



**A STUDY TO ASSESS THE PERCEIVED BODY IMAGE ALTERATION AMONG
WOMEN UNDERGOING BREASTCANCER TREATMENT AT SELECTED HOSPITAL
OF DISTRICT JAIPUR**

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ABSTRACT

Introduction: Breast cancer constitutes a substantial burden in India, with significant morbidity and mortality rates. Despite advancements in treatment, body image concerns remain understudied, particularly in specific geographic regions like District Jaipur. **Methodology:** A quantitative research approach employing a descriptive design was utilized. The research population comprised women undergoing breast cancer treatment at selected hospitals in District Jaipur. A sample of 60 participants was selected using a non-probability convenient sampling technique. **Results:** The frequency and percentage of participants experiencing each level of body image alteration were as follows: low alteration (15.0%), moderate alteration (55.0%), and high alteration (30.0%). The mean perception score among women was 56.483, with a median score of 56.00 and a mode of 47.0. The standard deviation was 16.842, and the range of scores was 59, representing the variability in participants' perceptions. Significant associations were found between perceived body image alteration and variables such as age, marital status, and educational level, while no significant associations were observed with employment status, family income, or residence. **Conclusion:** The findings underscore the complexity of perceived body image alteration among women undergoing breast cancer treatment and highlight the influence of demographic factors on body image perception. Comprehensive, patient-centered care approaches are essential to address psychosocial aspects of breast cancer treatment effectively. Future research should focus on longitudinal studies to understand the trajectory of body image alteration and enhance supportive care strategies.

KEYWORDS: Breast cancer, body image alteration, perceived body image.

INTRODUCTION

In India breast cancer accounted for 13.5% of all cancer cases in India, with 178,361 cases reported. It also represented 10.6% of all cancer-related deaths, with 90,408 deaths reported. Breast cancer is a prevalent health concern affecting millions of women worldwide, with significant implications for physical and psychosocial well-being.^[1]

Among the myriad challenges faced by women undergoing breast cancer treatment, alterations in body image represent a profound aspect that can impact quality of life and psychological adjustment.^[2] The perception of body image encompasses an individual's thoughts, feelings, and attitudes towards their physical

appearance, particularly in relation to perceived changes resulting from illness or medical interventions.^[3]

While advancements in breast cancer treatment have improved survival rates and disease management, the physical changes associated with mastectomy, breast reconstruction, chemotherapy, and other treatment modalities can profoundly affect a woman's body image. These alterations may include scarring, asymmetry, hair loss, weight fluctuations, and changes in breast size and shape, among others. Such changes can challenge a woman's sense of femininity, sexuality, and self-esteem, leading to emotional distress, social withdrawal, and diminished quality of life.^[4]

Understanding the impact of perceived body image alteration among women undergoing breast cancer treatment is essential for providing holistic and patient-centered care. It enables healthcare providers to tailor support interventions that address the unique psychosocial needs of patients, fostering resilience, coping strategies, and self-acceptance throughout the treatment journey.^[5,6] Despite the growing recognition of body image concerns in breast cancer care, limited research has explored the subjective experiences and perceptions of women undergoing treatment, particularly within the context of a specific geographic region such as District Jaipur. Therefore, this study aims to assess the perceived body image alteration among women undergoing breast cancer treatment at selected hospitals in District Jaipur, Rajasthan, India. By elucidating the nuanced experiences and challenges faced by these women, the study seeks to inform supportive care strategies and enhance the delivery of patient-centered services in breast cancer treatment settings.

METHODOLOGY

Research Approach: A quantitative research approach was employed to systematically investigate perceived body image alteration among women undergoing breast cancer treatment.

Research Design: A descriptive research design was utilized to provide a detailed account of perceived body image alteration among the study participants.

Research Population: The research population comprised women undergoing breast cancer treatment at selected SMS, hospital in District Jaipur, Rajasthan, India.

