Awareness and Practice regarding Early Detection and Prevention of Breast and Cervical Cancers among Women of Kudumbashree Units

Reeba Baby[1], Dr. Sisy Jose[2]

[1]MSc Nursing, Govt. College of Nursing. Kottayam, Kerala, India
Email: *babyreeba2[at]gmail.com*

[2]Assistant Professor, Govt. College of Nursing. Kottayam, Kerala, India

Abstract: *The present study was conducted to assess the awareness and practice regarding early detection and prevention of breast and cervical cancers among women of kudumbashree units. A quantitative approach and non experimental descriptive design was used for the study. The study was theoretically supported by Nola J Pender's revised health promotion model. A total of 504 women of kudumbashree units were selected using multistage sampling technique. The data was collected using socio personal data sheet, structured questionnaire to measure the awareness and a rating scale to rate the practice regarding early detection and prevention of breast and cervical cancers, all developed by the researcher. The data was analysed using descriptive and inferential statistics. The findings of the study revealed that 81.9% of women of kudumbashree units had average awareness and 59.5% of women of kudumbashree units had good practice. There was no significant correlation between awareness and practice among women of kudumbashree units regarding early detection and prevention of breast and cervical cancers. The selected variables namely education of women of kudumbashree units, occupation of women of kudumbashree units and previous exposure to information regarding breast or cervical cancers had association with awareness regarding early detection and prevention of breast and cervical cancers. Also, there is no association between practice regarding early detection and prevention of breast and cervical cancers and any of the selected variables. An information booklet was prepared on early detection and prevention of breast and cervical cancers and distributed to all study participants.*

Keywords: Awareness, Practice, Breast and Cervical cancers, Women of kudumbashree units

1. Introduction

Cancer is a leading cause of death worldwide, accounting for nearly 10 million deaths in 2020.1 Breast cancer represents 1 in 4 cancers diagnosed among women globally.2 Breast cancer has ranked number one cancer among Indian females with age adjusted rate as high as 25.8 per 100, 000 women and mortality 12.7 per 100, 000 women.3 It is the most common malignancy among the women in Kerala, about 30 to 35 % is accounted by breast cancer.4

Cancer of the cervix is the fourth most frequently diagnosed cancer and fourth leading cause of death amongst women as per GLOBOCAN estimates 2020.2 According to human papilloma virus and related cancers, fact sheet 2021, Cervical cancer ranks as the second most frequent cancer among women in India.5

The Kudumbashree members represent every strata of the community. A study conducted among them will help in assessing awareness and practice of community and an information booklet distributed among them will help in spread of information to nook and corner of the society.

2. Objectives

1) To assess the awareness regarding early detection and prevention of breast and cervical cancers among women of kudumbashree units.
2) To assess the practice regarding early detection and prevention of breast and cervical cancers among women of kudumbashree units.
3) To find out the correlation between awareness and practice regarding early detection and prevention of breast and cervical cancers among women of kudumbashree units.
4) To determine association of awareness and practice regarding early detection and prevention of breast and cervical cancers among women of kudumbashree units with selected demographic variables.
5) To develop an information booklet regarding early detection and prevention of breast and cervical cancers.

3. Materials and methods

The quantitative research approach was adopted for the study. A non - experimental research design was used for the study. A total of 504 women aged above 20 years and who can read and write Malayalam in Kudumbashree units of Athirampuzha panchayat and Thiruvarpu panchayat of Kottayam district were selected for the study using multistage sampling technique. The women who have a history of either breast cancer or cervical cancer or both were excluded from the study. The data was collected using socio personal data sheet, structured questionnaire to measure the awareness and a rating scale to rate the practice regarding early detection and prevention of breast and cervical cancers, all developed by the researcher. The content was validated using suggestions from seven experts. The reliability was calculated using split half method (Spearman Brown Coefficient) and was found to be 0.82 for structured questionnaire and 0.84 for rating scale.

