

A Study to Assess the Effectiveness of Structured Teaching Programme Regarding Breast Self Examination among Under Graduate Students at Arts and Science College of Rajiv Gandhi Mahavidhalaya Uchana (JIND)

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Abstract: *Background and aim:* Breast self examination is a screening method used in an attempt to detect early breast cancer. The method involves the women herself looking at and feeling each breast for possible lumps, distortions or swelling. The aim of the study to assess the effectiveness of structured teaching programme on breast self examination among undergraduate students at arts and science college of Rajiv Gandhi Mahavidhayala, Uchana (Jind) Haryana. *Materials and Methods:* A study to assess the effectiveness of structured teaching programme on breast self examination among undergraduate students at arts and science college of Rajiv Gandhi Mahavidhayala, Uchana (Jind) Haryana. 40 samples were selected by means of pre and post test design. Data was collected with the help of self questionnaire method. Data analyzed by descriptive (Mean, Median, Mode, Standard Deviation) and inferential statistics. *Results:* the result shows that the most of the 18 years girls very less knowledge level in Breast self examination, the difference between experimental group pre test and post test mean in 29, ($p < 0.05$). there is significant difference in independent "t" test regarding knowledge level in breast self examination. ("t" value = 4.07). *Conclusion;* The study shown that structured teaching programme was beneficial and there was a significant improvement in knowledge level in breast self examination, experimental group among undergraduate students.

Keywords: Descriptive, Knowledge, Breast Self Examination, Effectiveness, Undergraduate Students, Structured Teaching Programme

1. Introduction

Breast self examination (BSE) is a safe, effective, easy, private and an economical screening method involves no cost or require any specific equipment in early detection of breast cancer. Women aged 20 years and older are recommended to perform breast self examination. Proper breast self examination techniques have clearly been shown to be related to lump detection ability and remains a useful part of breast cancer screening. Breast self examination detect tumours missed by mammography and clinical breast examination or those that appear between screening. Every women should perform breast self examination once a month. The breast can be more tender, Swollen and lumpy prior to the menstrual period, so the best time to do the exam is day 5 to 7 of the menstrual cycle. Stated that women should begin practicing breast self examination at the time of their 1st gynecology examination, which usually occur in their late teens or early 20. Regular breast self examination can help to identify any abnormal changes in breast to establish good prognosis.

1.1 Objectives of the Study

- 1) To assess the knowledge of undergraduate students regarding Breast Self Examination before and after intervention.
- 2) To find association between post test knowledge scores of undergraduate students and their selected demographic variables.

1.2 Research Hypothesis

H1: There is a significant difference between the experimental group pre and post test scores on knowledge level in breast self examination among undergraduate students.

H2: There is a significant association between the experimental group post test practice scores on breast self examination and their demographic variables. Mean post test knowledge scores will be significantly higher than the mean pre test knowledge scores for undergraduate students.

1.3 Assumption

- 1) Undergraduate students may have some knowledge on breast self examination.
- 2) Structured teaching program may enhance some knowledge of undergraduate students regarding breast self examination.
- 3) Knowledge on breast self examination may help the undergraduate students in early diagnosis of breast cancer.

1.4 Delimitation:

The study will be limited to under graduate students;

- 1) Between 18 - 21 years of age.
- 2) Under graduate students who are all willing to participate in this breast self examination (BSE) class.

2. Review of Literature

- 1) Literature related to breast cancer.
- 2) Literature related to breast self examination.
- 3) Literature related to assess knowledge on breast self examination.
- 4) Literature related to teaching program on breast self examination.

3. Methodology

Research approach: Quantative approach.

Research design: pre - experimental design - one pre - test and post - test.

Variables

Independent variables: Structured teaching program

Dependent variables: Effectiveness of structured teaching program breast self examination.

Setting of the study: Rajiv Gandhi Mahavidhyalaya Uchana (Jind) Haryana.

Population: Undergraduate students at Rajiv Gandhi Mahavidhyalaya Uchana (Jind) Haryana.

Sample: Undergraduate students who fulfill the inclusion criteria will be consider as a sample.

