

# A Study to Evaluate the Effectiveness of Structured Teaching Programme on Knowledge Regarding Prevention of Cervical Cancer among Menopausal Women in Selected Rural Area of Moradabad

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**Abstract:** The study aims at evaluating the effectiveness of structure teaching programme on knowledge regarding prevention and early detection of cervical cancer among menopausal women of rural area. Research design used was pre - experimental one group pre - test post - test design, and non - probability purposive sampling technique was used for sample selection. The sample was selected from the selected rural area Ruppur Moradabad. The samples consisted of 100 menopausal women of rural area who fulfilled the criteria. The tool consisted of II sections: I: consist of demographic data which consists of questions seeking information on the background data of menopausal women, section II consists of a structured questionnaire and Structure teaching programme on cervical cancer. The reliability of the tools was done by split half method and was found to be 0.81 and paired t - test was used to test the effectiveness and analysis SD=1.004, t=161.72 and p value is 0.05. After comparing between pre - test and post - test knowledge and practice scores it was proven that there was increase in knowledge regarding prevention and early detection of cervical cancer among menopausal women of rural area. Thus, it can be concluded that structured teaching programme was effective in improving the knowledge in menopausal women of rural area.

**Keywords:** structured teaching programme, menopausal women, knowledge, prevention of cervical cancer, Rural area

## 1. Introduction

“Cancer is a word, not a sentence”. The health of women represents the health status of any country. Women’s health assumes importance because her health status directly affects children’s health. Mothers form a ‘vulnerable’ or ‘special risk group’. The risk is connected with childbearing and nurturing. Gender inequalities begin at birth and sometimes even before birth. Therefore it is rightly said that, “Women’s vulnerability has social roots and not just biological ones”. Cancer is a most common cause of death in the all over the countries next to the cardiovascular diseases. As the human life span is increasing in India, more cases of cancer are observed. The estimated number of incident cases of cancer in India for the year 2022 was found to be 14, 61, 427 According to Dr. D. J. Jussawalla, “cancer is one of the measure causes of the death today in India and is advancing in rank year by year”. Moreover, the prevalence rate of cervical cancer in India is 40% against global rate of about 20%. According to New York Times Tag, in India, among all the women cancer patients, 34% suffer from cervical cancer. Furthermore, the growing risk of cervical cancer in India women is 2.4% against the global rate of 1.3%. Around 90% of women in India are unscreened because of poor public awareness. And also, only 40% of cases are from urban area, while rural area contributes to about 65% of total cases in the country. Cervical cancer is the most common in women’s world widely, and each year in the United States about 11, 500 new cases of cervical cancer are diagnosed and about 4, 000 women die of this cancer. India is having high incidence rates of cancers of cervix, including

gynecological cancers it ranks behind endometrial cancer and ovarian cancer.

## 2. Background of the Study

Cervical cancer is the most common cancer in women; worldwide and it is one of the major public health problems especially in India. The total number of cervical cancer cases in the developed countries is 14%, followed by 86% in developing countries. Thus nurses and other health team members should educate women’s about the prevention of cervical cancer. Health care providers should help women to promote their understanding of cervical cancer screening as a preventive health care measure and also they should advise the menopausal women for Pap smear in every three year once or as indicated. Knowledge regarding prevention of cervical cancer will help in decreasing the incidence of cervical cancer among menopausal women; also help to prevent other diseases in women. It may be also possible for nurses to use preventive knowledge for behavior modifications.

### Need of the study

Cancer of cervix is a public health problem commonly among women especially in developing countries. Developing countries bear a disproportionate burden of the disease, experiencing age - standardized mortality rate that are twice than those experienced in developed countries. As defined by “WHO report” globally, found that 12% cervical cancer in women and it is the leading gynecological malignancy in the world and cervical cancer is the 4th most

frequent cancer in women with an estimated 604, 000 new cases in 2020. The American Cancer Society estimates for cervical cancer in united states are about 13, 960 new cases of invasive cervical cancer were diagnosed in the United States in 2022, and about 4, 310 women's died from the disease.

### 3. Methodology / approach

The study aims to achieve several objectives related to the knowledge and awareness of menopausal women regarding the prevention of cervical cancer. These objectives include assessing the current level of knowledge among menopausal women concerning cervical cancer prevention, evaluating the effectiveness of a Structured Teaching Program aimed at enhancing their awareness, and exploring potential associations between the knowledge scores and select demographic variables. The study is delimited to a rural area and specifically focuses on available rural women within the data collection scope. The conceptual framework utilized for the study is grounded in the modified Imogene King's Goal Attainment Model, emphasizing the functional relationships between events rather than solely statistical connections. According to this framework, the goal of care is aiding individuals in maintaining their health. Employing a quantitative approach, the study examines the knowledge of menopausal women regarding early prevention and detection of cervical cancer. The research design chosen is a pre - experimental one - group pre - test and post - test design. The primary independent variable is the structured teaching program, while the dependent variable is the knowledge level of menopausal women. The study also considers various demographic variables such as age, religion, educational status, family type, family income, number of children, and previous gynecological history. The population under investigation consists of menopausal women aged between 50 and 65 years. A sample size of 100 menopausal women is chosen for the study, selected using a non - probability purposive sampling technique. Inclusion criteria for participation involve women within the specified age

range who are willing to engage in the structured teaching program and possess the ability to read and write in Hindi.

