



“A Study To Assess The Effectiveness Of Videoassited Teaching Programme On Breast Self Examination Among Adoloscent And Adult Women At Selected School, At Rural Area, Kanpur”

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ABSTRACT: -

❖ **Background;** Women's lives have changed over the centuries. Historically life was particularly difficult for most women. Cancer is one of the most important diseases which threaten human health. In the World, breast cancer is the most commonly seen type of cancer in woman. According to the American Cancer Society, about 1.3million women will be diagnosed with breast cancer annually. Worldwide about 465,000 will die from the disease. Breast cancer incidence in women in the United States is 1 in 8(about 13%). In 2012, an estimated 192,370 new cases of invasive breast cancer were expected to be diagnosed in women in the U. S along with 62,280 new cases of noninvasive (in situ) breast cancer. In India, the incidence of breast cancer is increasing, with an estimated 80,000 new cases were diagnosed annually. It is reported that one in 22 women in India is likely to suffer from breast cancer during her lifetime. **Materials and methods:** Quasi experimental one group pre and post-test design was used. Stratified random sampling technique. Self-Administered Multiple choice Questionnaire used for data collection.

❖ **Results:** There was an significant association between post test score of knowledge regarding breast self- examination and selected demographic variables such as age, religion, education of the mother, type of the family, place of living and marital status. According to age $\chi^2 = 2.92$ were as the table value = 12.592. Regarding religion $\chi^2 = 1.271$ were as the table value = 5.991 is less than the calculated value at $P > 0.05$ level, related to education of mother of the female student $\chi^2 = 0.236$ were as the table value = 7.815 is less than the table value at $P > 0.05$. In association to type of family $\chi^2 = 0.339$ were as the table value = 3.84 is more than calculated value. According to place of living $\chi^2 = 0.416$ were as the table value = 3.84 and the χ^2 of marital status = 4.17 were as the table value = *3.84 is significant at $P > 0.05$ level it is evident that there is significant association exist between posttest score of knowledge regarding breast self-examination and selected demographic variables such as age, religion, education of the mother, type of the family, place of living and marital status.

Conclusion: Over all comparison of mean values between pretest 8.35 and posttest 24.18 of knowledge regarding breast self-examination and „t“ value 3.99 obtained was found to be significant at 0.05 level. This was conducted through video assisted teaching programme is effective in improving awareness regarding breast self-examination.

KEYWORDS:

Female Students, Knowledge, Breast self-examination.

INTRODUCTION:

Women and men share many similar health problems, but women also have their own health issues, which deserve special consideration. Women's lives have changed over the centuries. Historically life was particularly difficult for most women. Aside from the numerous dangers & diseases.

Breast cancer affects so many lives today. The peak incidence of breast cancer is the fifth and sixth decades of life. The more familiarity with breast; the more likely women will notice when something has changed. It is vital for the women to understand the key factors about the disease, especially risk factors and methods of early detection. Three methods of early detection of breast cancer are mammography, clinical breast examination and breast self-examination. If breast self- examination is practiced regularly breast disorders can be detected in early stages and treated promptly.

NEED OF THE STUDY :-

The World Health Organization (WHO) has predicted that by 2020 the number of breast cancer cases will jump to an alarming figure and one in every eight women would run the risk of developing the disease in her lifetime. The Indian Council of Medical Research (ICMR) too, concluded that over the last two decades there has been a steep rise in the statistics pertaining to women being diagnosed with breast cancer. Breast Self-Examinations aid in the detection of Breast Cancer are considered optional by the American Cancer society. 80% of breast cancers diagnosed clinically are found by the woman herself. American National organizations,

institutes and commercial bodies provided lot of information and training on breast self-examination. Some private health institutes and commercial non health related organizations also developed breast self-examination training websites and videos.

PROBLEM STATEMENT:

A STUDY TO ASSESS THE EFFECTIVENESS OF VIDEOASSITED TEACHING PROGRAMME ON BREAST SELF EXAMINATION AMONG ADOLESCENT AND ADULT WOMEN AT SELECTED SCHOOL, AT RURAL AREA, KANPUR.

OBJECTIVES OF THE STUDY:

- 1.To assess the knowledge regarding breast self- examination before and after video assisted teaching programme among adolescent Girls and adult women.
2. To determine the effectiveness of video assisted teaching programme on Knowledge breast self-examination among adolescent Girls and adult women.
- 3.To find out the association between knowledge score among adolescent Girls and adult women & with their elected demographic variables such age, religion, education of the mother, type of family, place of living and marital status.

HYPOTHESES: -

H1; There will be significant increase in knowledge regarding breast self-examination after video assisted teaching programme among adolescent Girls and adult women studying at selected school at rural area Kanpur.

H2; There will be significant association between knowledge score of female Students and with their selected demographic variables age, religion, education of the mother, type of family, place of living and marital status.