Sample size: Sample size consists of 40 undergraduate students at Rajiv Gandhi Mahavidhyalaya Uchana (Jind) Haryana.

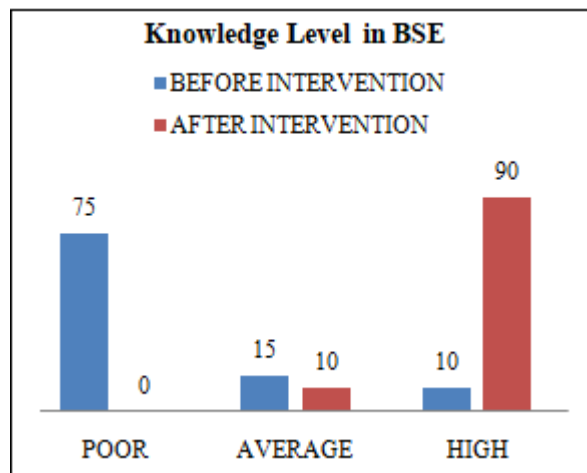
Sampling Technique: Non probability purposive sampling technique.

4. Results and Interpretation

Table 1: Frequency and percentage distribution of pre test and post test score of knowledge regarding breast self examination among undergraduate students before and after intervention, (N= 40)

S. No.	Level of Well being knowledge	Before Intervention		After Intervention	
		F	%	F	%
1	Poor	30	75	0	0
2	Average	6	15	4	10
3	High	4	10	36	90

Represent frequency and percentages of samples based on knowledge regarding BSE. Before and after intervention. Pre - test, the majority of the samples had poor knowledge 30 (75%) and 6 (15%) belongs to the average knowledge. Post test, the majority of the samples had high knowledge 36 (90) and 4 (10%) belongs to the average knowledge.



Cluster PYRAMID diagram showing the Percentage distribution of Undergraduate students according to their knowledge in experimental group pre - test and post test value.

Table 3: Association between post - test score on knowledge about BSE of undergraduate students with their selected demographic variables in experimental group

Sr. No	Demographical Variables	Level of Knowledge			QUI - Square	Table Value	Inference
		Poor	Average	Good			
1	Age.				0.04	3.84	NS
	a) 18 years	11	1	-			
	b) 19 years	10	-	-			
	c) 20 years	7	1	-			
2	Religion				0.041	3.84	NS
	a) Hindu	11	1	-			
	b) Christian	10	-	-			
	c) Muslim	7	1	-			
3	Residence				0.041	3.84	NS
	a) Rural	35	1	-			
4	Previous Knowledge				0.049	3.84	NS
	a) Yes	4	-	-			
	b) No	36	-	-			

Depicts in Table - 3 that, Chi - Square was calculated to find out association between the levels of knowledge, undergraduate students with their selected demographic variables in experimental group. The finding revealed that there was no significant association with demographic variables.

Nursing Implications

The findings of the study will help the investigator in the following ways:

- 1) Nursing services
- 2) Nursing education
- 3) Nursing administration
- 4) Nursing research

1) Nursing Services

Self instructional module regarding breast self examination given by the health personnel will help the students to improve their knowledge on breast self examination. Nursing services department can arrange health education

program in the outpatient department for teaching the women on BSE.

2) Nursing Education

Imparting the concepts of promotive aspects in BSE and awareness of breast cancer to nursing students. Nursing students must be encouraged to utilize knowledge on promotive measures to give health education and demonstration in hospital and community.

3) Nursing Administration

Administration should take initiative action to update the knowledge of nursing personnel regarding breast self examination in improvement of knowledge level by in - service education.

4) Nursing Research

The study findings can be effectively utilized by the emerging researchers for their reference purpose. The research study enhances the scientific body of professional knowledge in the field of nursing science.

5. Recommendations

On the basis of findings following recommendations are offered for further research:

- A similar study can be conducted in large sample in different areas.
- A comparative study can be conducted in different settings like rural and urban areas.
- A video teaching programme can be conducted in large scale to the undergraduate students at Rajiv Gandhi Mahavidyalaya Uchana (Jind).

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