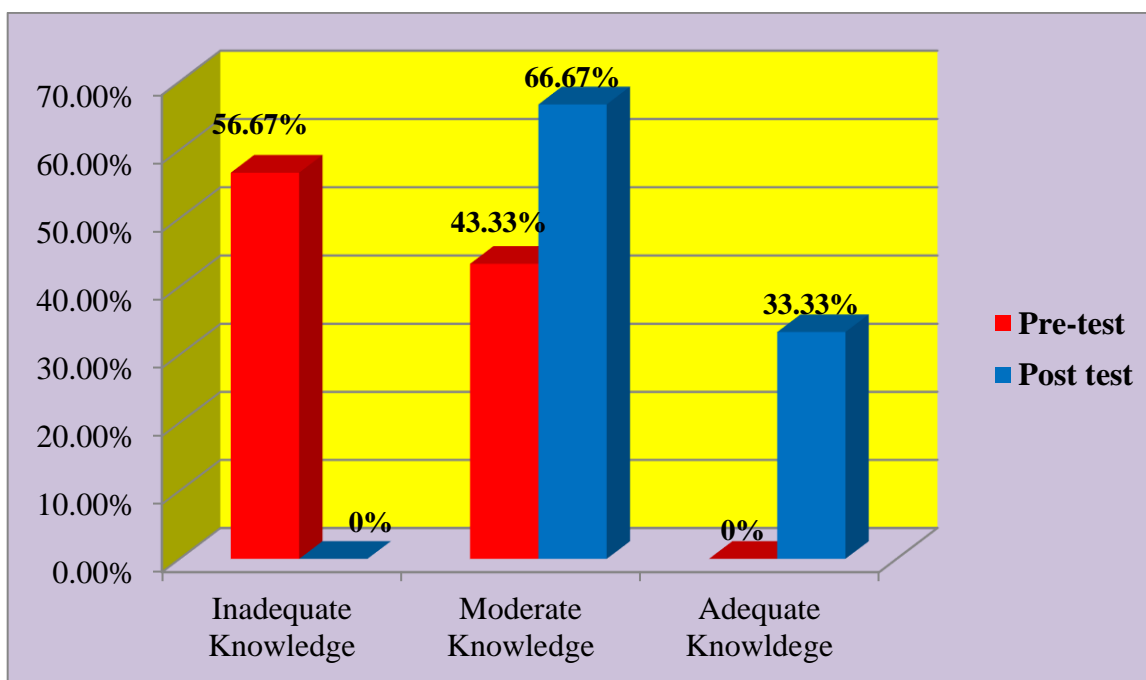


Figure 1: Percentage distribution of level of knowledge regarding on breast self-examination among the women in selected community area.

Objective 2: To evaluate the effectiveness of planned teaching program on breast self-examination among the women in selected community area.

Table 3: Mean and S.D. of pre-test and post-test knowledge regarding breast self-examination among the women. N=60

Level of knowledge	Mean	SD	Mean difference	Paired t- value	p-value
Pre-test	10.01	3.20	9.7	15.54	0.0001
Post-test	19.18	2.64			

Maximum score=30

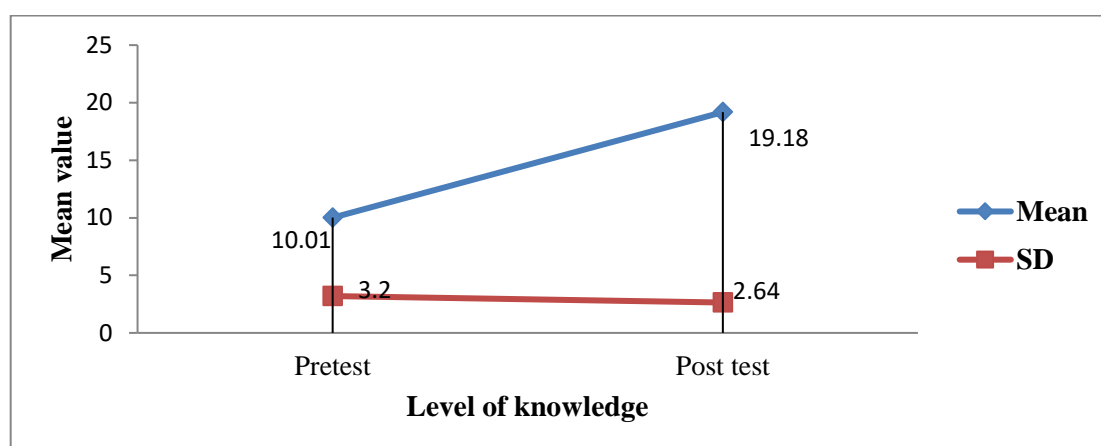


Figure No. 2: Line graph representation of estimated marginal mean value between pretest and posttest score.

