

A Study to Evaluate the Effectiveness of Structured Teaching Programme on Knowledge Regarding Breast Cancer and Practices of Self Breast Examination Among Women in a Selected Urban Area at Coimbatore

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Abstract: *The study was undertaken to evaluate the effectiveness of structured teaching programme on knowledge regarding breast cancer and practices of self breast examination among women. The research design used for this study was quantitative experimental research design. The result shows that majority of the samples 11(18.4%) had inadequate practices, 41(63.3%) had moderate practices, 8(13.3%) had adequate practices during pre-test, But after the structured teaching programme during the post test, majority of the samples 48(80%) had adequate practices, 12(20%) had moderate practices and none of them had inadequate practices. The result revealed that after structured teaching programme the level of knowledge was increased which was evidenced by improved post test level of knowledge score.*

Keywords: structured teaching programme, breast cancer knowledge, self breast examination, quantitative experimental research, practices

1. Introduction

The most admired creations of God are women. Not just the symbol of beauty, they are the mentors of the young ones, helping hands of the needy and the pillars of beautiful homes.

Every year we celebrate women's International Day, inspiring the women of today to stride a head in life. While women have made progress in most of the field but still she tends to inexplicably neglect her own health.

Women are the basic foundation of a society and its wealth. So it is very important to take care of a women's health. If we will train a man and we train an individual, if we train a woman and we can build a nation.

Cancer as a dreadful disease has a relentless, very painful and debilitating curse and if not treated properly in time, results in death. Breast cancer is the second commonest cancer in women in India, next to cancer cervix. In India women with breast cancer suffer more due to illiteracy, poverty, orthodox culture, pessimism, belief in "Karma" "Sin" and acceptance of suffering as a punishment and perpetual negligence by male dominated society.

Breast self-examination (BSE) is a screening method used in an attempt to detect early breast cancer. The method involves the woman herself looking at and feeling each breast for possible lumps, distortions or swelling. It was once promoted heavily as a means of finding cancer at a more curable stage, but large randomized controlled studies found that it was not effective in preventing death, and actually caused harm through needless biopsies and surgery.

Statement of the Problem

"A study to evaluate the effectiveness of structured teaching programme on knowledge regarding breast cancer and

practices of self breast examination among women in selected urban area at Coimbatore".

Objectives of the Study

- 1) To assess the level of knowledge regarding breast cancer and practices of breast self-examination among women
- 2) To administer structure teaching programme on knowledge regarding breast cancer and practice of breast self-examination among women
- 3) To evaluate the effectiveness of structure teaching programme on knowledge regarding breast cancer and practices of breast self examination among women.
- 4) To find out the association between pre test knowledge regarding breast cancer and practice of breast self examination among women with select demographic variables.

Hypothesis

H1- There will be a significant difference between the mean pretest and post test level of knowledge regarding breast cancer and practices on breast self examination among women.

H2- There will be significant association between knowledge regarding breast cancer and practices of breast self examination among women with selected demographic variables.

2. Research Methodology

Sample were female women between age group of 30 to 45 years and total of 60 sample were selected by using convenient sampling technique.

Date was collected by using structured knowledge and practices of breast self examination questionnaire and analysed in terms of objectives using descriptive and inferential statistics.

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Description of toll: It consisted of Part-A and Part-B.

Part-A consisted of demographic data of the sample which consisted of 17 items. Part-B consisted of structured knowledge and practice questionnaire consisting of 30 questions. Each right answer was given 1 mark and wrong answer marked 0.

3. Result and Conclusion

The findings are tabulated and analyses are interpreted as follows

Table 1: Distribution of samples according to knowledge level in pretest and post test

S. No.	Level of knowledge	Pre test		Post test	
		Frequency (f)	Percentage (%)	Frequency (f)	Percentage (%)
1	Adequate	6	10%	54	90%
2	Moderate	38	63.30%	6	10%
3	Inadequate	16	26.70%	0	0

Table 1 shows that, majority of the samples 16 (26.7%) had inadequate knowledge, 38 (63.3 %) had moderate knowledge, 6(10%) had adequate knowledge during pre test, but after the structured teaching programme during the post test, majority of the samples 54 (90%) had adequate knowledge, 6 (10%) had moderate knowledge and none of them had inadequate knowledge. The result revealed that after structured teaching programme the level of knowledge was increased which was evidenced by improved post test level of knowledge score.

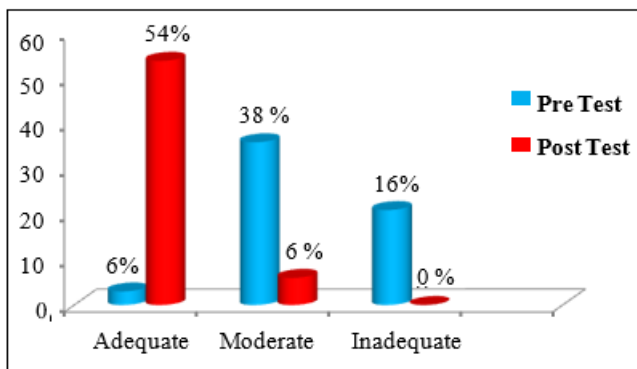
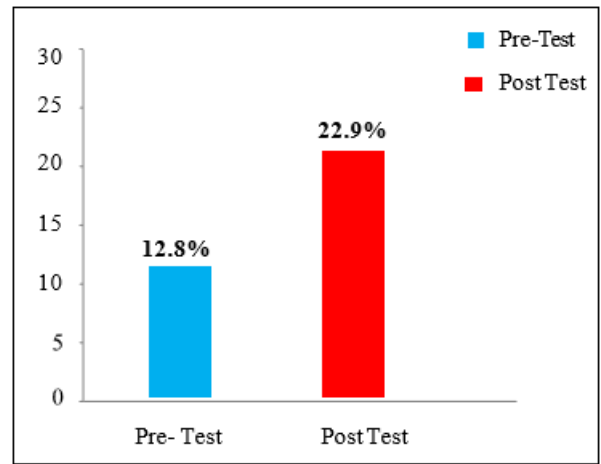


Table 2: Mean and Standard deviation and ‘t’ value of pretest and posttest Level of knowledge among sample n = 60

S.NO	Variables	Mean	Standard Deviation	Mean Difference	“t” value
1	Pre test	12.8	5.4	10.1	13.7
2	Post test	22.9	2.4		

p<0.05 level

Table 2 Revealed that, they obtained “t” value was 13.7 was more than the table value and significant at p <0.05 level. Hence the stated hypothesis was accepted and it was informed that structured teaching programme was effective in improving the knowledge level of breast cancer and practices of breast self examination.



3.1 Conclusion

Based on the analysis of the findings the following conclusion was drawn. The study proved that, majority of the samples had inadequate knowledge regarding breast cancer and practices of breast self examination among women structured teaching programme was helpful to improve the knowledge level of samples.

4. Limitations

- The sample size was only 60, hence the findings could not be generalized.
- The convenient sampling technique does not give a respective sample.

5. Recommendations

- Similar kind of study can be done in various settings like women those who are working in mills, factories in Coimbatore. And class III workers of any government organization.
- Study can be conducted by using different teaching modules regarding breast cancer and practices of breast self examination among women
- Comparative study can be conducted by using two different interventions to improve the knowledge of breast cancer women.

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