



# **A Descriptive Study To Assess Knowledge And Attitude Regarding Breast Self-Examination Among Adolescent Girls In Selected Schools Of Bathinda.**

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## **Abstract**

Breast self-examination (BSE) is a simple, cost-effective method for early identification of breast abnormalities, especially important for young females. This study aimed to assess the knowledge and attitude regarding breast self-examination among adolescent girls in a selected school. A descriptive research design was adopted among 100 adolescent girls selected through simple random sampling. Data were collected using a structured knowledge questionnaire and a Likert-scale attitude rating scale. Findings revealed that 58% of participants had average knowledge, 23% had poor knowledge, and only 19% had good knowledge regarding BSE. In terms of attitude, 67% showed a favorable attitude, 28% moderately favorable, and 5% unfavorable attitude. The study highlights the need for early school-based breast health education to improve awareness and promote positive attitudes toward BSE practices among adolescent girls.

**Keywords:** Breast self-examination, Adolescent girls, Knowledge, Attitude, Breast Awareness

## **Introduction**

Breast cancer is one of the leading cancers among women globally and in India. Although common in adult women, early awareness must begin during adolescence, as habits formed at a young age often continue throughout life. Breast self-examination (BSE) is an accessible, cost-free method that helps individuals become familiar with their breast tissue and detect changes early. Adolescent girls represent a crucial group for preventive health education. Knowledge and attitude toward BSE at this age can contribute significantly to long-term breast health practices. Schools provide an ideal setting for structured awareness programs. This study was conducted to assess the knowledge and attitude regarding breast self-examination among adolescent girls in a selected school.

## Methodology

A descriptive research design was used to assess knowledge and attitude regarding BSE among adolescent girls. The study was conducted in a selected school, and a total of 100 adolescent girls were selected using a simple random sampling technique. Data were collected using a structured knowledge questionnaire and a five-point Likert attitude scale. Content validity was ensured through expert review, and reliability of the tools was established. Descriptive statistics such as frequency, percentage, mean, and standard deviation were used. Chi-square test was applied to find associations with demographic variables.

## Findings of the Study

### Section A: Demographic Characteristics

Variables	Frequency (f)	Percentage (%)
Age 14–15	15	15%
Age 16–17	60	60%
Age 18–19	25	25%
Nuclear Family	70	70%
Joint Family	30	30%
Urban	62	62%
Rural	38	38%
Mother's Education: Secondary	20	20%
Senior Secondary	28	28%
Graduate	38	38%
Post Graduate	14	14%

### Section B: Knowledge Levels Regarding BSE

Knowledge Level	Frequency (f)	Percentage (%)
Poor	23	23%
Average	58	58%
Good	19	19%

### Section C: Attitude Levels Regarding BSE

Attitude Level	Frequency (f)	Percentage (%)
Unfavorable	5	5%
Moderately Favorable	28	28%
Favorable	67	67%

## Discussion

The study findings indicate that although most adolescent girls have a favorable attitude toward BSE, their knowledge remains limited. The majority demonstrated only average knowledge. These findings align with similar studies reporting moderate awareness but positive attitudes among adolescents. School-based interventions are essential to improve breast health knowledge.

## Conclusion

The study concludes that adolescent girls possess average knowledge but favorable attitudes regarding BSE. Early educational interventions and structured awareness programs are needed to enhance understanding and promote lifelong preventive practices.

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