QUASI EXPERIMENTAL STUDY TO ASSESS THE KNOWLEDGE AND CREATE AWARENESS ON PREVENTION OF CANCER AMONG ADOLESCENT GIRLS IN A SELECTED SCHOOL OF CHIDAMBARAM CUDDALORE DISTRICT, TAMILNADU.

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According to the World health organisation, the Adolescent age group is defined as lifespan between 10 and 19 years.

Lack of knowledge concerning nutrition is one of the most significant reasons for nutritional problems and inappropriate nutritional practices can lead to numerous complications. Knowledge and awareness is an important aspect which will create changes in the life style practices and thereby there will be a significant changes in the health status of an Individual.

Number of epidemiological and clinical studies indicates that nutrition can be the best alternative in the prevention and treatment of various cancers; each and every nutrient has its own protective role against mutagenesis and tumorigenesis..

According to the international association of cancer registries, every year 23.7 percent of the world population has registered new cancer cases and 12.5 percent die from cancer all around the world.

Abstract

Cancer is a disease with symptoms of un retained cells in one of the body organs or tissues. Cancer is the second largest killer disease. Globally non communicable diseases accounted for 71 percent of total deaths. In India a non communicable deaths where estimated to account for 33 percentage of all deaths and cancer was one of the leading causes.(9 percentage). **Methodology   A**   Quasi experimental study has been carried out in Chidambaram town, Cuddalore district, Tamil Nadu to assess the knowledge on Cancer prevention among Adolescent girls studying in 8th, 9th and 11th standards using purposive sampling technique .100 adolescent girls were selected and the

selected girls were asked to complete the self administered questionnaire to get the demographic data and knowledge on cancer. Educational intervention was carried out to create awareness on prevention of cancer. **Results** revealed that most of the adolescents had inadequate knowledge (pretest mean score knowledge 49.6) and educational intervention was effective in improving the knowledge on prevention of cancer (mean posttest is knowledge score 97.8). **Conclusion** Generating awareness is the most important aspect of the Cancer control program hence, the awareness created by the educational intervention will significantly improve the knowledge of adolescent girls in the prevention of cancer.

Keywords: Adolescent girls, Awareness on Cancer prevention, Knowledge on cancer.

Introduction

cancer is a leading cause of death worldwide accounting for nearly 10 million deaths in 2020 or nearly one in six deaths.

Literature reviews have shown that the prevalence rate related to cancer is increasing drastically.Knowledge over cancer is needed to prevent various types of cancer which motivated the researcher to pursue this study.

Adolescent females are taken as the important target group for promotion of proper health habits in particular with regard to cancer. Developing proper health practices will lead to maintenance of good health. Adequate knowledge in various aspects related to food practices and habits will prevent the occurrence of various severe diseases, even cancer.

Objectives

-To Assess the knowledge of adolescent girls on Cancer prevention.

-To create awareness on Cancer prevention.

-To evaluate the impact of educational intervention on Cancer prevention.

Material and Methodology

Criteria for sample selection

-Adolescent girls studying in 8th, 9th and 11th standard.

-Adolescent girls who knew Tamil.

-Adolescent girls who are willing to participate.

A Quasi experimental study has been carried out in Chidambaram town, Cuddalore district, Tamil Nadu. One group pretest posttest design was adopted for the study. A purposive sampling technique was used to select the samples.The questionnaire was formulated by the researcher with questions related to knowledge on prevention of cancer and content validity was obtained from four experts and the modifications were incorporated. Following are the sub topics under which knowledge of Adolescent girls on cancer prevention was assessed.

Meaning of cancer, Role of genetics, Risk factor of cancer, Diagnostic procedure, Cancer types, Food causing cancer, Warning signs of cancer, Personal hygiene and practices,Treatment modalities, Fatty foods and cancer, Role of vegetables and fruits.

Data collection procedure

The investigators got permission from school authorities and consent from the students to participate in the study. The investigator explained the objectives of the study and distributed the questionnaire which consisted of demographic data and questions to assess the knowledge of the adolescent girls on Cancer prevention. Next day education intervention was given and on 15th day post test data was collected using the same questionnaire.

Description of the intervention

Education intervention was done for the selected adolescent girls to create awareness on prevention of Cancer using charts, posters models, video explanation and booklets were distributed.After the educational intervention on 15th day post test data was collected.

Statistical analysis

The data collected were grouped and analysed using descriptive statistical methods.

Results of the study

Out of a hundred samples 37 percent of students were in the age group of 13 years 30% each of students in the age group of 14 years and 33% students were in the age group of 16 years. Among the total students 66 percent of adolescent girls gave the correct answer for the meaning of Cancer. Regarding the role of genetics in Cancer 14% of girls answered correctly. Related to risk factors of Cancer only 10% of girls answered correctly.Regarding the Diagnostic procedure to screen cancer only 31% of girls answered correctly.Regarding most common cancer types related to women 37% of girls answered correctly, for types of food causing cancer 33 percentage of girls answered correctly.Related to warning signs of Cancer 43 percentage of the girls answered correctly. Related to personal hygiene and practices 40% of girls answered correctly. Regarding the modalities used in the treatment of cancer only 6% of girls answered correctly.

Related to the role of excessive fatty foods in cancer, 60 percent of girls answered correctly and 60% of girls correctly answered over the role of vegetables and fruits.

The results revealed that a most of the adolescent girls had inadequate knowledge (pretest knowledge score 49.6) and education intervention was effective in improving the knowledge on prevention of Cancer .

(posttest knowledge score 97.8).

Conclusion

In this study the majority of the students had inadequate knowledge on prevention of cancer.

Generating awareness is the most important aspect of the cancer control program. This will be achieved by educating the students about the preventive measures of cancer. Hence intervention was done and the post test results revealed the effectiveness of the intervention. The improved knowledge on Cancer prevention will be helpful for adolescent girls to lead a better life with good dietary habits and active lifestyle to decrease the cancer prevalence statistics in the near future.

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