

Effect of Structured Teaching Programme regarding Cervical Cancer among Women Aged 30-45 Years in Selected Rural District of Jalandhar (Punjab)

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Abstract

With a view to assess the effectiveness of structured teaching programme regarding cervical cancer a quasi-experimental study with quantitative approach was undertaken. It was carried out in rural areas of Kartarpur, Jalandhar. The sample consisted of 60 women (30 experimental group, 30 control group) who met the inclusion criteria and the sample was selected using purposive sampling technique. Pre-test was administered by using structured questionnaire schedule and structured teaching programme was given on the same day to experimental group. On 3rd day post-test was conducted using the same tool. The mean knowledge scores obtained by women after conducting structured teaching programme in experimental group (29.53) were higher than those obtained by control group (12). There was a significant difference between the mean post-test knowledge score of experimental group and control group.

The most common cancers among females are those of cervix followed by breast, ovary, esophagus and mouth. Globally, cervical cancer is one of the most common cancers among women (WHO, 2008). As per National Cancer Registry, crude incidence and mortality rate due to cervical cancer in India are 134 per 1000 and 74 per 1000 women respectively. The incidence of cervical cancer begins to rise among Indian women in their early 30s and peaks at ages 40-50 years. Worldwide, an estimated 5,30,232 women develop cervical cancer and 2,75,008 women die due to this disease (GLOBOCAN, 2008).

Objectives

The objectives of the study were:

1. To assess pre-test knowledge score regarding cervical cancer among women of age group 30-45 years in both experimental and control group in selected rural areas.
2. To develop and administer structured teaching programme regarding cervical cancer among women of age group 30-45 yrs in experimental group in selected rural areas.
3. To assess the post-test knowledge scores regarding cervical cancer among women of age group 30-45 years in both experimental and control group in selected rural areas.
4. To compare the pre-test & post-test knowledge

scores regarding cervical cancer among women of age group 30-45 years in experimental group in selected rural areas.

5. To determine the association between pre-test knowledge score regarding cervical cancer among women of age group 30-45 years of experimental group with selected demographic profile.

Research hypothesis

H₀: There will be no significant difference between pre-test and post-test knowledge score among women regarding cervical cancer in experimental group after administration of structured teaching programme (STP).

H₁: There will be significant difference between pre-test and post-test knowledge score among women regarding cervical cancer in experimental group after administration of STP.

Review of Literature

Kamzol et al (2013) conducted a study based on a questionnaire. Data was collected from students aged 17-26 years over a 3-month period in 2011 and 2012; 400 women living in Krakow or its vicinity were included in the study. Nearly all respondents (98.5%) had heard of cervical cancer, 89.4 percent were aware of the risk of death associated with cervical cancer, and 44.8 percent believed that the disease could affect them in the future. The interviewees considered genetics and family history to be the most important risk factors, followed by infection with human papilloma virus (HPV) and having multiple sex partners. Most respondents (91.5%) had not been vac-

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cinated against HPV, 47.9 percent did not know where to go to get vaccinated, and 30.1 percent were unaware of vaccination as a prevention method. Most respondents (91.5%) were aware of cytological screening, and 86.5 percent thought that they shall get it done in the future. Women who had not heard of cytological screening were more likely to be unaware of cervical cancer than women who had heard about cytological screening (odds ratio 0.24, 95% confidence interval 0.11-0.49, $p=0.0001$). The internet, television and newspapers were reported to be the main sources of information about the disease.

Dhendup & Tshering (2014) conducted a cross-sectional study of female graduates attending NGOP for cervical cancer knowledge and screening behaviours among female university graduates of year 2012. The subjects were attending national graduate orientation programme in Bhutan. A self-administered anonymous questionnaire developed through literature reviews and expert discussions to elicit information on demographic characteristics, knowledge, screening behaviours and determinants of cervical cancer was used. The study revealed low cervical cancer knowledge and poor screening behaviour among the graduates. The mean knowledge score was 3.571 (SD 1.75, range 0-8). About 6 percent of respondents ($n=34$) reported undergoing pap-test at least once and 94 percent reported as never having done Pap test. The study revealed evidence of significant association between increasing age, those who are married, knowledge score and those recommended for screening by health professionals with the uptake of Pap test.

Methodology

A quantitative research approach was selected. Quasi-experimental (non-randomised control group design) research design was used. The sample consisted of the women who fulfilled the inclusion criteria and the sample size was 60 (30 for Experimental group and 30 for Control group). There was no drop out in study. Purposive sampling technique was employed. The study was conducted in 2014 at selected rural area of Kartarpur, Punjab

Tool used: (a) Socio demographic variables such as age, education, religion, occupation, income, type of family, type of family; (b) A set of 30 structured questions about anatomy and physiology, meaning concept of causes and types, clinical manifestations, diagnosis, management complications and prevention of cervical cancer to assess pre-test and post-test knowledge; (c) Structured Teaching Programme on cervical cancer in form of lesson plan. To ensure content validity, the tool was submitted to nine experts in obstetrics & gynaecological nursing.

