



Assessment Of Knowledge On Breast Self Examination Among Selected Women In Aizawl District With A View To Develop A Planned Teaching Programme.

Author: Lalramengi Kaipeng, Tutor, Mizoram College of Nursing.

Background: Breast cancer is the most commonly diagnosed cancer among women worldwide and remains a major public health challenge due to its high incidence, mortality, and socioeconomic burden. Breast cancer is the leading cancer among women in most countries and continues to contribute substantially to cancer-related morbidity and mortality despite advances in screening, diagnosis, and treatment. The global burden is expected to increase further, with projections indicating that annual breast cancer cases may exceed 3.5 million and deaths may surpass 1.1 million by 2050, largely due to population growth, ageing, and changing lifestyle patterns. The purpose of the study is to assess the knowledge on Breast Self Examination among selected women in Aizawl, Mizoram with a view to develop a Planned Teaching Programme.

Materials and Method: Quantitative research approach, Non Experimental Research Design was used. The study was conducted at of PWD Office, Treasury, Aizawl, Mizoram among 40 women by purposive sampling technique. The tools used for data collection were demographic proforma and self-administered structure questionnaire. Validity was ensured through consultation with experts.

Results: The findings of the study revealed that majority of the women (72%) were in the age group 41 years and above, having educational qualification of Higher Secondary School 38%, 67% had no family of breast cancer while 33% had family history of breast cancer among which 46% were distant relatives and 54% were close relatives. All the participants were aware that BSE is a screening method used to attempt to detect breast cancer and agreed that it can help in early detection of breast cancer.

Conclusion: The study helps assess the knowledge on Breast Self Examination among women and the result helps develop a Planned Teaching Programme which will help fill the gaps in knowledge among the target population.

Keywords: Assessment, knowledge, Breast Self Examination, women , Planned Teaching Programme.

INTRODUCTION

Breast cancer is one of the most common cancers affecting women worldwide and remains a leading cause of cancer-related morbidity and mortality. Despite advances in diagnostic techniques and treatment modalities, many women continue to be diagnosed at advanced stages, resulting in poorer prognosis and reduced survival rates. Breast Self-Examination is a systematic method by which a woman examines her own breasts to detect abnormalities such as lumps, swelling, skin changes, nipple discharge, or alterations in breast shape and size. Although BSE does not replace clinical breast examination or mammography, it encourages women to become familiar with the normal appearance and feel of their breasts, enabling them to recognize suspicious changes at an early stage. Early recognition of abnormalities facilitates timely medical consultation, diagnosis, and treatment, thereby improving the chances of successful management.

STATEMENT OF THE PROBLEM

“Assessment of knowledge on Breast Self Examination among selected women in Aizawl District with a view to develop a Planned Teaching Programme”

METHODOLOGY

A quantitative approach and Non - Experimental Research Design is adapted in the study to assess the knowledge on Breast Self Examination. Purposive sampling technique is used to select 40 women of PWD Office, Treasury, Aizawl. The tool was developed to gather the data on demographic variables and knowledge on Breast Self Examination. Validity of the tool was ensured through consultation with experts and reliability test was performed for the structured questionnaire and was found to be reliable for the study.

RESULT: Table 1: Frequency and percentage distribution of demographic variables.n = 40

SI No.	DEMOGRAPHIC PROFORMA	FREQUENCY (f)	PERCENTAGE (%)
1.	AGE (in years)		
	18 - 20	-	-
	21 - 30	3	8
	31 - 40	8	20
	41 and above	29	72
2.	EDUCATIONAL STATUS		
	Middle School	1	2
	High School	10	25
	Higher Secondary	15	38
	Above Higher Secondary	14	35
3.	MARITAL STATUS		
	Married	22	55
	Unmarried	8	20
	Widow	9	23
	Divorced	1	2
4.	NUMBER OF CHILDREN		
	None	7	18
	One	6	15
	Two	12	30
	More than two	15	37
5.	FAMILY HISTORY OF BREAST CANCER		
	Yes	13	33
	No	27	67

The above table shows that majority (70%) are 41 years of age and above, 38% had education status of higher secondary, majority (55%) are married and 37% had more than two children, 67% reported to have family history of breast cancer.

CONCLUSION

Breast cancer continues to be the most frequently diagnosed cancer among women worldwide and represents a significant public health concern due to its increasing incidence and substantial mortality burden. The study helps assess the knowledge on Breast Self Examination among women and the result helps develop a Planned Teaching Programme which will help fill the gaps in knowledge among the target population.

REFERENCES

1. Jacob A. A Comprehensive Textbook of Midwifery and Gynecological Nursing. 4th Ed. New Delhi: Jaypee Brothers Medical Publishers (Pvt.) Ltd.; 2015
2. Jacob A. Clinical Nursing Procedures: The Art of Nursing Practices. 3rd Ed. New Delhi: Jaypee Brothers Medical Publishers (Pvt.) Ltd.; 2010
3. Harding MM, Kwong J, Roberts D, Hagler D. Lewis's Medical-Surgical Nursing: Assessment and Management of Clinical Problems. Vol - II. 10th ed. St. Louis (MO): Elsevier; 2015.

