

Assessing the Effectiveness of a Planned Teaching Programme on Knowledge and Skills Regarding Breast Self-examination Among Female Teachers of selected High School of South Goa

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Abstract

A pre-experimental study was conducted to assess the effectiveness of planned teaching programme on knowledge and skills regarding breast self-examination, among female high school teachers of selected school in South Goa with the objectives to assess the knowledge and skills on breast self-examination and to evaluate the effectiveness of a planned teaching programme on knowledge & skills. The Orlando's Nursing Process model (1950) was utilised for the study. Purposive sampling technique was used to select the setting and samples. Pre-experimental one group pre-test post-test research design was adopted for the present study. The tool consisted of a baseline demographic proforma, a structured questionnaire to assess the knowledge, observational checklist to assess skills; a model of breast made up of latex was utilized for demonstrating the steps of breast self-examination. Data was collected among 30 female high school teachers from the selected school of south Goa. A significant difference in pre-test and post-test knowledge score was 10.07 and skill score was 9.96 among female high school teachers after attending teaching programme on breast self-examination at $p < 0.05$. Spreading awareness through health education can help an individual to gain knowledge and develop the skills on breast self-examination.

Key words: Breast examination, knowledge & skills, teaching programme.

Women play diverse roles in the society. Good health is key factor to keep the life productive and efficient. Women's good health not only increases productivity and earnings of the family, but also improves the overall quality of life of the family. Women generally overlook their health and neglect their health problems till their problems get aggravated and they become too sick. The most common health problems of women include malnutrition, mental health problem, HIV/AIDS, cancer, cardiovascular disease, pregnancy and childbirth, abortion and contraception, domestic violence, polycystic ovary syndrome, Osteoporosis are the examples of serious illnesses that need to be monitored.

Cancer: the most common cancers disturbing women are those of breast and cervical cancers. Detecting both these cancers well in time is solu-

tion to keeping women alive and healthy. The most recent statistics prove that worldwide around half a million women depart this life from cervical cancer and half a million from breast cancer each year. The bulk of these deaths happen in low and middle income countries where screening, prevention and treatment are almost non-existent. But these facts are quite often ignored both by the family member and the government. These problems arise mainly due to illiteracy, shyness, lack of awareness, improper family planning, less income, malnutrition, and of course lack of public health infrastructure and insufficient health care facilities etc. Most of the health schemes are focused on pregnant women. But the other health problems of women are not given any importance.

Need for the study

In early stages breast cancer is less aggressive with low incidence of metastasis and is potentially curable. Since the degree of success of treatment is influenced by the stage at which intervention is introduced, secondary prevention (early detection) is the mainstay. There is no primary prevention as

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yet. Therefore early detection and prompt and adequate treatment of breast cancer would be helpful to decrease mortality of the disease. Normally, it is found that in countries deemed to be developing, early recognition by breast self-examination (BSE) is considered to be an easy, low-priced, non-invasive and harmless intervention, which also encourages women to take an active accountability of self-care.

Wide range of studies suggests that level of knowledge and practice of breast self-examination among women is low and hence recommends conducting awareness programme with the help of mass-media. In the present scenario, women do not perform breast self-examination for many reasons which include lack of knowledge, lack of confidence, fear of finding the abnormalities, and discomfort during practice of touching their own breasts. It was thought that a well planned teaching programme on knowledge and demonstration on breast self-examination will help the women to develop the skills regarding BSE, which is a simple, non-hazardous, inexpensive and an appropriate method of early detection of breast abnormalities if practiced regularly. A well planned teaching programme on knowledge and skill demonstration on BSE will help the teachers to gain knowledge and develop the skills regarding BSE. Ultimately teachers will act a medium to spread awareness among the students and others in the contact.

Objectives

- To assess the knowledge on breast self-examination among teachers using a structured knowledge questionnaire
- To assess the skills of BSE using an observational checklist
- To evaluate the effectiveness of a planned teaching programme on knowledge & skills among female teacher regarding self-breast examination in terms of difference between pre-test and post-test knowledge and skills scores
- To find the association between knowledge score of female high school teachers with socio demographic variables i.e., age, marital status, number of children, and

history of breast disease in the family, source of information and regularity of breast self-examination.

Hypotheses

- H1= The mean post-test knowledge score of the participants regarding breast self-examination will be significantly higher than their pre-test knowledge scores.
- H2= The mean post-test skill score of the participants regarding breast self-examination will be significantly higher than their pre-test skill scores.
- H3= There will be a significantly positive relationship between pre-test knowledge score and selected variables.

Assumption: Teachers will have some knowledge regarding breast self-examination

Delimitations: The study is limited to female school teachers teaching in high school sections of South Goa.

