A Descriptive Study to Assess the Knowledge on Breast Self-Examination among Nursing Students of GNM Training School Goalpara, Assam

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Abstract: *A breast self examination is a technique which allows an individual to examine breast tissue for any physical or visual changes. It is often used as an early detection method for breast cancer. A descriptive survey design was used on 20 GNM nursing students selected by using Purposive sampling technique. Self-structured knowledge questionnaire was used to collect the data. The results revealed that in pre-test majority 14(70%) of participants had moderately adequate knowledge, 6(30%) had adequate knowledge and 0(0%) inadequate knowledge on breast self examination among GNM nursing students. The association between pre-test knowledge on breast self examination among GNM nursing students with their demographic variables which was tested by using chi-square test, results showed that all the democratic variables such as age, language, educational status, religion, family income and living area were non significant at P<0.05 level with pre-test knowledge on breast self examination on GNM nursing students.*

Keywords: Assess, Knowledge, Breast self examination, GNM nursing students

1. Introduction

Breast is a very vital organ of a female body and females are very conscious about it as they will be depressed if they have any disease or illness related to this organ. Monthly breast self-examination (BSE) can assist the women detect change which will be signs of infection or carcinoma (such as breast lumps, soft that feel difference). Early signs is usually the appearance of a lump in the breast that slowly enlarge with passage of time. So prevention of diseases related to breast is very important[1].

For early identification of breast cancer breast self-examination (BSE)is an important and inexpensive method. Breast self examination (BSE)is the examination done by individuals to help identify any abnormality with in the breasts. It involves visually and by hand examining the breast. It should be done at the age of 20 years and monthly, rather a few days after and individuals menstrual period when the breast are slight swollen. breast self examination (BSE)involves a process where by women inspect their breast regularly to detect any abnormalswelling and ready for taking medical care. for the early recognition of breast cancer, breast self examination is a useful tool[2].

2. Literature Survey

Rachna R (2021) Conduct a Study on the assess the knowledge regarding Breast self examination among the nursing students of RP: Inderaprastha Institute of medical science, with the view to provide education through video. The present study aimed to assess the level of knowledge regarding breast self examination. A descriptive design was used to select 60 nursing students purposively. Self administered questionnaire was used to collect information. The collected data were exported into SPSS for analysis. The results showed that a total of 60 nursing students

participate in the study. Majority of nursing students 43.3% (29) had good knowledge regarding breast self examination and among them 4.17% (25) had average knowledge and only 10% (6) had below average knowledge regarding breast self examination. The finding showed that knowledge of breast self examination was low even through majority of them have good attitude. The ministry of health is recommended to promote awareness about breast self examination.[3]

Umbreen G, Jabeen C, Riaz M.S (2017) Conduct study on breast self-examination (BSE) knowledge, attitude and practice among post RN nursing students in Lahore. The objective of the studies were to assess the knowledge. attitude and practices regarding breast self examination (BSE) among post RN nursing students in Lahore. Cross sectional study design and stratified random sampling technique was used. close ended questionnaire was used. Data was collected from post RN nursing students of Saeeda Waheed College and The University of Lahore. Data was analyzed by using SPSS version on 20.The result showed that the responder knowledge of breast cancer and breast self examination was (100%). 66.7% subject said an ideal technique of doing breast self examination is inspection and palpation both 61.5% said breastself examination done by palpate with minimum of three fingers. 42.3% said yes Because, I don't think it is important. 34.6% subjects said they have performed breast self examination before and 65.41% no performed breast self examination. The finding showed that this study showed that nurses have knowledge regarding Breast self-examination but do not show positive attitude toward Breast Self-Examination. This study also shows that nurse do not practicing of breast self examination.[4]

Madhukumar S Thambiran U.R, Basavaraju B. Bedadala M.R(2017) conducted a study on a study on awareness about

breast carcinoma and practice of breast self-examination among basic sciences college students, Bengaluru . The study was carried out with the intention of assessing the level of knowledge and awareness of carcinoma breast and breast self examination (BSE) in female college students. This cross sectional study was carried out in awell known basic science college, After the protest questionnaire was given, an awareness talk was given about breast cancer and BSE . A post-test questionnaire was administered. The data ofpre and post test were collected and analyzed using SPSS. The result showed that pre test and post test were collected from 1030 students .The age of the study participants was ranged between 18 and 23 years .Most of them were aware of breast carcinoma, but half of them thought breast cancer affects the elderly. Regarding different aspects studied,58% had a knowledge of at least one of the symptoms and 59% knew at least one of the risk factors for breast carimoma. Only 185 (18%) women knew about BSE and 107 women practice it. The finding showed that this study conducted that the awareness of the breast cancer was good but the knowledge of sign and BSE was poor, which is almost important for early detection and in reduction of mortality.[5]

Objectives
1) To assess knowledge on breast self examination among nursing students of GNM Training School, Goalpara, Assam.
2) To determine the association between selected demographic variables with level of knowledge on breast self examination.

Hypothesis
Hypothesis are tested at 0.05 Level of Significance
H_1: There is a significant association between knowledge on BSE among nursing students of GNM Training School, with selected demographic variables.

3. Methodology

A descriptive survey design was used on 20 GNM nursing students in GNM Training School Goalpara, Assam, data collection tools included 6 items of socio demographic and 14 items of questionnaire regarding knowledge on breast self examination. The study subjects were assured for confidentiality of the data obtained. Informed consent was taken before conducting the study. Using purposive sampling technique, 20 participants were selected for the study.

Tools used:
Based on the problem statement, objectives and operational definitions of the study, the tool was developed to gather the data. The tool for collecting data was a self structured questionnaire consisting of two -Section-A, Section-B.

