Effectiveness Of Structured Teaching Programme on Knowledge Regarding Breast Self-Examination Among the Selected Teachers in Coimbatore District

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Abstract: - Breast cancer is the second most common cancer which is normally happening among the women worldwide. It can be detected at an early stage through Breast Self-Examination as it is the main tool for early detection of breast cancer in developing countries because of its simplicity, applicability and cost effectiveness. The study aims to assess the level of knowledge on Breast Self-Examination among the teachers of Mary Rani Primary English Medium School at Gandhipuram in Coimbatore District. Quasi-experimental one group pretest posttest design was adopted for the respondents in the study. 30 teachers were selected between the age group of 20 to 55 years by using the convenience sampling technique. The result showed that, the mean knowledge score gained by women in the pretest was 18.1 and the mean posttest score gained was 28.5. The calculated 't' value is 16.7 and table value is 3.29 at 0.001 level of significance which indicates that the Structured Teaching Programme was effective among the respondents.

Key Words: — *Knowledge, Women, Breast Self-Examination, Structured Teaching Programme.*

I. INTRODUCTION

Globally cancer is the second leading cause of death, which accounts for an estimated 9.6 million deaths or one death happening among the six deaths according to the 2018 census. The most common types of cancer in men are lung, prostate, colorectal, stomach and liver cancer while for women its breast, colorectal, lung, cervical and thyroid cancer which are the common among the women population1.

Breast cancer is characterized by the uncontrolled growth of abnormal cells in the milk producing glands of the breast or in the passages (ducts) that deliver milk to the nipples2.

The most common and primary cause of cancer death for women is breast cancer which accounts 23% of all women populace globally.

In developing countries, breast cancer is twice as many cases than in developed countries for women aged between 15-49 years3. Nearly 1.7 million women worldwide are being diagnosed with breast cancer and nearly 522,000 women have died of breast cancer in the year 2012. From the year 2008 to 2012, the incidence of breast cancer has increased by an additional 20%, while mortality has augmented by 14% 4. Among the most common type of cancer in women, breast cancer accounts for 14% of cancers in Indian women.

It is reported that with every four minutes, an Indian woman is diagnosed with breast cancer. Both in rural and urban India breast cancer are on the rise. A 2018 report of Breast Cancer statistics recorded 1,62,468 new registered cases and 87,090 reported deaths (https://cytecare.com/blog/statistics- of-breast-cancer/). More than 90% of breast cancer can be cured if detected early. Many studies have shown that Breast Self-Examination (BSE) is an effortless way for the detection of

LUCY THOMAS P., ET.AL.: EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE REGARDING BREAST SELF-EXAMINATION AMONG THE SELECTED TEACHERS IN COIMBATORE DISTRICT

22

breast cancer in low- middle income countries. It is mandatory to do Breast Self-Examination monthly and there is evidence of women who properly carry out will be able to detect the early stage of lump development and early diagnosis will influence the early treatment which will yield a better survival rate.

There are a number of factors that may influence the knowledge and practice of Breast Self-Examination in women, such as literacy, occupation, family history of breast cancer, marital status, and access to Breast Self-Examination information5. With this background, the present study was designed to determine the knowledge regarding Breast Self-Examination among the teachers in Coimbatore District.

1.1 Objectives

- To assess the knowledge of women regarding Breast Self-Examination.
- To evaluate the effectiveness of Structured Teaching Programme in terms of gain in knowledge scores of women regarding breast self-examination.

1.2 Hypothesis

- H1: There will be significant difference between mean pretest and post-test knowledge scores of women regarding Breast Self-Examination.

II. METHODOLOGY

Fig.1. Bird's Eye View of The Design of The Study

Research approach and design: Quasi experimental one group pre test post test design was used in the present study.

Setting of the study: The study was conducted among the teachers of Mary Rani Primary English medium school at Gandhipuram in Coimbatore District.

Sample and sample size: 30 teachers between the age group of 20 to 55 years were selected by using Convenience Sampling method.

2.1 Selection criteria

Inclusion: Teachers between the age group of 20 to 55 years who are willing to participate in the study were selected.

Exclusion: Teachers who are not available during data collection were excluded.

2.2 Tools and technique

Section 1- Data on demographic variables

Section 2- Structured knowledge questionnaire containing 30 questions on Breast self-examination

Data collection procedure: Prior permission was obtained from the concerned authority to conduct the study. The researcher introduced herself and explained the purpose to each respondent to obtain maximum cooperation. The data among the teachers was collected with the help of structured knowledge questionnaire. Each respondent has taken about 30 minutes to fill the tool.

Data analysis: The data obtained was analyzed in terms of the study using Descriptive and Inferential statistical analysis. The plan of data analysis is as follows:

- Organized data on the master sheet
- Computed frequency, percentage, mean and standard deviation to describe the data
- Classified knowledge score as follows

  - Poor   1-10
  - Average   11-20
  - Good   21-30

- Used inferential statistics to draw the conclusion, paired "t" test was used to evaluate the effectiveness of Structured Teaching Programme on Breast Self-Examination.