Review of Literature

A qualitative study was done by Girijabhaskaran (2014) in order to appraise the Effectiveness of Structured Teaching Programme on Breast Self-Examination among Industrial Women Worker be-

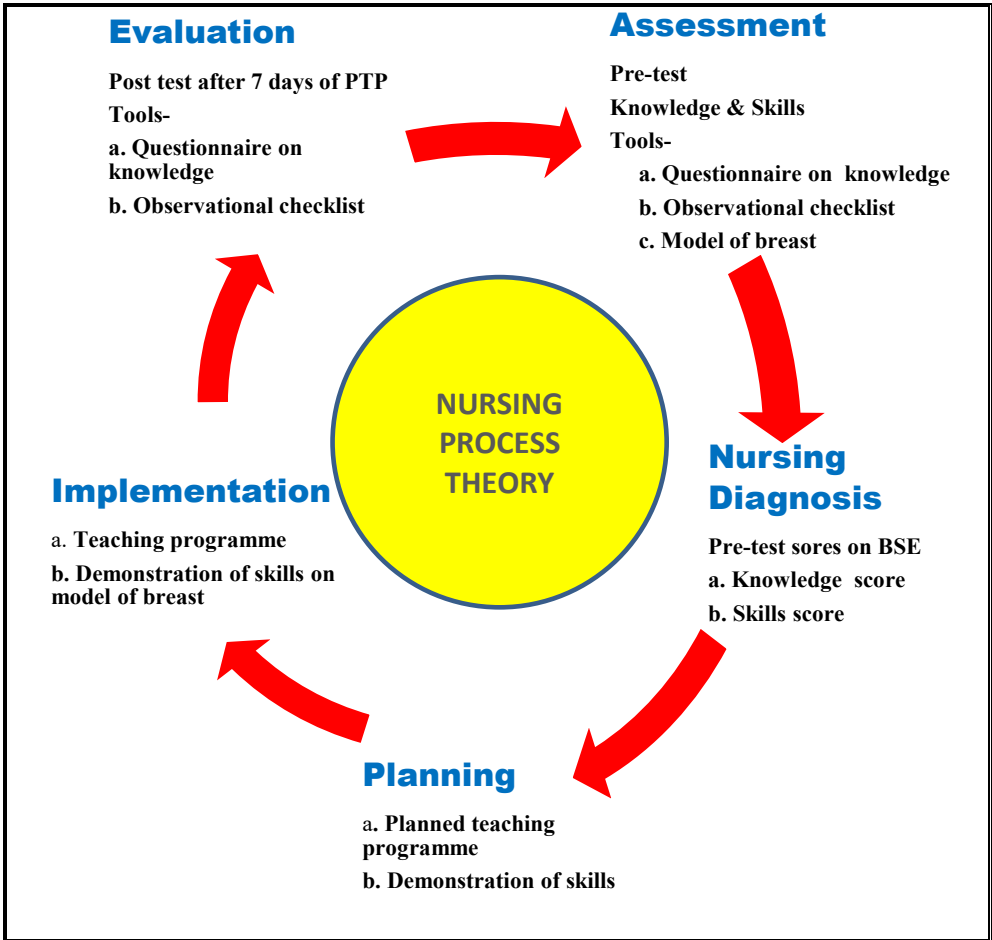


Figure: 1. Ida Jean Orlando's Nursing Process Theory.

tween Age Group of 30-60 years by using non-probability sampling technique among women working in an industrial area in Chennai.

V Hemanthy et al (2016) conducted a study by using evaluative research approach and pre-experimental one group pre-test and post-test, on effectiveness of structured teaching programme on knowledge regarding breast self examination among grade IV staff working at a selected hospital in Chennai. The study concluded that majority of the samples have gained moderately adequate knowledge on breast self examination. Assessment of the teaching programme was found to be effective on knowledge as well as the skills on how to perform breast self examination.

A cross-sectional descriptive study was undertaken by Dolar Doshi (2012) on dental students at Panineeya Institute of Dental Sciences, Hyderabad, Andhra Pradesh. The purpose of study was to assess knowledge and practice of breast self-examination. It concluded that the level of knowledge and practices concerning BSE is found to be unacceptably low, and recommended to lift up the understanding by conducting health education programmes.

Conclusions and recommendation from the literature suggests that awareness regarding breast self-examination is normally very low and health education is an effective method of imparting knowledge and changing the attitude. Hence demonstrating the correct technique of breast self-examination will serve the purpose of the study.



Model of breast made by researcher

Methodology

A quantitative research approach was considered as appropriate for the study. Pre-experimental, one group pre-test post-test design was adopted. The Orlando's Nursing Process model (1950) was utilised. Purposive sampling technique was used to select the setting and samples. The tool consisted of a baseline demographic proforma, a structured questionnaire to assess the knowledge, observational checklist to assess skills. A model of breast made up of latex was utilised for demonstrating and assessing the skills of the samples regarding steps of breast self-examination (Fig 1).

