

Effectiveness of Computer Assisted Instruction on Knowledge and Attitude Regarding Breast Self Examination among U. G Students

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Abstract: Breast cancer is the most common cancer and second leading cause of cancer death in women around the world. In Indian women, breast cancer is the second most common cancer. Breast Self - Examination have been promoted for many years as screening methods to diagnose Breast cancer at an early stage. The present study was conducted among Undergraduate students. Pre - experimental one group pre test post test design was used for this study. Then Computer Assisted Instruction administered to the subjects regarding Breast Self Examination for 30 mins. **Result:** Level of knowledge showed that majority of the subjects 54 (90) % had inadequate knowledge, 6 (10) % of the subjects had moderate knowledge, before Computer Assisted Instruction. Level of knowledge showed that majority of the subjects 31 (51.7) % had moderate knowledge, 29 (48.3) % subjects had adequate knowledge after computer assisted instruction. Level of attitude showed that majority of the subjects 48 (80) % had moderate attitude and 12 (20) % subjects had adequate attitude before computer assisted instruction whereas. Level of attitude showed that majority of the subjects 12 (20) % had moderate attitude, 48 (80) % subjects had adequate attitude after computer assisted instruction. The study revealed that there was a significant difference found ($p < 0.05$) on knowledge and attitude. The mean pre test score of knowledge was 7.5, (± 2.06) and post test score was 14.4, ($+3.47$). The mean pre test score of attitude was 49.2 ($+7.22$) and post test score was 62.3 ($+7.29$). There was a positive correlation found between the post test level of knowledge and attitude ($r = 0.97$). The association between knowledge and attitude of students and demographic variables. **Aim of Study:** To assess the knowledge regarding Breast Self Examination among under graduate students. **Objectives:** Assess the level of Knowledge and Attitude regarding Breast Self - Examination among under graduate students before and after Computer Assisted Instruction, To evaluate the effectiveness of Computer Assisted Instruction on Knowledge and Attitude regarding Breast Self Examination among under graduate students., To correlate the post test level of Knowledge and Attitude of Computer Assisted Instruction regarding Breast Self Examination among under graduate students. To associate the post test level of knowledge and Attitude regarding Breast Self Examination with their selected demographic variables. **Methodology:** The present study is a Quantitative evaluative approach with pre - experimental one group pre test post test design. Total 60 Under Graduate students were selected Non Probability Convenience Sampling Technique. A Structured knowledge questionnaire and 5 point Likert scale interview method has been conducted. Descriptive statistical analysis was used for categorical data. Paired "t" test was used to evaluate the effectiveness of Computer Assisted Instruction. Inferential statistics Karl Pearson correlation Coefficient was used to find out the relationship between the knowledge and attitude. Chi - square test was used to find out the association between the post test level of knowledge and attitude regarding Breast Self Examination. **Result:** Figure 1 showed that among the 60 subject's, majority of the subjects 54 (90) % of the subjects had inadequate knowledge, 6 (10) % of the subjects had moderate knowledge, before Computer Assisted Instruction. Majority of the subjects 31 (51.7) % had moderate knowledge, 29 (48.3) %. **Conclusion:** The findings of the study conclude that the knowledge and attitude regarding Breast Self - Examination level of the under graduate students is high and it needs an intervention computer assisted instruction significantly increases knowledge and attitude regarding Breast Self - Examination.

Keywords: Knowledge, Attitude, Computer Assisted Instruction, Breast Self - Examination, Students

1. Introduction

"Help Prevent Breast Cancer" on the back and on the front stencil in,

"An ounce of prevention is worth a pound of cure"

Breast cancer is the only cancer you can detect early through a monthly Breast Self - Examination. No woman wants to hear the words "you have got breast cancer". You definitely look better have to breasts. Breast self - examination is a procedure performed by an individual to physically and visually examine herself for changes in the

breast. Breast self - examination is an important of component health promotion and maintenance. Warning signs of breast cancer: Lump, hard knot or thickening inside the breast or under arm area, Swelling, warmth, redness or darkening of the breast, Change in the size or shape of the breast, Dimpling or puckering of the skin, Itchy, scaly sore or rash on the nipple, breast Nipple discharge that starts suddenly New pain in one spot that doesn't go away. Breast cancer is the major problem among most of the women's henceforth the investigator personally felt that there is a need for above studies and statistics and was inspired in selection of this dissertation.

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The natural history of breast cancer can be altered when early diagnosis and treatment was undertaken. Therefore the diagnosis of breast cancer in the early stage has a significant impact in therapy, which in turn can improve the quality of life of breast cancer patients.

2. Aim of Study

To assess the knowledge regarding Breast Self Examination among under graduate students.

