

A STUDY TO EVALUATE THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME (STP) ON LEVEL OF KNOWLEDGE AND PRACTICE ON BREAST CANCER AND BREAST SELF-EXAMINATION (BSA) AMONG ADOLESCENT GIRLS AT SELECTED COLLEGE IN CHENNAI

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ABSTRACT

Back ground: Cancer is the second leading cause of mortality and morbidity in both developed and developing countries. Breast cancer is most frequently diagnosed cancer and leading causes of cancer is death in women worldwide. A majority of women who did practice BSE, further more were unsure of their ability to detect abnormalities.

Objectives: To assess pre and post-test knowledge and practice on breast cancer and breast self-examination among adolescent girls and to establish the effectiveness of structured teaching programme on breast cancer and breast self-examination. **Methodology:** A Pre Experimental - One group pre and post-test design was carried out to

assess the effectiveness of STP on Breast cancer & BSE in Sri Muthukumaran Arts and Science College at Chikkarayapuram, near Mangadu, Chennai. 100 adolescent girls was recruited through purposive sampling technique. Structured proforma containing demographic variables and items on breast cancer and BSE was administered to the study subjects to assess their knowledge levels. Breast Self-Examination was demonstrated to the participants to assess their practice. The collected data was analysed using descriptive and inferential statistics. **Result:** : In pre-test the adolescent girls had 37% inadequate knowledge and in post-test no one had inadequate knowledge and mean value of knowledge in pre-test was 12.13 where as in post-test it had improved to 18.4. **Conclusion:** The study concludes

that the study subjects had improved knowledge on breast cancer and breast self-examination following the STP and demonstration on BSE.

KEYWORD: Knowledge, Practice of Breast Self-Examination.

INTRODUCTION

Breast cancer is the second leading causes of cancer death in women and poses a global public health concern.^[1] Cancer occur in the fatty tissue are the fibrous connective tissue in breast. Annually around 1.7 million women worldwide diagnosed with breast cancer.^[2] In female the most common type of cancer are breast cancer, colorectal cancer, lung cancer, cervical cancer.

These amount to a total 411,000 deaths from breast cancer accounting for 14% of female cancer death worldwide.^[3,4] it is estimated that about half (60%) of breast cancer death occur in economically developing countries^[5]. Typically the cancer forms in either the lobule or the duct of the breast.

Breast cancer being an invasive and aggressive disease and is associated with a poorer prognosis in older women.^[6] The tumor is malignant if the cell can grow into (invade) surrounding tissues or spread to distant area of the body.

In India the age standardized incidence rate of breast cancer varies between 19 and 32 per 1,00,000 women to generate the reliable date on magnitude and pattern of cancer, India started national cancer registry program 1981.^[7]

In India, no of new breast cancer case in about 1,15,000 per year and this is expected to rise to 2,50,000 new cases per year by 2015.^[8]

The peak occurrence of breast cancer in developed countries is above the age 15 years, as compared to India, where it occurs in a younger age group.^[9]

Breast self-examination is a screening method to detect early breast cancer .the method involves the women herself looking at and feeling each breast for possible lump distortion or swelling.

A recent study also conducted at Makerere University, found that the practice of BSE among students was low: only 1% of the students knew the BSE technique and only 14% regularly carried out BSE.^[10]

The American cancer society also recommends women from the age of 20 years onward should be educated on the benefit of performing BSE monthly.^[11]

There is evidenced that women who correctly practice BSE monthly are more likely to detect a lump in the early stage and early diagnosis has been reported to influence early treatment, to yield better survival rate.^[12] Breast cancer mortality rate increase 5.3% annually during the last decade.^[13]

Early detection rate through breast self- examination [BSE] play an important role in decrease in the morbidity and mortality rate in addition to several other factors.^[14] Breast self-examination is one such technique that helps your get familiar with the size, shape and texture of your breast. Public health awareness activities and use of screening programs, we can detect the disease early.

