

A Study to Assess the Effectiveness of Structured Teaching Programme on Knowledge regarding Prevention of Cervical Cancer among Female Students of Selected B. Ed Colleges of Himachal Pradesh

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Abstract: *Background:* Cervical cancer is the second most common cancer in women throughout the worldwide, with almost half a million new cases each year. Screening with cervical smear and adequate follow up therapy can achieve major reduction in both incidence and mortality rates. In India the incidence of cervical cancer continues to be high. Cervical cancer occurs when cells in the cervix grow erratically and multiply out of control. Human Papilloma Virus is the causative organism which will result in cervical cancer. When cervical abnormalities are detected and treated in pre - cancerous stage, cervical cancer is preventable. *Purpose:* To assess the effectiveness of structured teaching programme regarding the prevention of cervical cancer among female students of B. ed Colleges. *Methodology:* The research design selected for the study was a pre - experimental. Data was collected from 60 samples who were selected by convenient sampling to assess the effectiveness of structured teaching programme on knowledge regarding the prevention of cervical cancer among female students of selected B. Ed Colleges. The data was collected by using structured questionnaire and was analyzed by applying descriptive and inferential statistics. *Result:* In pre test mean knowledge score was (9.87 ± 2.159) which was 32.90 % where as in post test mean knowledge score was (17.28 ± 1.637) which was 57.60%. Mean increases from (9.87 ± 2.159) 32.90% to (17.28 ± 1.637) 57.60%. It shows that the structure teaching programme was effective.

Keywords: Cervical cancer, Human papilloma virus, Cancer

1. Introduction

Most common health problem seen among women are cancer. Cancer is a group of many diseases of multiple causes that can arise in any cell of the body capable of evading regulatory controls over proliferation and differentiation. The cervix is the lower third portion of the uterus (womb). It serves as a neck to connect the uterus to the vagina. Carcinoma of the cervix is predominantly squamous cell cancer. In cancer the abnormal cell grows out of control and displaces normal tissue. The abnormal cell form tumors and these tumors can be benign (non cancer) or malignant (cancer). Human Papilloma Virus is the causative organism which will result in cervical cancer. When cervical abnormalities are detected and treated in pre - cancerous stage. Cervical cancer is preventable Two vaccines licensed globally are available in India, a quadrivalent vaccine (Gardasil™ marketed by Merck) and a bivalent vaccine (Cervrix™ marketed by Glaxo Smith Kline) in India.

Objectives

- To assess the pre existing level of knowledge among female students regarding cervical cancer.
- To develop the structured teaching programme regarding cervical cancer.
- To evaluate the effectiveness of structured teaching programme on prevention of cervical cancer.
- To determine the association between post test knowledge score with selected demographic variables.

2. Methodology

A pre - experimental design with pre - test & post - test design was used and data was collected from 60 female students, who were available at the time of study and willing to participate. The study was conducted at Shiksha Bharti college of education at distt Una. Non probability convenient sampling technique was used and self - structured questionnaire was prepared to collect data. The tool was formulated after an extensive review of literature and discussion with the experts and guides. The tool was consisting of three parts. **Part - I: Socio demographic variables:** The consisted of selected socio demographic variables to obtain personal information from the female students like Age, From which stream you have done your+2, Family income, Family history of cancer, Area of Residence, Exposure to mass media. **Part - II: Section - A: Self structured knowledge questionnaire.** It consisted of 30 questions to assess the knowledge regarding the prevention of cervical cancer. **Section - B: Planned teaching programme** It consisted of systematically designed teaching programme regarding the prevention of cervical cancer. To ensure the validity of tool, it was submitted to 5 experts. The reliability of the tool was computed by applying Split - half method with Karl Pearson's correlation coefficient formula. The reliability of criterion measure for knowledge assessment tool was 0.88.

Study was conducted after the approval of the ethical and research committee. Permission for the study was taken from the concerned authority of selected B. Ed colleges. All

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the study participants was informed about the purpose of study, their part during study and how the confidentiality of the study findings was maintained. Written consent was taken from the participant.

3. Results

Frequency & Percentage wise distribution of sample according to their demographic variables revealed that more than 55.0% of subjects belong to the age 21 - 25

years.38.3% has done their +2 from the non medical field.70.0% female students are unmarried, 33.3% has family income from 30, 000 to 40, 000.78.3% female students belong to the rural area, 36.7% has got the information regarding the cervical cancer from family and friends.91% female students had no family history of cancer.

Objective I: To assess the pre existing level of knowledge among female students regarding cervical cancer.

Table 1: Mean, SD and Mean Percentage of pre test knowledge score of female students regarding the prevention of cervical cancer

Pre Test Knowledge Score (N=60)							
Descriptive Statistics	Mean	S. D	Median score	Maximum	Minimum	Range	Mean%
Pre Test Knowledge	9.87	2.159	10	16	6	10	32.90

Maximum Score =30 Minimum Score =0

Table 1 shows that the mean, SD and mean percentage of pre test knowledge score among female students regarding prevention of cervical cancer. In pre test the result reveals that the mean knowledge score was 9.87 ± 2.159 which is 32.90% of total mean knowledge percentage score. Hence it can reveal that the subject under the study had poor level of knowledge regarding prevention of cervical cancer.

