

Effect of Structured Teaching Programme regarding Breast Self-Examination Among Adolescent Girls of Selected College at Guwahati (Assam)

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Abstract

A pre-experimental study was conducted to assess the effectiveness of structured teaching programme (STP) regarding breast self-examination among the adolescent girls of selected college of Narengi, Guwahati. A total of 35 students were selected using purposive sampling technique. A structured questionnaire was used to collect the data. The results revealed that the pre-test mean was 8.2 which increased to 15 in the post-test and there is significant association between the knowledge and demographic variables such as age and religion. The study concludes that STP was significantly effective in increasing the knowledge regarding breast self-examination among the adolescent girls.

Breast self-examination (BSE) is an inexpensive, risk-free method of screening used in an attempt to detect cancer which can be done at home. The best time to do breast self-examination is about 3-5 days after the menstrual period starts when the breast tissue is no longer swollen or tender from hormone elevations. Even pregnant women can also check her breast on a monthly basis but women of all ages are encouraged to perform breast self-examination at least once a month and to report to the health care provider about the changes immediately (Brunner & Siddharta).

Performing breast self-examination every month, starting at the age of 20 years, is an important tool in the early detection of breast cancer. Early detection of breast cancer plays a leading role in reducing mortality rate and improving patient prognosis.

In north eastern region incidence of breast cancer is highest in Aizawl with 30 per lakh population followed by Kamrup district (metro) 23 per lakh population. Cases of breast cancer patient at B Borooah Cancer Institute during the last few years were: 224 in 2008, 296 in 2009, 308 in 2010, 345 in 2011, and 311 in 2012 and 335 cases in 2013 (www.indiancancer.com)

If the breast cancer is detected early and treated adequately, about 90 percent of them can be cured.

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But the irony is that still today about 70-80 percent reported to the doctor during the late stage. Small cancerous lump in the breast can be removed without removing the breast with very good survival chance by performing regular breast self-examination. By 2020, 70 percent of the world's cancer cases will be in poor countries with one-fifth in India. The Indian Council of Medical Research (2012) released an analysis of cancer cases among women in Delhi, Mumbai, Chennai, and Bangalore from 1982 to 2005, showing that until about 10 years ago, 10 per 100,000 women got breast cancer compared with 23 per 100,000 now.

A study was therefore conducted to evaluate the effectiveness of structured teaching programme regarding Breast self-examination among the adolescent girls at selected college, Narengi, Guwahati.

Objectives

The objectives of the study were to:

- Assess the pre-test and post-test knowledge regarding breast self-examination among the adolescent girls of a selected college.
- Determine the effectiveness of structured teaching programme on knowledge regarding breast self-examination.
- Find out the association between pre-test knowledge with the selected demographic variables.

Assumption

The study assumed that the adolescent girls may have inadequate knowledge regarding breast self-examination.

Hypotheses

H1: The mean of post-knowledge score of adolescent girls regarding breast self-examination will be significantly higher than the mean of pre-test score.

H2: There will be a significant association between pre-test knowledge and selected demographic variables.

Review of Literature

Chatterjee P conducted a study on knowledge and practice of breast self-examination among the GNM students. A structured and validated questionnaire and a pre-experimental, one group pre-test and post-test was used from selected college of Udupi district with the sample size of 40 students, using cluster sampling technique. The majority of samples were in an age group of 18-19 years. Only 35 percent of them heard about BSE and 85 percent of them participated at the time of study. The paired test was used in the study and 72.5 percent of the students had average knowledge I pre-test of BSE and 85 percent of them had good knowledge score in post-test.

Shalini, Divya Varghese, and Malathi Nayak conducted a study on the Awareness and Impact of Education on Breast Self-Examination Among College Going Girls. A pre-experimental one group pre-test post-test design was carried out among 40 degree female students by using cluster sampling method from selected colleges of Udupi district. The data analysis showed that majority (52%) of them were in the age group, of 18-19 years and 72 percent of them were had average knowledge on BSE in the pre-test score. Out of 40 participants only one student was performing BSE occasionally.