MATERIAL AND METHODS

A Pre experimental one group pre and post-test design was adopted to assess the knowledge and practice on breast cancer and breast self-examination among students of Sri Muthukumaran Arts and Science College at Chikkarayapuram, near Mangadu, Chennai. 100 adolescent girls were recruited through purposive sampling technique. A Structured Profoma comprising demographic variables and items on knowledge on breast cancer and Video Assisted Teaching cum demonstration session were used to elicit the practice of adolescent girls. The collected data was analysed using descriptive and inferential statistical procedure.

The collected data was analysed by descriptive statistical method such as frequency percentage, mean and standard deviation to assess the knowledge and practice of breast cancer and breast self-examination. Chi square was used to find association and student "t"-test was used to compare pre and post-test mean score value.

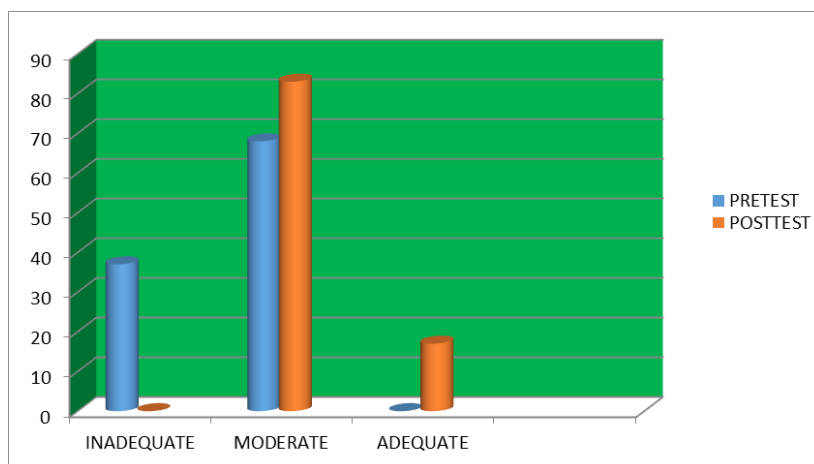
Ethical consideration: Written permission was obtained from the Principal of Sri Muthukumaran Arts and Science College. A written consent was also obtained from the participants ensuring confidentiality of their participation and data pertaining to them.

RESULT**Table 1: Frequency and percentage distribution of demographic variable.**

N=100

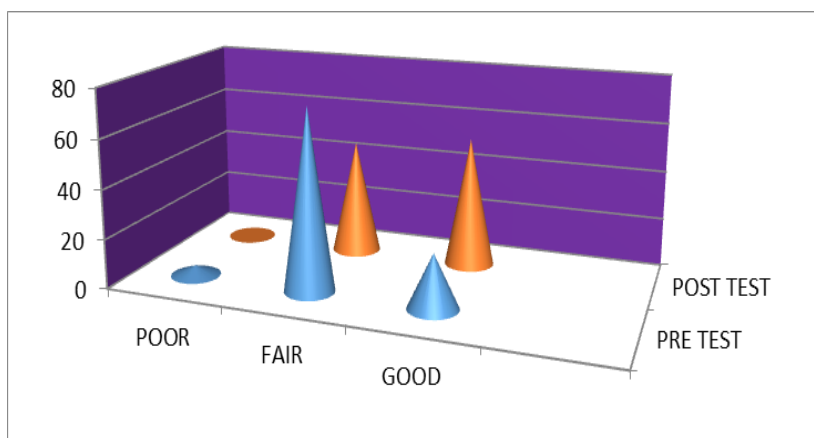
S.no	Demographic Data	Frequency (n)	Percentage (%)
1	Age		
	a)18-20	90	90
	b)20-22	10	10
	c)23-24	0	0
2	Locality residence		
	a)Urban	83	83
	b)Rural	17	17
3	Type of family		
	a)Join family	47	47
	b)Nuclear family	53	53
4	Department of education		
	a)Medical	0	0
	b)Engineering	0	0
	c) Art & science	100	1
5	Current year of study		
	a)1 year	68	68
	b)2 year	4	4
	c)3 year	28	28
6	Religion		
	a)Hindu	88	88
	b)Muslim	4	4
	c)Christian	8	8
7	History of breast cancer		
	a)Relative	6	6
	b)No history	91	91
	c)Family	3	3
8	Age of menarche		
	12 years	34	34
	13 years	20	20
	14years	24	24
	15years	21	21
9	Do you know to do BSE		
	a)yes	41	41
	b)No	59	59
10	Sources of information		
	a)Television	67	67
	b)Newspaper	15	15
	c)Internet	17	17
	d)public announcement	1	1
11	Do you any complaint of pain		
	a)Yes	0	0
	b)No	100	100