3. Objectives

- 1) Assess the level of Knowledge and Attitude regarding Breast Self - Examination among under graduate students before and after Computer Assisted Instruction
- 2) To evaluate the effectiveness of Computer Assisted Instruction on Knowledge and Attitude regarding Breast Self Examination among under graduate students
- 3) To correlate the post test level of Knowledge and Attitude of Computer Assisted Instruction regarding Breast Self Examination among under graduate students.
- 4) To associate the post test level of knowledge and Attitude regarding Breast Self Examination with their selected demographic variables.

4. Methodology

The present study is a Quantitative evaluative approach with pre - experimental one group pre test post test design. Total 60 Under Graduate students were selected Non Probability Convenience Sampling Technique. A Structured knowledge questionnaire and 5 point Likert scale interview method has been conducted. Descriptive statistical analysis was used for categorical data. Paired “t” test was used to evaluate the effectiveness of Computer Assisted Instruction. Inferential statistics Karl Pearson correlation Coefficient was used to find out the relationship between the knowledge and attitude. Chi - square test was used to find out the association between the post test level of knowledge and attitude regarding Breast Self Examination. Figure 2 showed that among 60 subjects, majority of the subjects 48 (80) % had moderate attitude and 12 (20) % subjects had adequate attitude before computer assisted instruction. Majority of the subjects 12 (20) % had moderate attitude, 48 (80) %

Hypothesis

H1: There will be a significant difference in the level of Knowledge and Attitude regarding Breast Self Examination among Under graduate student before and after Computer Assisted Instruction at (p<0.05) level of significance.

H2: There will be a significant correlation between post test knowledge and attitude regarding Breast Self examination among Undergraduate students.

H3: There will be a significant association between post test Knowledge and Attitude in selected demographic variables at P< 0.05 level of significance.

Methodology

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5. Results

Section A

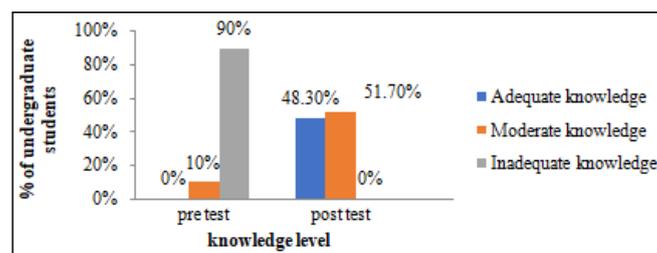


Figure 1: Distribution of subject's level of Knowledge before and after Computer Assisted Instruction

Figure 1 showed that among the 60 subject's, majority of the subjects 54 (90) % had inadequate knowledge, 6 (10) % of the subjects had moderate knowledge, before Computer Assisted Instruction. Majority of the subjects 31 (51.7) % had moderate knowledge, 29 (48.3) % subjects had adequate knowledge after computer assisted instruction.

Section B

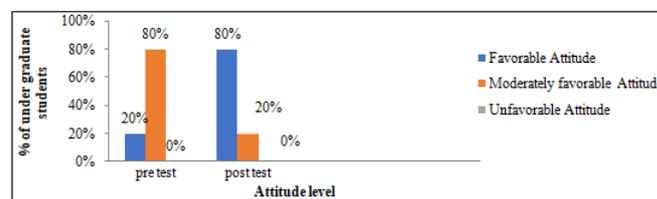


Figure 2: Distribution of subjects level of Attitude before and after Computer Assisted Instruction

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Section B: Distribution of subjects level of Attitude before and after Computer Assisted Instruction

Figure 2 showed that among 60 subjects, majority of the subjects 48 (80) % had moderate attitude and 12 (20) % subjects had adequate attitude before computer assisted instruction. Majority of the subjects 12 (20) % had moderate attitude, 48 (80) % subjects had adequate attitude after computer assisted instruction. Hence these findings support the H_1 hypothesis.

6. Discussion

The present study was conducted among Undergraduate students, Pre - experimental one group pre test post test design was used for this study. The investigator had selected 60 Undergraduate students by using non - probability convenience sampling technique. Oral consent was obtained. Pre test was done on day first to assess the level of knowledge through structure knowledge questionnaire and attitude was assessing by using 5 point Likert scale. Then Computer Assisted Instruction administered to the subjects regarding Breast Self Examination for 30 mints on the same day. Then the post level of knowledge and attitude was assessed after 15 days. Computer assisted instruction was assessed by paired 't' test. Co - relation co - efficient was used to find out the relationship between the post test knowledge and attitude of UG students.

Chi - square analysis was used to find the association between the post test knowledge and attitude of the subjects with selected demographic variables such as age, Religion, age at menarche, menstrual cycle, area of residence, type of family, food habits, previous source of knowledge gained related breast self examination through.

7. Conclusion

The findings of the study conclude that the knowledge and attitude regarding Breast Self - Examination level of the under graduate students is high and it needs an intervention computer assisted instruction significantly increases knowledge and attitude regarding Breast Self - Examination.

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