METHODOLOGY: -

Research Approach: The study was Quantitative educative and evaluative approach.

Research Designs:

The research design used for the present study was pre-test and post-test which a Quasi experimental research design –pre-experimental research design.

Study Setting;

The Study was conducted among adolescent girls and adult women studying at rural area, Maksoodabad, Kanpur dehat.

Sample:

In this study, sample was adolescent girls and adult women with who fulfilled the inclusion criteria from Maksoodabad, Kanpur dehat.

Sample Technique:

In this study **Stratified random sampling technique** was used.

DATA COLLECTION PROCEDURE: -

The study was conducted in **B.S.S.** Education center, Maksoodabad Kanpur Dehat. The period of data collection was from 02.06.2014 to 17.06.2014 Prior data collection, permission was obtained from the concerned authorities year female students who fulfilled the criteria were selected as sample by using Stratified random sampling. The researcher introduced herself to the participants and established rapport with them. The purpose of the study was explained to each participant. Pretest was conducted by with the help of self-administered questionnaire. Question distributed and data collected from female students studying at B.S.S. Education center, Maksoodabad Kanpur Dehat. Video assisted teaching program was given for 100 III female students and after 15days' post test was conducted by the same questionnaire. At the end of data collection, the researcher conveyed thanks to the all the participants of the study before winding up the session

TOOLS USED FOR THE STUDY: -

Part I: Demographic variables such as Age, Religion, Education of the mother, Type of family, Place of living, Marital status.

Part II: It consisted of 40 questions related to knowledge of breast self-examination.

PLAN FOR DATA ANALYSIS:

The collected data was organized, tabulated and analyzed by using descriptive and Inferential statistics. To assess the level of knowledge before and after video assisted teaching program among experimental group frequency and percentage.

- To compare the effectiveness of knowledge among experimental group, paired" test was used for analyze.
- To find the association between pre-test scores of knowledges among experimental group of III year female students and with their demographic variables chi-square test was used.

RESULTS: -This deals with the analysis and the interpretation of data obtained.

Section I: Distribution of samples in terms of demographic variables.

Section II: Assessment of pre-test and post-test level of knowledge regarding breast Self-examination.

Section III: Comparison of pretest and posttest knowledge score regarding breast Self-Examination

Section IV: Comparison of pretest and post test scores in level of knowledge regarding Breast self-

examination.

Section V: Association between post-test scores of knowledges regarding breast self-Examination with selected demographic variables.

SECTION I

FREQUENCY AND PERCENTAGE DISTRIBUTION OF SAMPLE IN TERMS OF DEMOGRAPHIC VARIABLES.

TABLE 1.1.1

S.NO	SAMPLE CHARACTERISTICS	N= 100	
		Freq	%
1.1	AGE		
	a) 12 - 15 years	43	43%
	b) 21- 30 years	41	41%
	c)) 30 Above years	16	16%
1.2	RELIGION		
	a) Hindu	47	47%
	b) Christian	27	27%
	c) Muslim	26	26%
1.3	EDUCATION OF THE MOTHER		
	a) Primary education	17	23%
	b) Higher secondary	14	14%
	c) Graduate	19	19%
	d) No formal Education	34	/%

1.4	a) Nuclear family	60	60%
	b) Joint family	40	40%
1.5	PLACE OF LIVING		
	a) Urban	55	55%
	b) Rural	45	45%
1.6	MARITAL STATUS		
	a) Married	19	19%
	b) un married	81	81%

TABLE -1.1.2 DISTRIBUTION OF SAMPLE IN TERMS OF AGE

S.NO	SAMPLE CHARACTERISTICS	N=100	
		Freq	%
1.1	AGE		
	(a) 12-15 years	43	43%
	(b) 21-30 years	41	41%
	(c) >30 years	16	16%
	TOTAL	100	100%

TABLE– 1.1.3 DISTRIBUTION OF SAMPLE IN TERMS OF RELIGION

S.NO	SAMPLE CHARACTERISTICS	N=100	
		Freq	%
1.2	RELIGION		
	(a) Hindu	47	47%
	(b) Christian	27	27%
	(c) Muslim	26	26%
	Total	100	100%

TABLE -1.1.4: DISTRIBUTION OF SAMPLES IN TERMS OF EDUCATION OF THE MOTHER

S.NO	SAMPLE CHARACTERISTICS	N=100	
		Freq	%
1.3	EDUCATION OF THE MOTHER		
	(a) Primary Education	23	23 %
	(b) Higher Secondary	18	18 %
	(c) Graduate	25	25 %
	(d) No Formal Education	34	34 %
	Total	100	100 %