12	When did you notice		
	a)1year back	0	0
	b)2year back	0	0
	c)3year back	0	0



N=100

Figure 1: Percentage and distribution of pre-test and post-test knowledge on Breast Cancer and Breast Self- Examination.



N=100

Figure 2: percentage and distribution of pre-test and post-test practice on Breast Cancer and Breast Self -Examination.

Table 2: Mean, SD and ‘t’ value scores of knowledge on breast cancer and breast self-examination among adolescent girls in pre-test and post-test.

N=100

S. No	Variables	Mean	Sd	‘t’	Table value
1.	Pre test	12.13	93.93	42.6	1.98
2.	Post test	18.4	122.11		

(P<0.05) df (99) = 1.98

The table depicts mean knowledge score of study subjects pre-test and post-test scores on breast cancer and breast self-examination $12.13 \pm (93.93)$ and $18.4 \pm (122.11)$ respectively. The mean $t = 42.6$ score substantiates an increase in the level of knowledge following the Structured teaching programme significant at 0.05 value.

Table 3: Mean, SD and 't' value scores of practice on breast cancer and breast self - examination among adolescent girls in pre and post – test.

N=100

S. No	Variables	Mean	Sd	't'	Table value
1.	Pre test	12.76	123.23	36.92	1.98
2.	Post test	15.42	348.07		

($P < 0.05$) $df (99) = 1.98$

The table depicts the mean practice score of the study subjects in pre and post-test before and after the intervention at $12.76 + (123.23)$ and $15.42 + 348.07$ respectively.

From the mean score it is clear that the subjects post test scores were high following the STP with "t" 36.92 significant at 0.05 value.

A significant association of the subjects post-test is observed with their age, history of breast cancer

DISCUSSION

The objective of the study was to assess the level of knowledge breast cancer and breast self-examination among adolescence girls in Sri Muthukumaran Arts and Science College. It is evident that 37(37%) had Inadequate knowledge, 68(68%) had moderately adequate knowledge in the pre test and in the post-test no one had Inadequate knowledge, 83(83%) had moderately adequate knowledge, 17 (17%) adequate knowledge.

Elobaid Y. E et al., (2014) in their cross sectional study on breast cancer screening awareness knowledge and practice among Arab women in the United Arab Emirate in a survey was conducted in 2013 using the breast cancer awareness measure (CAM). Despite the increase in the uptake of screening modalities in thier study group a lack of knowledge about breast cancer screening was evident almost 44.8% of women who never had a clinical breast exam and 44.1% of women who never had a mammography expressed a lack of knowledge about the existence of these screening techniques.^[15]

Oxford University (2015) in their observational cross-sectional study on knowledge, attitude and practice regarding breast self-examination among female medical students in Taif conducted by faculty of medicine during October 2013 with size was 378. A self-administrated questionnaire was used to collect data on knowledge, attitude and practices toward BSE and knowledge about breast cancer. Although 66% of the study sample had positive attitude toward BSE. A significant positive moderate correlation was found between overall knowledge score and attitude towards BSE ($r = 0.449$ & $p = 0.000$).^[16] Most female medical students in our sample did not perform BSE or perform at irregularly.

CONCLUSION

Hence the investigator concludes that health education on prevention of breast cancer has potentials to develop the positive practices and stresses the need for a sensitization programme among adolescents on breast cancer.

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