Results and Discussion

In the present study, the majority (36.67%) of the participants belonged to the age group of 21-30 years. Since most of the participants were in the younger age group, providing them with adequate knowledge will help in spreading the awareness on breast self-examination; the teachers have a long teaching career ahead of them and will serve the purpose of the study. Larger numbers of participants (73.33%) were married. About 30 percent participants had 3 or more children and about 96.67 percent of participants had no history of breast disease in the family. Around 86.67 percent of the participants did not have any previous source of information regarding breast self-examination. The above study finding reveals that there is a wide gap of knowledge and practice regarding breast self-examination among the participants. It was revealed that about 76.67 percent participants were not performing breast self-examination.

During the pre-test, it was analysed that a greater percentage (70%) of the participants had average score and about 27 percent represented with poor score. While in post-test a high percentage (90%) had good score and about 10 percent achieved average scores concerning to the knowledge of breast self examination.

Most (87%) of the participants were totally unaware about the practice of breast self-examination and only about 13 percent of the participants demonstrated the skills regarding breast self-examina-

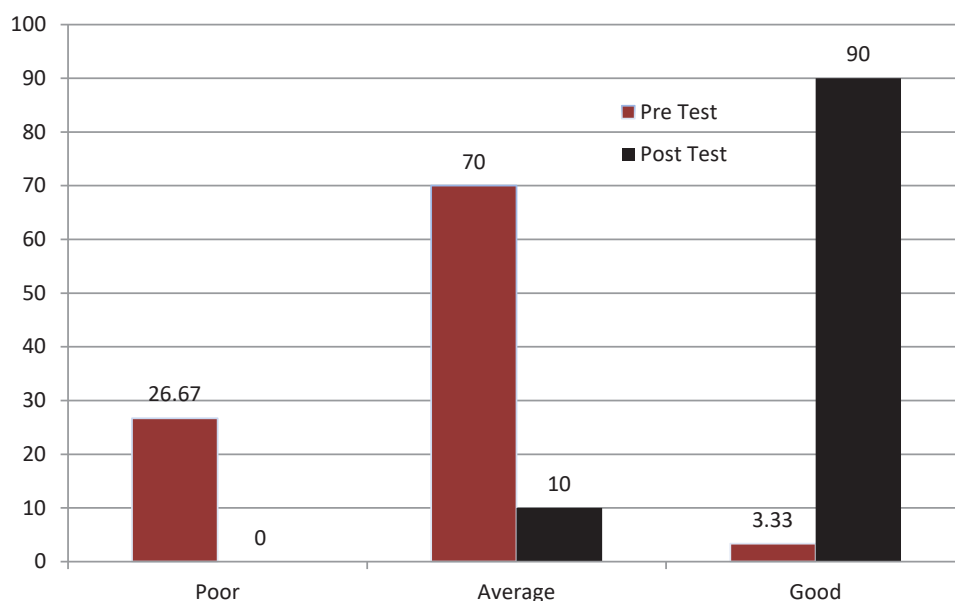


Figure 2: Level of pre-test and post- test knowledge score of participants on breast self- examination.

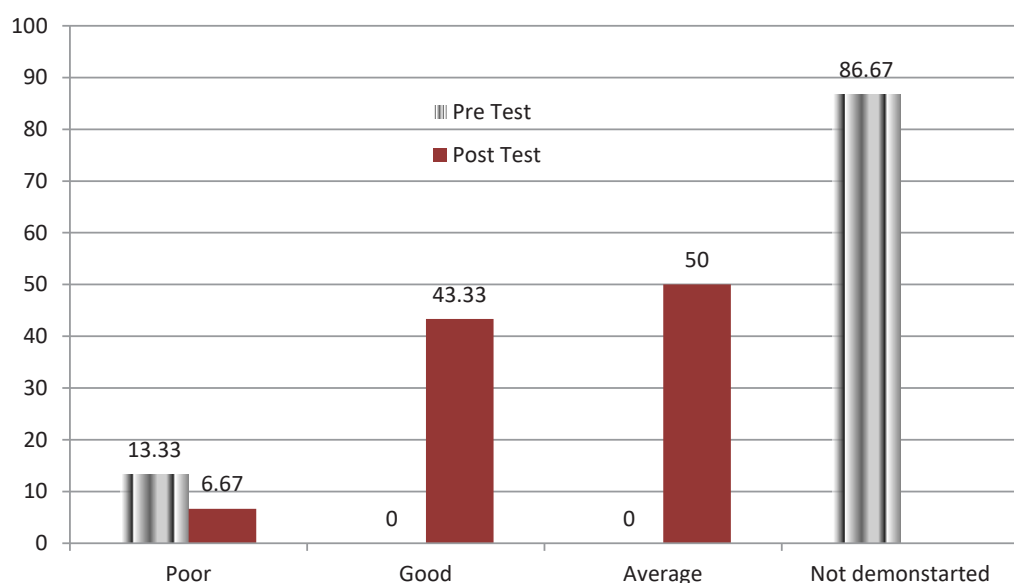


Figure 3: Level of pre-test and post-test skill score of participants on breast self-examination.

tion. Whereas in post-test, about 50 percent of the participants achieved good score by demonstrating the breast self-examination skills, whereas 43 percent participants demonstrated the average skills (Fig 3).