TABLE -1.1.5: DISTRIBUTION OF SAMPLES IN TERMS OF TYPE OF FAMILY

S.NO	SAMPLE CHARACTERISTICS	N=100	
		Freq	%
1.4	TYPE OF FAMILY		
	(a) Nuclear Family	60	60%
	(b) Joint Family	40	40%
	Total	100	100%

TABLE1.1. 6- DISTRIBUTION OF SAMPLES IN TERMS OF PLACE OF LIVING

S.NO	SAMPLE CHARACTERISTICS	N=100	
		Freq	%
1.5	PLACE OF LIVING		
	(a) Urban	55	55%
	(b) Rural	45	45%
	Total	100	100%

TABLE 1.1.7: DISTRIBUTION OF SAMPLES IN TERMS OF MARITALSTATUS

S.NO	SAMPLE CHARACTERISTICS	N=100	
		Freq	%
1.6	MARITAL STATUS		
	(a) Married	19	19%
	(b) Un Married	81	81%

Total	100	100%
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SECTION II

ASSESSMENT OF PRE-TEST AND POST-TEST LEVEL OF KNOWLEDGE REGARDING BREAST SELF EXAMINATION

Table 2: Pretest and posttests level of knowledge regarding breast self-examination (n=100)

LEVEL OF KNOWLEDGE	PRETEST		POST EST	
	Freq	%	Freq	%
Inadequate knowledge	95	95%	0	0%
Moderate knowledge	5	5%	23	23%
Adequate knowledge	0	0%	77	77%

SECTION III

COMPARISON OF PRE TEST AND POST TEST SCORES OF KNOWLEDGES REGARDING BREAST SELF EXAMINATION

TABLE 3: Comparison of pretest and post test scores of knowledges regarding breast self-examination

Group	Test	Mean	SD	Paired „t“ value
Experimental group n=100	Pre test	8.35	2.319	*3.9942
	Post test	24.18	2.591	

*Significant at 0.05 level, df = 99 (t=1.660)

SECTION - IV

COMPARISON OF PRETEST AND POST TEST SCORES OF KNOWLEDGE REGARDING BREAST SELF EXAMINATION

Table 4: Comparison of pretest and post test scores of knowledges regarding breast self- examination

COMPONENTS	MEAN	SD	„t“ VALUE	SIGNIFICANCE
BREAST ANATOMY				
Pre test	1.66	0.623	*4.129	*P<0.05 Significant
Post test	3.92	0.661		
BREAST CANCER				
Pre test	3.92	0.661	*1.674	*P<0.05 Significant
Post test	13.9	0.846		
BREAST SELF EXAMINATION				
Pre test	4.86	1.005	*2.317	*P<0.05 Significant
Post test	17.42	0.553		

*Significant at 0.05 level (Table Value = 1.66)

SECTION V

ASSOCIATION BETWEEN POST-TEST SCORES OF KNOWLEDGES REGARDING BREAST SELF EXAMINATION WITH SELECTED DEMOGRAPHIC VARIABLES

Table 5:- Association between post-test scores of knowledge regarding breast self- examination with selected demographic variables.

Variable	Freq	Percentage	Df	χ^2 (calculated)	χ^2 (Table value)
AGE			2	2.92	5.991
a) 12 - 15 years	43	43%			
b) 21- 30 years	41	41%			
c) 30 Above years	16	16%			
RELIGION			2	1.271	5.991
a) Hindu	47	47%			
b) Christian	27	27%			
c) Muslim	26	26%			
EDUCATION OF THE MOTHER			3	0.236	
a) Primary education	23	23%			
b) Higher secondary	24	24%			
c) Graduate	19	19%			
d) No formal education	34	34%			
TYPE OF FAMILY			1	0.339	3.84
a) Nuclear family	60	60%			
b) Joint family	40	40%			
PLACE OF LIVING			1	0.416	3.84
a) Urban	55	55%			
b) Rural	45	45%			

MARITAL STATUS			1	4.17	*3.84
a) un married	81	81%			
b) married	19	19%			

NS= not significant at 0.05 level

DISCUSSION:-

Chi-square was calculated to find out the association between post test score of female student with their demographic variables such as age, religion, education, type of family, place of living and marital status. It is evident that there is no significant association exist between knowledge with the selected demographic variables, such as age ($\chi^2=2.92$) were as the table value=7.815. Regarding religion ($\chi^2=1.271$) were as the table value=5.991, related to education of mother of the female student ($\chi^2=0.236$) were as the table value =7.81. In association to type of family ($\chi^2=0.339$) were as the table value =3.84 is more than calculated value. According to place of living ($\chi^2=0.416$) were as the table value =3.84 and the χ^2 of marital status =*4.17 were as the table value = 3.84 are more than the table value at $P>0.05$ level it is evident that there is **highly found to be a significant** association exist between posttest score of knowledge regarding breast self-examination and selected demographic variables such as age, religion, education of the mother, type of the family, place of living and marital status

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