

A STUDY TO ASSESS THE EFFECT OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE REGARDING BREAST SELF-EXAMINATION AMONG THE GIRLS IN SELECTED COLLEGE

Gauri Kishor Waghmare*¹, Nutan Baliram Madane² and Snehal Bandu Khedkar³

¹Assistant Professor Department of Obstetric and Gynaecological Nursing, Vijaysinh Mohite Patil College of Nursing and Medical Research institute, Akluj, Dist- Solapur, Pin 412118 State- Maharashtra.

^{2,3}Nursing Tutor Vijaysinh Mohite Patil College of Nursing and Medical Research Institute, Akluj, Dist- Solapur, Pin 412118 State- Maharashtra.

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*Corresponding Author: Prof. Gauri Kishor Waghmare

Assistant Professor Department of Obstetric and Gynaecological Nursing, Vijaysinh Mohite Patil College of Nursing and Medical Research institute, Akluj, Dist- Solapur, Pin 412118 State- Maharashtra.

ABSTRACT

Purpose: The aim of the study was to assess the effect of Structured Teaching Programme on Knowledge regarding Breast self-Examination among the girls in selected colleges. **Method:** Quasiexperimental one group pre-test and post-test research design were used. The Sample was 60 girls in selected college selected by convenient sampling technique and data was collected by administering structured knowledge questionnaire. **Results:** Data was analyzed and interpreted by using both descriptive and inferential statistics. The mean pre-test value is 15.73, standard deviation is 2.95. The mean score is increased in the post test. The mean in the post test is 24.66 and the standard deviation is 1.64. The gain in the knowledge based on difference in the pre-test and post-test mean was found to be 8.93 (Improvement). The calculated 't' value is 19.81, which are significant ($P < 0.001$). The results proved that the Structured Teaching Programme was effective in improving the knowledge of girls regarding Breast self-Examination. Age of menarche, Source of information on breast self-examination & breast cancer have significant association with knowledge regarding Breast self-Examination. **Conclusion:** Structured Teaching Programme improved the knowledge of girls regarding Breast self-examination.

KEYWORDS: Knowledge, Breast self-examination, Structured Teaching Programme.

INTRODUCTION

Breast cancer is a global health issue and a leading cause of death among women internationally. It is the most commonly occurring cancer in women and the second most common cancer overall. There were over 2 million new cases in 2018. Breast cancer is the only cancer that is considered universal among women worldwide. According to the American Cancer Society (ACS), breast cancer makes up 25 percent of all new cancer diagnoses in women globally.

In India, it accounts for the second most common cancer in women. Around 80,000 cases are estimated to occur annually. In India, the breast cancer highly affected states are Goa, Rajasthan, Delhi. Moderately affected states are Maharashtra, Punjab least affected states in our country is Manipur and Tripura.

Breast self-examination is an important screening method used in an attempt to detect early breast cancer. Studies have reported that awareness and practice of breast self-examination is an important method of prevention of breast cancer as it is one of the important public health problems so women's knowledge regarding breast self-examination plays a crucial role in the safeguard of their health.

MATERIAL AND METHODS

A study to assess the effect of structured teaching programme on knowledge regarding breast self-examination among the girls in selected nursing colleges, structured teaching was done from 0 day to 7day and follow up. The researcher has adopted the Evaluative Research Approach. Exploratory Research is conducted to gain new insights, discover new ideas or increase knowledge of girls. The research method adopted for the

study was explorative method. In the present study, the investigator has found the relationship of the selected demographic variables i.e. Age, Religion, Marital status, Age of menarche, Family member diagnosed with breast abnormality, Source of information on breast self-examination & breast cancer, Received any information along with knowledge about breast self-examination among the girls. In the present study the investigator selected one group pre-test- post-test Quasi Experimental Design. Keeping in the view the objective of the study, the investigator observed the group prior to the intervention of structured teaching programme the same group was given structured teaching programme by using power point and after seven days the group was observed again (post-test) The significance will be calculated by using mean, standard deviation and calculated „t“ value. Anova will be used to find the correlation with every item and the findings will be documented in tables, graph and diagrams. Description and inferential statistics were used for analysis.

RESULT

The samples (98.33%) were in the age group 18-20 years. Most of the 58 (96.67%) respondents from Hindu religion. Majority 59 (98.33%) of respondents were Unmarried. 20 (33.33) subjects having 14 yrs. age of menarche. Majority 48 (80%) of the subjects Family member diagnosed with breast abnormality. Majority 32 (53.33%) of respondents were having books/ Journal were source of information. 32(53.33%) of the subjects were received information of breast self-examination.summary of statistical outcome of pretest & Posttest knowledge on Breast self-examination. The overall pretest knowledge score was found to be mean 15.73 with standard deviation 2.95 mean score percentage was 9. The overall posttest knowledge score was found to be mean 24.66 with standard deviation 1.64 mean score percentage was 21. Which indicates that the structured Teaching was effective. The gain in the knowledge based on difference in the pre-test and post-test mean was found to be 8.93 (Improvement). The calculated‘t’ value is 19.81, which are significant ($P < 0.001$). Researcher concluded that The above data gives sufficient evidence to concluded that students who have received structured teaching program on Breast self-examination had higher mean knowledge scores in post-test than in pretest.

DISCUSSION

Breast Cancer ranks as the number one cancer among Indian females with a rate as high as 25.8 per 100,000 women and mortality of 12.7 per 100,000 women. Breast Cancer accounts for 28.8% of all cancers in women in Mumbai. Approximately 2000 to 2500 new cases of Breast cancer are detected every year in Mumbai, and the number is ever rising. An increase in knowledge regarding breast self-examination helps the women to improve their own health status and to impart knowledge and attitude in others. Hence the researcher

would like to conduct a study to determine the effect of a structured teaching programme on knowledge regarding breast self-examination among the girls in selected nursing colleges.

The findings with regard to pre-test knowledge regarding Breast Self-Examination revealed that the knowledge of girls was inadequate. These findings highlight the need for teaching to improve knowledge of girls regarding Breast Self-Examination.

CONCLUSION

The aim of the study was to identify the existing knowledge related to Breast self-examination among girls. To assess effectiveness of structured teaching programme regarding knowledge of Breast self-examination among girls. To assess the association between pre-test and post-test knowledge score. Through this girls or other females can take proper action before the patient condition. Early treatment can be give if you have structured teaching programme.

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