Section A: Demographic Profile
A self-structured questionnaire was prepared to collect background information regarding demographic variables which includes, Age, Language, Educational states, Religion, Family income andliving area

Section B: Self-structured Questionnaire
A self structured questionnaire was constructed on

Knowledge of GNM nursing students on breast self examination among nursing students of GNM Training School Goalpara, Assam.

4. Results/ Discussion

Table 1 depicts the Frequency and percentage distribution of demographic variables of GNM Nursing students, where it shows that Majority of GNM nursing students belongs to age group 21-25 years 19 (95%) and 1(5%) belongs to 26-30years age group respectively. Majority of GNM students belongs to Assamese language i.e 19 (95%) and 1 (5%)belongs to English language respectively. Regarding educational status majority of GNM students i.e 20(100%) belongs to GNM 3rd year. Majority of GNM students belongs to Hindu religion i.e 15 (75%) and 5 (25%) belongs toIslam religion. Majority number i.e 11 (55%) out of 20 GNM nursing students had monthly family income of Rs.15,000-20,000 followed by 5 (25%) had monthly family income Rs. 21,000-25,000,3(15%) had family income of Rs.26,000- 30,000,1(5%) had monthly family income of Rs. above 31,000. This study results showed that majority of GNM nursing students were residence of rural area 18 (90%) and 2(10%) were from urban area respectively.

Section I

Table 1: Frequency and percentage distribution of demographic variables of GNM Nursing students, n= 20

Sl No.	Demographic data	Frequency	Percentage
1.	**Age in years**		
	a. 15-20 years	0	0
	b. 21-25 years	19	95
	c. 26-30 years	1	5
	d. Above 30 Years	0	0
2.	**Language**		
	a. Assamese	19	95
	b. Hindi	0	0
	c. English	1	5
3.	**Educational status**		
	a. GNM 1st Year	0	0
	b. GNM 2nd Year	0	0
	c. GNM 3rd Year	20	100
4.	**Religion**		
	a. Hindu	15	75
	b. Islam	5	25
	c. Christian	0	0
	d. Others	0	0
5.	**Family Income**		
	a. 15000-20000	11	55
	b. 21000-25000	5	25
	c. 26000-30000	3	15
	d. Above 30000	1	5
6.	**Living Area**		
	a. Rural	18	90
	b. Urban	2	10
	c. Slum	0	0
	d. Others	0	0

Section II
Table II: Frequency and percentage distribution of pre-test level of knowledge on breast-self examination among GNM Nursing students. Results depicts the frequency and percentage distribution pre-test level of knowledge on breast-self examination among GNM Nursing students.

Results revealed that in pre-test majority 14(70%) of participants had moderately adequate knowledge, 6(30%) had adequate knowledge and 0(0%) had inadequate knowledge on breast-self examination among GNM Nursing students.

Table II: Frequency and percentage distribution of pre-test level of knowledge on breast-self examination among GNM Nursing students, n=20

Level of knowledge	Pre-test	
	Frequency (f)	Percentage (%)
Inadequate knowledge	0	0
Moderately adequate knowledge	14	70
Adequate knowledge	6	30

Section III

Table III Association between pre-test knowledge on breast-self-examination among GNM Nursing students with their demographic variables. which was tested by using chi-square test. Results showed that the association between pre-test knowledge on breast-self-examination among GNM Nursing students with their demographic variables which was tested by using chi- square test. Results showed that all the demographic variables such as Age, Language, Educational status, Religion, Family income and Living area were non-significant at $p<0.05$ level with pre-test knowledge on breast-self-examination among GNM Nursing students. Hence, hypothesis H1 is rejected.

Table III: Association between pre-test knowledge on breast-self examination among GNM Nursing students with their demographic variables, n=20

Demographic variables	Pre-test knowledge		c^2 value	df	p value
	Moderately adequate	Adequate			
Age in years					
a. 15-20 Years	--	--			
b. 21-25 Years	13	6	0.451	1	0.502[NS]
c. 26-30 Years	1	0			
d. Above 30 Years	--	--			
Language					
a. Assamese	13	6			
b. Hindi	--	--	0.451	1	0.502[NS]
c. English	1	0			
d. Others	--	--			
Educational status					
a. GNM 1st Year	--	--			
b. GNM 2nd Year	--	--	N/A	N/A	N/A
c. GNM 3rd Year	14	6			
Religion					
a. Hindu	10	5			
b. Islam	4	1	0.317	1	0.573[NS]
c. Christian	--	--			
d. Others	--	--			
Family Income					
a. 15000-20000	8	3			
b. 21000-25000	4	1	2.626	3	0.453[NS]
c. 26000-30000	1	2			
d. Above 30000	1	0			
Living Area					
a. Rural	12	6			
b. Urban	2	0	0.952	1	0.329[NS]
c. Slums	-	-			
d. Others	-	-			

*$p<0.05$ level of significance
NS-Non significant

5. Conclusion

The study adopted descriptive survey research design, non probability purposive sampling technique was used to detect 20 GNM nursing student. Self structured knowledge questionnaire is used to analysed the data. The frequency and percentage distribution pre-test level of knowledge on breast self examination among GNM nursing students, the results revealed that in pre-test majority 14(70%) of participants had moderately adequate knowledge 6(30%) had adequate knowledge and 0(0%) had inadequate knowledge on breast self examination among GNM nursing students. The association between pre-test knowledge on breast self examination among GNM nursing students with their demographic variables which was tested by using chi-square test. Results showed that all the demographic variables such as age, language, educational status, religion, family income and living area were non significant at $p<0.05$ level with pre-test knowledge on breast self examination among nursing students. Hence hypothesis H1 is rejected.

6. Future Scope

The study can be done in different settings. The same study can be done on a large sample for more valid generalization.

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