Research Sample: A sample of 60 women undergoing breast cancer treatment was selected using a non-probability convenient sampling technique.

Setting of Study: The study was conducted at selected SMS hospital in District Jaipur, Rajasthan, India, where women undergoing breast cancer treatment were admitted. These hospital settings provided access to the study population and facilitated data collection within the context of clinical care.

Data Collection Tools

1. Socio-demographic questionnaire: This section collected information on participants' socio-demographic characteristics, including age, marital status, educational level, employment status, family income, and residence.
2. Perceived body image scale: A self-structured perceived body image scale was used to assess participants' perceptions of body image alteration.

Data Collection Procedure

Data collection took place over a specified period, during which participants were approached at the selected hospitals. Informed consent was obtained from each participant prior to data collection. Participants were then administered the socio-demographic questionnaire followed by the perceived body image scale.

Data Analysis

Descriptive statistics, including frequencies, percentages, means, and standard deviations, were used to summarize socio-demographic characteristics and perceived body image alteration scores among the study participants. Inferential statistics, such as chi-square tests, were employed to explore associations between perceived body image alteration and demographic variables. All data analysis was conducted using appropriate statistical software.

RESULT

Table 1: Frequency and Percentages of Distribution of Socio-demographic Variables of Samples.

(N-60)

S.N.	Demographic Variable	Frequency	Percentage (%)
1	Age of Samples (In years)		
	a) 20-35 years	5	8.3
	b) 36-50 years	22	36.7
	c) 51-65 years	17	28.3
	d) 65 and Above	16	26.7
2	Marital Status		
	a) Single	1	1.7
	b) Married	53	88.3
	c) Divorced	0	0.0
	d) Widowed	6	10.0
3	Educational Level		
	a) Primary school or below	44	73.3
	b) Secondary school	8	13.3
	c) Senior secondary school	5	8.3
	d) Graduation	3	5.0
4	Employment Status		
	a) Unemployed	52	88.6
	b) Self Employed	0	0.0

	c) Govt. servant	0	0.0
	d) Private employee	8	13.3
5	Annual Family Income		
	a) Below 20,000	27	45.0
	b) 20,001 – 40,000	33	55.0
	c) 40,001 – 60,000	0	0.0
	d) 60,001 and above	0	0.0
6	Residence		
	a) Urban	7	11.7
	b) Rural	53	88.3

Table 1: indicates that the majority of participants (36.7%) were in the age group of 36-50 years, while most participants (88.3%) were married. Additionally, it

reveals that a significant proportion of participants (73.3%) had education levels of primary school or below.

Table 2: Level of Perceived Body Image Alteration Among Women Undergoing Breast Cancer Treatment.

(N-60)

Level of Perceived Body Image Alteration	Scoring Criteria	Frequency	Percentage (%)
Low Perceived Body Image Alteration	20-35	9	15.0
Moderate Perceived Body Image Alteration	36 – 65	33	55.0
High Perceived Body Image Alteration	66 – 100	18	30.0

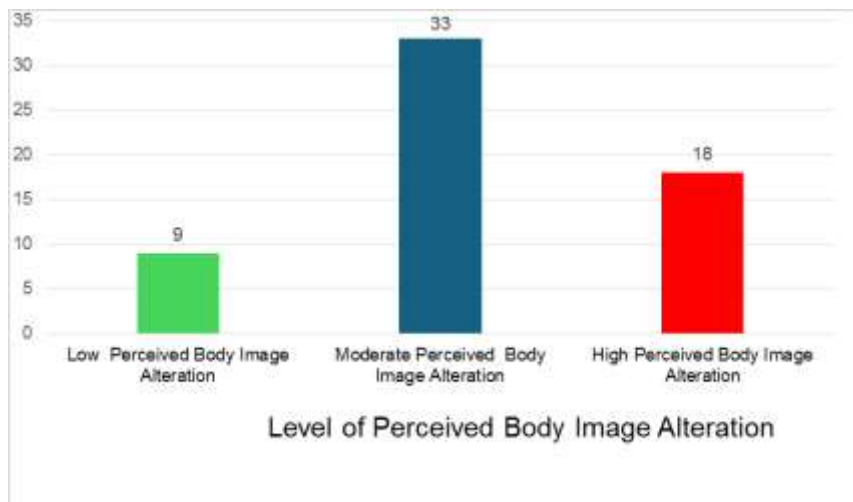


Figure 1: Bar graph showing Level of Perceived Body Image Alteration.