The mean difference between pre-and post-test knowledge scores was 10.07. The mean knowledge score after administering the planned teaching programme has increased, indicating gain in knowledge. Paired 't' value was $t(29) = 14.42$ which is more than the table value (2.05). Hence H1 was accepted. This indicates that, gain in knowledge score is statistically significant at $p < 0.05$ level, and the planned teaching program on breast self-examination was found effective in improving knowledge of the participants.

The mean difference between pre-and post-test skills scores was found to be 9.96. The mean skills score after administering the planned teaching programme has increased, indicating increase in level of practice on regular bases. This indicates that,

Table 1: Mean, Standard deviation and paired 't' test between pre-test and post-test knowledge scores of female high school teachers

Sl. No.	Test	Mean score	Total number	Standard deviation	Standard error Mean	Calculated 't' value	Table 't' value	df	Significance (p) at 5%
1.	Pre- test	10.30	30	2.98	0.54	-	-	-	-
2.	Post-test	20.37	30	2.83	0.52	14.42	2.05	29	0.00

Table 2: Mean, Standard deviation and paired 't' test between pre-test and post-test skill scores of female high school teachers

Sl. No.	Test	Mean score	Total number	Standard deviation	Standard error Mean	Calculated 't' value	Table 't' value	df	Significance (p) at 5%
1.	Pre-test	0.27	30	0.69	0.13	21.73	2.05	29	.00
2.	Post-test	10.23	30	2.69	0.49				

skill score regarding breast self-examination is statistically significant at $p < 0.05$ level.

Therefore, planned teaching programme on breast self-examination was found to be effective in improving the skills of the participants. Paired 't' value was $t(29) = 21.73$ which is more than the table value (2.05) and $p < 0.05$. Hence it is statistically significant. Therefore H2 is accepted. So we say that the planned teaching programme on breast self-examination was found effective in improving skills of the participants.

There was no significant association found between knowledge and age, knowledge and number of children of the participants.

There was significant association between knowledge and marital status, knowledge and history of breast disease in the family, knowledge and previous source of information, knowledge and demonstration of skills, between knowledge and regularity of performing breast self-examination of the participants.

Implications

Women's health: Breast self-examination is one of the simple methods which can be utilised by the women themselves without spending any money and at their own level of comfort.

Nursing administration: Nursing administrators plays an important role in supervision and management of the nursing profession. Nurse administrators need to

organise educational programmes on BSE which would benefit students, professionals and community.

Nursing education: The knowledge base for nursing practices can be developed through nursing education in the students in the institute itself. A similar model of the breast can be used by the teaching staff to demonstrate

the correct technique and steps of BSE. Student nurses can conduct health education at OPDs and in community during their clinical postings.

Nursing research: Nursing research bridges the gap between theory and practice, therefore findings of this study can be utilised for further research studies and widening the base of knowledge in research. A similar study can be conducted among different female settings like college students, teachers, industrial areas, banks, Anganwadi workers, hospital workers and different workplaces. A similar study can be conducted among larger sample size with different methodology. Also, a comparative study can be conducted between different women groups like nursing and medical students.

Nursing practice: A similar model of breast and the teaching programme on knowledge and practices can be utilised by the nurses to spread awareness among the female clients in hospitals as well as at the community level.

Recommendations

- A large study can be conducted to generalise the findings.
- Along with the teaching and demonstration, an information booklet can be prepared on breast self-examination as an instruction manual which can be distributed among participants.
- A teaching programme on breast self-examination should be organised in general to bring awareness among women.

Conclusion

The teachers from selected high school of South Goa had a poor to average knowledge on the topic breast self-examination before administering the PTP. There was no association of knowledge score with age and number of children.

There was raise in knowledge after the teaching program as seen by increase in the post test knowledge and skill score. Thus, the teaching program is an effective teaching strategy for enhancing the knowledge and improving the skills regarding breast self-examination. The findings of this study

are consistent with findings obtained by researchers in similar studies.

These results are consistent with findings of a study conducted in Bangalore, on “the effectiveness of structured teaching programme on knowledge and skill regarding breast self-examination” by Vincent (2011), which revealed that pre-test mean score was 4.67, post-test mean score was 14.03 and $t(29) = 28.96$ ($p < 0.05$).

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