Objective III: To evaluate the effectiveness of structured teaching programme on knowledge regarding prevention of cervical cancer among female students

- Mean, SD, Mean percentage, and Difference between the pre test and post test knowledge score regarding the prevention of cervical cancer among the female students.
- Frequency & Percentage distribution of pre test and post test knowledge score of female students according to their level of knowledge regarding prevention of cervical cancer.

Table 2: Mean, SD, Mean percentage, and Difference between the pre test and post test knowledge score regarding the prevention of cervical cancer among the female students.

Pre - Test Knowledge		Post - Test Knowledge			Effectiveness	
Mean	S. D	Mean%	Mean	SD		Mean%
9.87	2.159	32.90	17.28	1.637	57.60	24.72

Table 2. shows that Mean, SD, Mean percentage and Difference between the pre test and post test knowledge score. In pre test mean knowledge score was 9.87 ± 2.159 which was 32.90 % of total mean knowledge score percentage. In post test mean knowledge score was 17.28 ± 1.637 which was 57.60% of total mean knowledge score. The difference in pre - test and post - test mean knowledge score was 24.72. Hence it was concluded that the Structured Teaching Programme was effective it helped the B. Ed

Hypothesis (H₀₁): There will not be significant difference in the pre - test and post - test knowledge score regarding prevention of cervical cancer among female students. (N=60)

Paired Test	±SD	Mean	Range	Mean Diff.	Paired T Test	P value	Table value at 0.05
Pre Test Knowledge	9.87 ± 2.159	32.90	6 - 16	7.410	29.06 *Sig	<0.001	2.00
Post Test Knowledge	17.28 ± 1.637	57.60	14 - 21				

** Significance Level 0.05 Df = 59

Maximum Score = 30 Minimum score =0

female students to improve their knowledge regarding the prevention of cervical cancer.

Table 3: Frequency & Percentage distribution of pre - test and post - test knowledge score of female students according to their level of knowledge regarding prevention of cervical cancer.

Knowledge score Level	Pre Test		Post Test	
	(F)	(%)	(F)	(%)
Poor (0 - 10)	43	(71.7%)	0	(0%)
Average (11 - 20)	17	(28.3%)	55	(91.7%)
Good (21 - 30)	0	(0%)	5	(8.3%)

Maximum Score=30 Minimum Score=0

Table 3 Reveals that in pre - test 43 (71.7%) of the female students had poor knowledge, 17 (28.3%) of the female students had average knowledge and no one had good knowledge. Where as in post test 0% of the female students had poor knowledge, 55 (91.7%) of the female students had average knowledge, only 5 (8.3%) of the female students had good knowledge. Hence it shows that the structured teaching programme was effective to improve the level of knowledge of the female students regarding prevention of cervical cancer.

Objective IV: To determine the relationship between post test knowledge score with their selected demographic variables.

Table 4.4 Comparison of Mean, SD, Mean percentage of pre - test knowledge score of female students regarding prevention of cervical cancer before and after administration of structured teaching programme, hypothesis testing was done by using the paired t - test.

Null hypothesis were:

Table 4.4 depicts Paired 't' test was calculated to analyze the difference between pre test and post - test knowledge scores, shows highly significant difference between pre - test and post - test. Hence the stated null hypothesis is rejected (0.05).

Association between post test knowledge score with selected demographic variables. The Chi - square was calculated to find out the association between post - test knowledge score with selected demographic variable. There was no significant association found between the knowledge regarding prevention of cervical cancer in female students of selected B. Ed Colleges in post test when compared with demographic variable such as age, From which stream you have done your +2, marital status, Family income per month, Area of residence, Source of information regarding cancer, Family history of cancer as the calculated chi square value were less than the table value at the 0.05 level of significance.

4. Conclusion

The study was conducted to assess the effectiveness of structured teaching programme on prevention of cervical cancer among female students in selected B. Ed colleges of Himachal Pradesh. Cervical cancer is the 2nd most common cancer worldwide with approximately 471, 000 new cases diagnosed each year. Globally every 2 minutes a women dies of cervical cancer and accounts for up to 300, 000 deaths annually. One out of every five women in the world suffering from this disease belongs to India. 1st most frequent cancer among women between 18 and 44 years of age. So there is a need to increase the knowledge of women regarding the prevention of cervical cancer.

In pre test mean knowledge score was 9.87 ± 2.159 which is 32.90 % of total mean knowledge score percentage and their difference is 7.42. In post test mean knowledge score was 17.28 ± 1.637 which is 57.60% of total mean knowledge score percentage and their difference is 24.72. Therefore it revealed that Structured Teaching Programme was effective it helped the B. Ed female students to improve their knowledge regarding the prevention of cervical cancer.

Paired 't' test was calculated to analyze the difference between pre test and post - test knowledge scores, shows highly significant difference between pre - test and post - test. Hence the stated null hypothesis was rejected ($p < 0.001$).

5. Future Scope

Nursing education: Nurses must be lifelong learners and they should be given an opportunity for continuing education. The current trends in the health care delivery system emphasize more on prevention than curative aspect. Nursing curriculum should be such that if prepared the prospective nursing student to assist women in hospital and community in all aspects of preventive, promotive and curative care.

Nursing Practices: Nurses are key person of health team, who plays a major role in health promotion and

maintenance. The structured teaching programme can be imparted by nursing personnel, which improves the knowledge of females regarding prevention of cervical cancer. Nurses being the largest and active work force of the hospital and community and they spend maximum time in the hospital and community than any other health professional and therefore they can detect appropriate etiology and severity of diseases.

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