Table 2: displays the frequency and percentage of participants experiencing each level of body image alteration. For instance, it shows that 55.0% of participants reported moderate body image alteration, while 15.0% reported low alteration, and 30.0% reported high alteration.

Table 3: indicates that the mean perception score among women was 56.483, with a median score of 56.00 and a mode of 47.0. The standard deviation was 16.842, and the range of scores was 59, representing the variability in participants' perceptions.

Table 3: Descriptive Statistics of Perception Scores Among Women.

(N60)

Measure	Value
Mean	56.483
Median	56.00
Mode	47.0
Standard Deviation (S.D.)	16.842
Range	59
Mean Percentage	56.483%

Table 4: Chi-Square Test Results Assessing the Association Between Perceived Body Image Alteration and Demographic Variables.

(N=60)

S.N.	Demographic Variable	Calculated Chi-Square	(D.f)	Tabulated Chi-Square Value	Result
1	Age of Samples (In years)	74.675	6	12.59	Significant
2	Marital Status	21.132	4	9.49	Significant
3	Educational Level	25.097	6	12.59	Significant
4	Employment Status	5.763	2	5.99	Not Significant
5	Family Income	0.435	2	5.99	Not Significant
6	Residence	0.015	2	5.99	Not Significant

NS = P value non-significant at 0.05 level of significance

Sig = P value significant at 0.05 level of significance

Table 4 indicates that there was a significant association between perceived body image alteration and variables such as age, marital status, and educational level, while no significant association was found with employment status, family income, or residence.

DISCUSSION

Breast cancer poses a significant health burden globally, with India experiencing a notable share of cases and mortality rates. Our study results demonstrate that perceived body image alteration among women undergoing breast cancer treatment is a complex phenomenon influenced by various demographic factors. This finding is consistent with the study conducted by Rodrigues, which also reported significant associations between demographic variables and body image perception among breast cancer patients.^[7] Furthermore, A. Guermazi observed similar trends in their study, indicating a converging body of evidence regarding the impact of socio-demographic factors on body image alteration in this population.^[8]

In our study, we found a significant association between the age of the sample and perceived body image alteration among women undergoing breast cancer treatment. Specifically, younger women were observed to be more conscious of their body image compared to older age groups. This finding is consistent with previous research conducted by Edyta et al., which reported similar results indicating that younger women tend to be more concerned about body image changes resulting from surgical interventions.^[9]

In our study, we also observed significant associations between marital status and educational level with perceived body image alteration among women undergoing breast cancer treatment. This finding aligns with several previous studies, including those conducted by Chang et al.^[10] These studies have consistently reported similar associations, highlighting the impact of marital status and educational level on body image perception among breast cancer patients.

It is essential to acknowledge the limitations of this study, including the use of a convenient sampling technique and the reliance on self-reported measures of

body image alteration. Future research should employ more rigorous sampling methods and incorporate objective assessments of body image perception to enhance the validity and generalizability of findings. Longitudinal studies are needed to explore the trajectory of body image alteration over time and identify factors that contribute to resilience and adaptation among women undergoing breast cancer treatment.

Overall, this study contributes to the growing body of literature on perceived body image alteration among women with breast cancer and underscores the need for comprehensive, patient-centered care approaches in breast cancer treatment settings. By addressing psychosocial aspects of care and promoting resilience among patients, healthcare providers can optimize treatment outcomes and improve the quality of life for women affected by breast cancer.

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