

A Study to Assess the Effectiveness of Structured Teaching Programme on Knowledge Regarding Breast Self-Examination for Prevention of Breast Cancer Among Higher Secondary School Girls in Selected Schools of Navsari District

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Abstract

Introduction: Cancer is a large group of diseases characterized by uncontrolled growth and spread of abnormal cells, which can invade adjoining parts of the body and spread to other organs. **Aim of the study:** are to assess Structure Teaching Programme on Knowledge Regarding Breast Self-Examination on Prevention of Breast Cancer among Higher Secondary School Girls of Selected Schools of Navsari District and find out the association between the pre-test level of Knowledge with selected demographic variable.

Method: quantitative research approach with pre-experimental design was adopted for this study. A total 60 participants were selected by Non probability convenient sampling technique. Data were collected by using demographic variables, knowledge questionnaire. **Result :** The result reveal that the calculated value of $t = 46.96$ which is greater than the table value of $t = 2.05$. The mean value in posttest is higher than the pre test.

Conclusion: the data shows that means value is higher in post test & calculated t value is higher than the calculated value. Thus there is a significant effect of Structure Teaching Programme on Knowledge Regarding Breast Self-Examination on Prevention of Breast Cancer among Higher Secondary School Girls.

Keywords: Knowledge, Breast Self-Examination, Prevention of Breast Cancer, Higher Secondary School Girls

INTRODUCTION

Cancer is a large group of diseases characterized by uncontrolled growth and spread of abnormal cells, which can invade adjoining parts of the body and spread to other organs, According to the World Health Organization (WHO). Breast cancer is a leading cause of morbidity and mortality among women worldwide. According to the World Health Organization (WHO), breast cancer is the most common cancer among women, accounting for 11.6% of all new cancer cases. Early detection of breast cancer through breast self-examination (BSE) can improve treatment outcomes and survival rates. In 2024, an

estimated 14,910 children and adolescents ages 0 to 19 will be diagnosed with cancer and 1,590 will die of the disease. Cancer survival becomes more difficult in higher stages of its growth. Post cancer survival for women with breast cancer was reported 60% for Indian women. The simplest way to breast cancer prevention is by being able to do a breast self-examination. Women should be being this on a regular basis after they turn 30.

NEED OF THE STUDY

In, India, being the most common type of cancer in women, breast cancer accounts of 14% cancers in Indian women. It is reported that within every 4 minutes an Indian woman is diagnosed with breast cancer. Breast cancer is on the rise, both in rural and urban India. In India, breast cancer is the most common cancer among women, accounting for 28.2% of all cancers. In 2022, an estimated 98,337 women died from breast cancer, with one woman dying every eight minutes. The number of breast cancer cases is also rapidly increasing, with an estimated 310,720 invasive cases expected in 2024. Early detection is crucial for improving survival rates, but many cases are diagnosed late due to a lack of awareness.

OBJECTIVE

- To Assess the Pre-test knowledge score regarding Breast self-examination for prevention of Breast cancer among higher secondary School girls in selected Schools of Navsari District.
- To evaluate the effectiveness of structured teaching programme on knowledge score regarding Breast self-examination for prevention of Breast cancer among higher secondary School girls in selected Schools of Navsari District.
- To find out the association between the pre-test knowledge with selected demographic variable regarding Breast self-examination for prevention of Breast cancer among higher secondary School girls of selected Schools of Navsari District.

HYPOTHESIS

- **H₁**: There is significant effect of Structure Teaching Programme on Knowledge Regarding Breast Self-Examination for Prevention of Breast Cancer among Higher Secondary School Girls in Selected Schools of Navsari District at level of significance $p \leq 0.05$.
- **H₂**: There is significant association between mean pre-test knowledge score with selected Demographic variables regarding Breast self-examination on prevention of Breast cancer among Higher Secondary School Girls in Selected Schools of Navsari District at level of significance $p \leq 0.05$.

METHODOLOGY

A quantitative pre-experimental one-group pre-test post-test design was adopted. The sample consisted of 60 higher secondary school girls selected using non-probability convenient sampling.

Inclusion criteria

In this study inclusion criteria are,

- Higher secondary school girls in Navsari district.
- Higher secondary school girls who were available and willing to participate during the period of data collection.

Exclusion criteria

In this study exclusion criteria are,

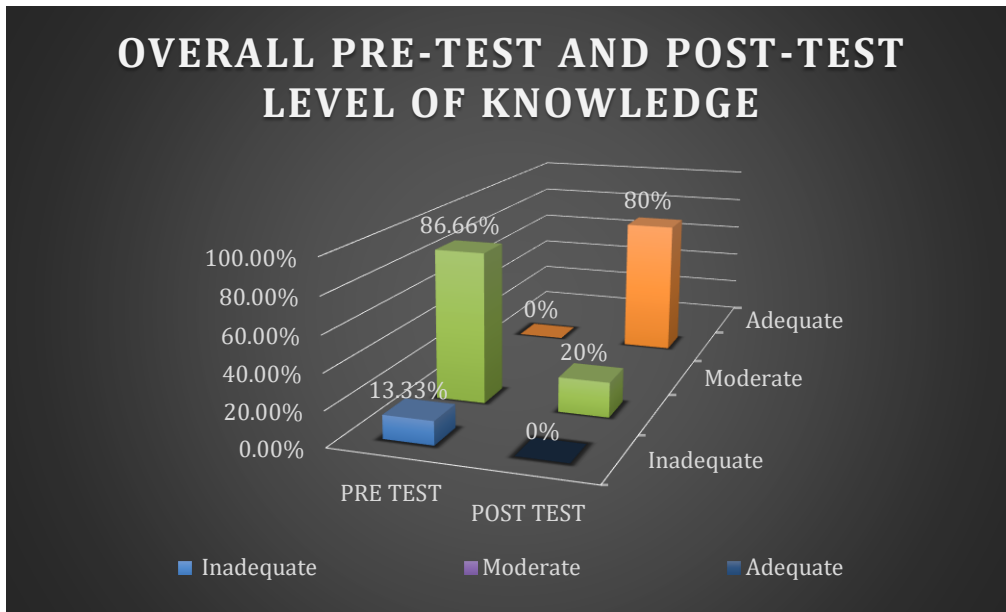
- Girls who denied to participate in this study.