Methodology

The study involved an evaluative research approach with pre-experimental (one group pre-test post-test design with adolescent girls of selected college as the target population. Purposive sampling techniques were used with 35 samples.

Validity and Reliability: Split half method was use to find the reliability of the structured questionnaire.

Data collection procedure: Pre-test was conducted by using structured question-

Table 1: Pre- and post-test level of knowledge scores among adolescent girls

Dimensions	Mean	t	df	P	Significance
Pre-test knowledge	8.2	-12.8	34	0.05	Significant
Post-test knowledge	5				

naire to assess the pre-test knowledge. Immediately after the pre-test, structured teaching programme regarding breast self-examination; was administered for 25-30 minutes. After 7 days post-test was conducted by using the same structured questionnaire to reassess the knowledge.

Results and Discussion

In relation to the socio-demographic variables: Majority of the adolescent girls were in the age groups of 16-19 years (94.28%). Source of information revealed that most of them (65.71%) attained knowledge through books, in relation to religion, variables (88.57%) belongs to Hindu religion, (91.42%) were from nuclear family.

In relation to knowledge regarding breast self-examination: The data revealed that out adolescent girls had moderate knowledge, 77 percent had inadequate knowledge in pre-test. In post-test, 80 percent had moderate knowledge and none had adequate knowledge.

Figure 1 shows pre-test mean scores, post-test mean scores, which was found to be higher. Then, the paired t test was calculated to find out the significance of the difference (Table 1).

Conclusion

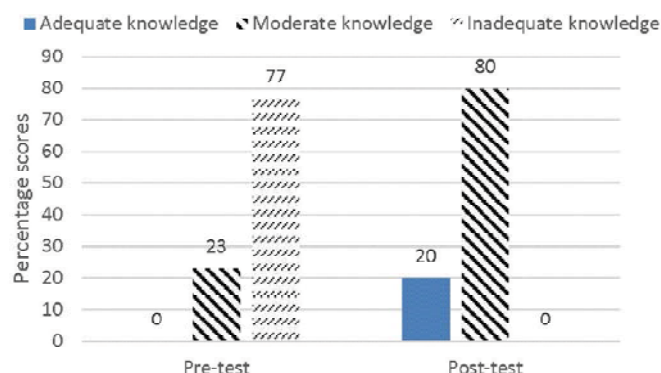
In this study, prior to implementation of STP, students had poor knowledge on breast self-examina-

Table 2: Association of knowledge among adolescent girls regarding BSE

Demographic variables	Inadequate	Moderate	Adequate	Chi-square value
1. AGE				
16-19 years	28	5	0	$\chi^2=6.59$ $df=5.99$ S*
20-25 years	0	2	0	
Above 30 years	0	0	0	
2. RELIGION				
Hindu	25	6	0	$\chi^2=11.5$ $df=5.99$ S*
Muslim	2	1	0	
Christian	1	0	0	
3. FAMILY				
Nuclear	26	5	0	$\chi^2=2.35$ $df=3.84$ NS
Joint	2	2	0	
4. SOURCE OF INFORMATION				
Health personnel	4	1	0	$\chi^2=2.7$ $df=5.99$ NS
Books	20	3	0	
Mass media	4	3	0	

*p<0.05 NS= Not significant S=significant

Fig 1: Pre- and post-test level of knowledge scores among adolescent girls



tion; the effectiveness of STP was evaluated by evaluating the post-test knowledge scores. The mean score improved from 8.2 to 15 after the implementation of STP, which shows the STP was effective. It is essential task of all women to do BSE and protect herself and her family. The nurse has to play an important role in health promotion and it is only possible when she teaches or educates her client and community.

Implications and recommendations

- The findings of the study give a base for BSE and can be replicated in a larger scale where the

impact can be generalised.

- Nurse administrators can plan and organise practical educational approaches to teach the practice of BSE.
- The nurses can render services on BSE which can help women to be alert to any abnormal changes in their breasts and seek medical advice immediately, if required.
- On the lines of WHO, efforts on promoting awareness in the community about early diagnosis of breast cancer, Nurse Educators should educate women, nursing students and adolescent girls about BSE.

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