Reliability: Reliability of tool was computed by apply split half method method and calculated by Karl Pearson's coefficient of correlation and Spearman Brown prophecy formula. The reliability of tool was 0.87, and hence the tool was reliable.

Data collection: Interview method, door to door data collection was done in group in Jan-Feb 2014.

Results and Discussion

Findings related to demographic data revealed that according to age, in experimental group 66.67 percent women were in age group 31-35 years; 13.33 percent were in age group 36-40 years; and 20 percent women were in age group 41-45 years. According to age, in control group 56.67 percent women were in age group 31-35 years; 30 percent were in age group 36-40 years; and 13.33 percent women were in age group 41-45 years.

According to parity, 40 percent women from experimental group were primary para and 60 percent were multipara. According to parity, 50 percent women from control group were primary para and 50 percent were multipara.

Table 1 reveals that the pre-test mean knowledge score of experimental group was 12.43 and control group was 11.66. Hence it was concluded that majority of women had average pre-test knowledge score regarding cervical cancer both in experimental and control group. Table 2 reveals that the post-test mean knowledge score of experimental group was 29.43 and control group was 12. Hence it was concluded that majority of women in experimental group had good knowledge score regarding cervical cancer after administration of STP, and women in control group had average knowledge about cervical cancer.

Table 3 shows that there was a significant difference between the pre-test and post-test knowledge score of experimental group regarding cervical cancer which is statistically significant (at $p<0.001$, $t=33.49$). Hence it was inferred that there was increase in knowledge scores of women in experimental group after receiving structured teaching programme on cervical cancer, so the research hypothesis (H_1) was accepted. In control group difference in pre-test and post-test knowledge score was non-significant.

Findings regarding association of pre-test knowledge with selected socio demographic variables concluded that age, parity, education, occupation, marital status, history of cervical cancer, did not have any significant association in experimental and control group.

Above findings were supported by the study conducted by Fetzer et al (2011), which showed that 30 percent women said cervical cancer is sexually trans-

Table 1: Mean of pre-test knowledge regarding cervical cancer among women 30-45 years in experimental and control group (N=60)

Knowledge	Experimental group			Control group		
	n	Mean	SD	n	Mean	SD
Pre-test knowledge	30	12.43	2.68	30	11.66	2.69

Maximum score=30; Minimum score=1

Table 2: Frequency and percentage distribution of post-test knowledge regarding cervical cancer among women 30-45 years in experimental and control group (N=60)

Knowledge	Experimental group			Control group		
	n	Mean	SD	n	Mean	SD
Post-test knowledge	30	29.43	0.77	30	12	4.29

Maximum score=30; Minimum score=1

Table 3: Comparison of pretest and post-test knowledge of women regarding cervical cancer in experimental group and control group (N=60)

	Experimental Group			Control Group			df	‘t’
	n	Mean	SD	n	Mean	SD		
Pre test	30	12.43	2.68	30	11.66	2.69	58	1.1034
Post-test	30	29.53	0.77	30	12	4.29	58	21.93***
	t=33.49***			t=0.35 NS				

mitted infection, 20 percent said that it is due to lack menstrual hygiene, 40 percent women were unaware about the disease and 10 percent said it is hereditary disease. It is inferred that women generally lack knowledge about cervical cancer.

Nursing Implications

Nursing education: The curriculum should give importance to health education. In-service education should be conducted to improve the knowledge and skills of health professionals. Nursing students should be prepared to conduct health teaching programmes and be made aware of their responsibility in the prevention and early detection of cervical cancer.

Nursing practice: The structured teaching programme developed for this study will help the nurses in organising educational programmes for the working women regarding prevention and early detection of cervical cancer. The obstetrics gynaecology nurses should also involve themselves in counselling students to bring about favourable attitude towards early detection and prevention of cervical cancer.

Nursing research: There is an extensive need to develop information materials based on women's needs. Nurses can conduct a comparative study between the rural and urban groups regarding prevention and early detection of cervical cancer and analyse the effectiveness of the teaching programme.

Nursing administration: Nursing administration must organise camps for reproductive age women and iden-

tified and treat cervical cancer on early stage.

Recommendations: On the basis of the findings of the study, the following recommendations have been made: (1) The study can be replicated on larger sample; (2) A similar study can be conducted in a different community to find out the significant difference between urban and rural communities; (3) A follow-up study of STP could be carried out to find out the effectiveness in terms of retention of knowledge; (4) An experimental study to determine the practice on early detection of cervical cancer could be incorporated; (5) A self-instructional module can be developed for women and its effectiveness can be evaluated; (6) The study can be conducted among adolescent girls to assess their knowledge regarding cervical cancer.

Conclusion

The knowledge of rural women among experimental group were statistically significant at $p < 0.001$. As structured teaching programme had significant improvement in knowledge in mean score from pre-test mean score (12.43) to post-test mean score (29.53).

Hence the stated hypothesis was accepted and structured teaching programme was effective in improving the knowledge in experimental group in comparison to control group. Post-test as evidenced by increase in mean score of knowledge also the results showed that there was statistically significant improvement in knowledge was found after the administration of STP in experimental group ($p < 0.001$).

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