RESULTS AND DISCUSSION

The findings revealed significant improvement in knowledge scores after the structured teaching programme.

SOCIO DEMOGRAPHIC PROFILE OF PARTICIPANTS WITH HIGHER SECONDARY SCHOOL GIRLS IN SELECTED SCHOOLS OF NAVSARI DISTRICT.

N=60			
SR NO.	CHARACTERISTICS	FREQUENCY	PERCENTAGE %
1.	AGE		
	(A) 16	40	66.66%
	(B) 17	13	21.66%
	(c) 18	07	11.66%
2.	RESIDENCE		
	(A)RURAL	60	100%
	(B)URBAN	0	0
3.	EDUCATION		
	(A)11 TH	43	71.66%
	(B)12 TH	17	28.33%
4.	FAMILY TYPE		
	(A)NUCLEAR	34	56.66%
	(B)JOINT	26	43.33%
5.	RELIGION		
	(A)HINDU	60	100%
	(B)MUSLIM	0	0
	(C)CHRISTIAN	0	0
	(D)OTHER	0	0
6.	DO YOU HAV ANY KNOWLEDGE BREAST SELF EXAMINATION		
	(A)YES	10	16.66%
	(A) NO	50	83.33%
7.	SOURCE OF INFORMATION		
	MASS MEDIA	48	80%
	HEALTH PERSONAL	0	0
	FRIENDS	0	0
	RELITIVE	12	20%



COMPARISON OF THE OVERALL PRE-TEST AND POST-TEST LEVEL OF KNOWLEDGE REGARDING BREAST SELF-EXAMINATION FOR PREVENTION OF BREAST CANCER

Description of the level of knowledge regarding Breast Self-Examination

Score	Pre-test		Post-test	
	Frequency	Percentage%	Frequency	Percentage%
1 - 7 Inadequate Knowledge	8	13.33%	0	0%
8-14 Moderate Knowledge	52	86.66%	12	20%
15-20 Adequate knowledge	0	0%	48	80%

ASSOCIATION BETWEEN PRE-TEST KNOWLEDGE AND DEMOGRAPHIC VARIABLES (N = 60)

ASSOCIATION BETWEEN THE PRE-TEST LEVEL KNOWLEDGE REGARDING BREAST SELF-EXAMINATION FOR PREVENTION OF BREAST CANCER

N=60								
SR NO.	CHARACTERISTICS	FREQUENCY	LEVEL KNOWLEDGE		DF	CHI SQSRE	TABLE VALUE	SIGNIFICANCE LEVEL
			<M	≥M				
1.	Age				2	22.32	5.99	S*
	(A)16	40	23	37				
	(B)17	13	0	0				
	(C) 18	07	0	0				

2.	Residence				1	0.41	3.84	NS
	(A)Rural	59	24	35				
	(B)Urban	1	0	1				
3.	Education				1	50.54	3.84	S*
	(A)11 th	43	18	25				
	(B)12 th	17	6	11				
4.	Type of Family				1	0.1	3.84	NS
	(A)Nuclear	34	13	21				
	(B)Joint	26	11	15				
5.	Religion				3	2.425	7.82	NS
	(A)Hindu	60	23	37				
	(B)Muslim	0	0	0				
	(C)Christian	0	0	0				
	(D)Other	0	0	0				
6.	Do You have Any Knowledge Breast Self-Examination				1	4.31	3.84	S*
	(A)Yes	10	0	0				
	(B)No	50	24	36				
7.	Source Of Information				3	0.01	7.82	NS
	Mass Media	48	19	29				
	Health Personal	0	0	0				
	Friends	0	0	0				
	Relative	12	5	7				

CONCLUSION

The present study demonstrated that the Structured Teaching Programme was effective in enhancing the knowledge and practice of breast self-examination among female students. Therefore, it is recommended that appropriate and systematic health education programmes should be planned and implemented for adolescent and young females to increase awareness and motivate them to regularly perform Breast Self-Examination. The study further revealed that secondary school girls had inadequate knowledge regarding breast cancer. Although a considerable proportion of students were aware that Breast Self-Examination can be used as a screening method for early detection of breast cancer, only a limited number practiced it. This highlights the need for continuous and comprehensive health education programmes on breast cancer and Breast Self-Examination among adolescent females to promote preventive health behaviour.

RECOMMENDATION

On the basis of the study it was recommended that:

- A similar study can be replicated on a large sample to generalize the findings.
- A similar study can be conducted by including practical aspects.

- A similar study can be carried out to evaluate the efficiency of various teaching strategies like self-instructional module, pamphlets, leaflets, and computer assisted instruction on knowledge and attitude regarding Breast Self-Examination.
- A similar study can be undertaken with control group design.
- Comparative study can be done for both urban and rural subject.

LIMITATION

The study limited to,

- Adolescence girls
- The sample size is limited to 60
- Data collection period limited to 4 weeks only

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