### 4. Result and Discussion

The tool for data collection has two sections - section A and B

**Section A:** Demographic data consist of women's Age, religion, educational status, type of family, family income, no. of children, previous gynecological history.

**Section B:** structured questionnaire on prevention of cervical cancer has 20 questions and scoring key will be prepared and each correct response will be given score of 1 and each incorrect response will be marked as 0.

**Table 1:** Mean difference, standard deviation of Pretest and Posttest knowledge score were computed are presented, N= 100

S. No	Knowledge Score	Mean	Median	Standard Deviation
1	Pretest	1.55	2.00	1.226
2	Posttest	16.23	16.00	1.004

**Table 2:** Frequency Percentage distribution of rural women according to their knowledge score in pretest, N= 100

Knowledge Score	Frequency	Percentage
0 - 7 Poor	85	85
8 - 13 Average	15	15
14 - 20 Good	00	00
Total	100	100

**Table 3:** Frequency Percentage distribution of rural women according to their knowledge score in post - test N=100

Knowledge Score	Frequency	Percentage
0 - 7 Poor	00	00
8 - 13 Average	12	12
14 - 20 Good	88	88
Total	100	100

**Table 4:** Mean, Mean deviation standard deviation of difference, standard errors of mean difference, t value of pre - test and posttest knowledge scores

S. No.	Knowledge Score	Mean	Standard Deviation of Difference	Standard Errors of Mean Difference	t Value
1	Pre - test	1.55	1.226	.123	12.645
2	Post - test	16.23	1.004	.100	161.72

### 5. Summary and Conclusion

The purpose of the study was to assess and provide the knowledge regarding prevention of cervical cancer among menopausal women. Conceptual frame work was based on King Imogene theory. Data was collected by using demographic variables and questionnaire method and using chi square test, t test to analyze the data. The descriptive research approach was used to assess the knowledge of menopausal women regarding cervical cancer. The obtained data were analyzed and interpreted in terms of the objectives and hypothesis of the study. Descriptive statistics (frequency, percentage, mean, and standard deviation) and inferential statistics (chi - square tests) were used to analyze the data and to test hypothesis.

### 6. Major Findings of the Study

In terms of age distribution, the majority of menopausal women (40%) fell within the age range of 50 - 54 years. Religious affiliation revealed that a significant portion of participants (41%) identified as Muslims. In the context of educational attainment, a substantial number of women (40%) had received a secondary level of education. Family structure analysis indicated that a significant percentage (65%) belonged to joint families. Regarding income, a noteworthy majority (49%) reported an income of more than 10, 000/- . Family size observations demonstrated that a considerable proportion (35%) of women had 3 - 4 children. Moreover, a substantial 67% of participants had a history of gynecological issues.

In the pre - test assessment, the knowledge level among the participants was categorized as poor for 85% of the subjects, average for 15% of the subjects, and no subject demonstrated a good level of knowledge. Following the Structured Teaching Program intervention, a notable improvement was observed in the post - test results. Specifically, after the intervention, the knowledge level was categorized as poor for 00% of the subjects, average for 12%, and a significant 88% of the subjects demonstrated a good level of knowledge.

In the exploration of demographic variables, encompassing a total of eight parameters, no substantial associations were found between these variables and the participants' level of knowledge concerning cervical cancer.

The study's intervention, a Structured Teaching Program, had a discernible impact on knowledge enhancement. The mean post - test knowledge score (16.23) exhibited a statistically significant increase compared to the mean pre - test knowledge score (1.55), with a notable "t" value of (161.72) at 99 degrees of freedom and a significance level of 0.05. This significant improvement was evident across all participants, as each menopausal woman achieved a higher score in the post - test compared to their respective pre - test scores. However, the study did not identify any significant relationships between menopausal women and their demographic variables.

## 7. Conclusion of the Study

Reflecting on the overall study experience, it was both satisfying and enriching. The study highlighted the significance of a comprehensive and holistic approach to healthcare delivery, underscoring the responsibility of all health professionals in contributing to the reduction of both cancer - related mortality and morbidity.

## 8. Future Scope

Potential avenues for further research and exploration in this domain are considerable. A replication of this study with an expanded sample size would yield enhanced insights. A comparative analysis between rural and urban women is recommended, aiming to discern potential variations in knowledge levels regarding early detection and prevention of cervical cancer within distinct demographic settings.

Considering the role of community health nurses, a descriptive study encompassing a substantial population could be undertaken to assess their proficiency in early detection and prevention strategies pertaining to cervical cancer. Additionally, a comparative study contrasting the knowledge, attitudes, and practices of younger and older women could provide valuable understanding regarding generational disparities and trends in this critical area. These research directions hold significant promise for advancing our comprehension of cervical cancer awareness and preventive measures.

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