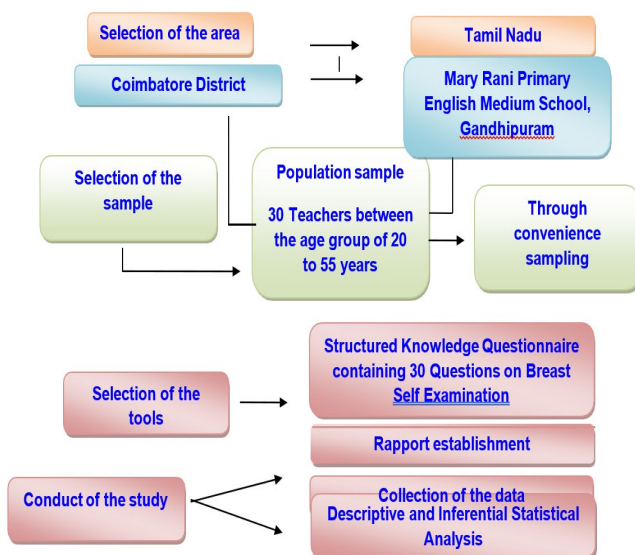LUCY THOMAS P., ET.AL.: EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE REGARDING BREAST SELF-EXAMINATION AMONG THE SELECTED TEACHERS IN COIMBATORE DISTRICT

23

III. RESULTS AND DISCUSSION

Table.1. Profile Of the Respondents

Aspects	N=30	Percentage
Age of the respondents		
20-30 years	22	73.3
31-40 years	4	13.3
41-50 years	1	3.4
51-60 years	3	10.0
Educational Status		
Higher secondary	5	16.6
Graduate	10	34.4
Post Graduate	15	50.0
Marital Status		
Unmarried	18	60.0
Married	12	40.0

From Table I, it was found that almost three fourth of the women 22 (73.3%) belonged to the age group of 20-30 years, 4 (13.3 %) belonged to the age group 31-40 years. In terms of educational status, 15 (50%) of women were post graduates and 10 (34.4 %) were graduates. Regarding marital status 18 (60%) of the women were unmarried and 12 (40%) of the respondents were married.

Table.2. Distribution of the level of knowledge regarding breast self-examination among teachers at Gandhipurama in Coimbatore.

Category	Scoring	Percentage
Poor	0 - 14	76.6%
Average	15 - 22	23.4%
Good	22 - 30	0.0%

Table II shows that about 23.4% of teachers have average knowledge and 76.6% have poor knowledge about breast self-examination.

It is very crucial that the women should know how their breasts normally look and feel. Having a good knowledge and performing regular Breast Self-Examination is the best way to know this. Breast Self-Examination also helps one to become aware of the changes that may occur in the breast. An alteration from the normal look and feel can be a sign of disease related to breast. The best time to do Breast Self-Examination is when your breasts are not tender or swollen, a few days after cessation of monthly menstruation.

A similar study conducted in Vietnam among female textile workers reported that 22.7% of participants showed sufficient knowledge on Breast Self Examination[5]. However, the mean knowledge score gained by the women in pretest is 18.1 and in the post test it is 28.5. The result is consistent with a study conducted among Mahila Mandal women from three villages

under Mugalur community health and training centre, Karnataka.

The mean pretest knowledge score (7.6+/- 3.0) was less than the posttest knowledge score (12.4+/- 2.0). These findings bring to the light that if awareness and health education programmes are conducted in an intensive and planned form, it might result in positive healthy practices[6].

Table.3. t value showing Effectiveness of Structured Teaching Programme

Variable	at 0.05 level	at 0.01 level	at 0.001 level	Test significant value of t
Pre and Post test	1.960	2.576	3.29	16.7

Table 3 shows the mean difference between the pretest and posttest knowledge. Majority of the respondents were with average knowledge of Breast Self-Examination 25 (83.3%) whereas 5 (16.7%) with good knowledge. The mean knowledge score gained by the women in pretest is 18.1 and in the post test it is 28.5. Obtained "t" value 16.7 (p<0.001) was significant.

Therefore, the research hypothesis (H$_2$) was accepted. It was inferred that there was significant increase in knowledge regarding Breast self-examination after the administration of structured teaching programme.

IV. CONCLUSION

In conclusion, the findings in this study show an overall lack of comprehensive knowledge of Breast Self-Examination among women. Also practice of Breast Self-Examination is an important method for early diagnosis of breast cancer. The suggestion for public health practice is to develop or agree to culturally suitable and established instructive and skill building intervention to update and train women on Breast Self-Examination. There is a want to progress knowledge of Breast Self-Examination and to make all age groups in future to get involved in breast cancer awareness programs.

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LUCY THOMAS P., ET.AL.: EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE REGARDING BREAST SELF-EXAMINATION AMONG THE SELECTED TEACHERS IN COIMBATORE DISTRICT

24

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LUCY THOMAS P., ET.AL.: EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE REGARDING BREAST SELF-EXAMINATION AMONG THE SELECTED TEACHERS IN COIMBATORE DISTRICT

25