Objective 3: To find out the association between pre-test knowledge score of breast self-examination among the women in selected community area with their selected demographic variables.

Table 4-Association between pre-test level of knowledge score with their demographic variables among the women in selected community area.

N= 60

S. No	Demographic variables	Level of knowledge		Chi-square	Table value	df	Level of significant
		Inadequate	Moderate				
1.	Age (in years)			17.69	7.81	3	Significant
	a) 20-30	04	12				
	b) 31-40	11	12				
	c) 41-50	09	01				
	d) 50 above	10	01				
2.	Education			17.14	7.81	3	Significant
	a) Primary	17	01				
	b) Secondary	13	12				
	c) Senior secondary	05	05				
	d) Graduate	00	07				
3.	Occupation			8.18	5.99	2	Significant
	a) House wife	21	19				
	b) Small scale business	06	07				
	c) Daily wage labor	07	00				
4.	Monthly Family income			3.05	7.81	3	Not significant
	a) Less than 5000	03	01				
	b) 5001-10,000	13	05				
	c) 10,001-15,000	08	09				
	d) More than 15,000	10	11				
5.	Type of family			0.13	3.48	1	Not significant
	a) Nuclear family	24	20				
	b) Joint family	10	06				
6.	Number of children			0.94	7.81	3	Not significant
	a) 1	05	06				
	b) 2	15	09				
	c) 3	11	10				
	d) No child	03	01				
7.	Diet			0.79	3.48	1	Not significant
	a) Vegetarian	07	08				
	b) Non-vegetarian	27	18				
8.	Source of knowledge about			0.74	5.99	2	Not significant
	a) Friends and relatives	25	19				
	b) Social media	06	06				
	c) Others	03	01				

IV. DISCUSSION

This section relates to the findings of the present study to the findings of the previous studies.

The supported study conducted by **Manjula Thakur, Reena Thakur (2022)** on effectiveness of structured teaching programme on attitude regarding breast self-examination among adolescent girls shows that the mean pretest knowledge score was 12.50 ± 3.26 , while in the posttest it was 23.20 ± 2.49 . The difference was found to be statistically significant ($p < 0.05$), showing a higher mean knowledge score in the posttest. Thus, the intervention was very helpful in improving

the mean posttest knowledge score. The mean pretest attitude score was 52.78 ± 8.35 , while in the posttest it was 67.78 ± 4.36 . The difference was found to be statistically significant ($p < 0.05$), showing a higher mean attitude score in the posttest.

CONCLUSION

The present study assessed the effectiveness of planned teaching programme on knowledge regarding the breast self-examination among the women in Lohagal community area. The study findings revealed that there was significant difference between pretest & posttest scores. There was no significant association found between level of knowledge and demographic variables except age, education and occupation of women. The participants were comfortable and cooperative throughout the study. The study concluded that the administration of nurse led education among students found to be effective in improving the level of knowledge regarding rights of mentally challenged patients.

REFERENCE

1. Adlepilliteri. Maternal and Child Health Nursing. 5th Edition, 2007; London. Published by Lippincott Williams and Wilkins. p.p.:158-162.
2. Chacko S. Effectiveness of planned teaching programme on knowledge of early detection of breast cancer among school teachers. IOSR Journal of Nursing and Health Science (IOSR-JNHS). 2016;5(5):49-54.
3. Arlene L, Luckmann's SE. Medical Surgical Book; 1996. p. 1776. Available at: <https://www.amazon.in/Luckmanns-Principles-Practice-Medical-Surgical-Nursing/dp/072165994>
4. Manjula Thakur¹, Reena Thakur. Effectiveness of structured teaching programme on attitude regarding breast self-examination among adolescent girls. IP Journal of Paediatrics and Nursing Science. 2022; 5(3):126-132. Available at: <https://www.jpns.in>
5. P Sunitha. A study to assess the effectiveness of planned teaching programme on knowledge regarding breast self-examination among women in a selected Sri Shakthi Welfare Group at Mangaluru. International Journal of Advanced Research in Medicine. 2023;5(1):77-82. Available at: <https://doi.org/10.33545/surgicalnursing.2023.v5.i1b.119>