The investigator visited the kudumbashree meetings and explained the purpose of the study. A good rapport was established with the study participants and an informed

Volume 13 Issue 3, March 2024
Fully Refereed | Open Access | Double Blind Peer Reviewed Journal
www.ijsr.net

Paper ID: SR24326090237   DOI: https://dx.doi.org/10.21275/SR24326090237   1705

consent was obtained from the participants prior to data collection. The investigator assured the confidentiality of data. The data collection process took about 35 minutes per sample. After data collection, an information booklet was distributed to all study participants regarding early detection and prevention of breast and cervical cancers. The content of information booklet was explained and doubts were clarified. The data was analysed using descriptive and inferential statistics.

4. Results

4.1 Socio personal data of women of kudumbashree units

In the present study 33.7% of subjects belonged to age group 40 - 49 years and 45.8% were Hindus. The data showed 38.7% were educated upto high school, more than half of the subjects (57.2%) belonged to below poverty line and majority (50.8%) were homemakers. The data revealed that majority (92.7%) of women of kudumbashree units were married, more than half (54%) of the subjects had given birth to two children and majority of subjects 94% and 97.8% had no family history of breast cancer and cervical cancer respectively. Among 504 subjects, 59.3% had no previous exposure to information and among those who were exposed to information already, the source of information were mass media (12.9%), social media (9.6%), family and friends (7.1%) and health workers (11.1%).

4.2 Awareness regarding early detection and prevention of breast and cervical cancers among women of kudumbashree units.

Table 1: Frequency distribution and percentage of women of kudumbashree units based on their awareness regarding early detection and prevention of breast and cervical cancers (n= 504)

Awareness	f	%
Good (18 - 27)	30	6.00
Average (10 - 18)	413	81.90
Poor (1 - 9)	61	12.10

The data presented in the table 1 revealed that majority (81.9%) of women of kudumbashree units had average awareness regarding early detection and prevention of breast and cervical cancers, 12.1% had poor awareness and only 6% had good awareness.

4.3 Practice regarding early detection and prevention of breast and cervical cancers among women of kudumbashree units

The majority (94.8%) of women of kudumbashree units had good hygienic practices related to cervical cancer and none of them had poor hygienic practices related to cervical cancer. The data revealed that majority (90.9%) of women of kudumbashree units had good lifestyle practice common to breast and cervical cancers and none of them had poor lifestyle practice common to breast and cervical cancers. More than half of women (57%) of kudumbashree units had moderate compliance to screening of breast cancer and only 41.5% had poor compliance to screening of breast cancer. The data indicated that majority 65.9% of subjects had moderate compliance to screening of cervical cancer and only 3.4% had good compliance to screening of cervical cancer.

Table 2: Frequency distribution and percentage of women of kudumbashree units based on their practice regarding early detection and prevention of breast and cervical cancers (n= 504)

Practice	f	%
Good (91 - 120)	300	59.5
Moderate (61 - 90)	204	40.5
Poor (40 - 60)	0	0

Table 2 showed that majority (59.5%) of women of kudumbashree units had good practice, 40.5% had moderate practice and none had poor practice.

4.4 Correlation between awareness and practice regarding early detection and prevention of breast and cervical cancers among women of kudumbashree units.

H_{01}: There is no significant correlation between awareness and practice regarding early detection and prevention of breast and cervical cancers among women of kudumbashree units.

Table 3: Correlation between awareness and practice regarding early detection and prevention of breast and cervical cancers among women of kudumbashree units (n= 504)

Variables	r	p
Awareness		
Practice	0.009	0.840

Correlation between awareness and practice regarding early detection and prevention of breast and cervical cancers among women of kudumbashree units which was analyzed using Karl pearson correlation coefficient. Table 3 revealed that there is no significant correlation between awareness and practice regarding early detection and prevention of breast and cervical cancers among women of kudumbashree units. Hence there is no evidence to reject the null hypothesis.

4.5 Association between awareness regarding early detection and prevention of breast and cervical cancers among women of kudumbashree units with selected variables

H_{02}: There is no significant association between awareness regarding early detection and prevention of breast and cervical cancers among women of Kudumbashree units and selected variables

The selected variables namely education of women of kudumbashree units and occupation of women of kudumbashree units had association with awareness regarding early detection and prevention of breast and cervical cancers at 0.05 level of significance. And the selected variables namely previous exposure to information regarding breast or cervical cancers had association with awareness regarding early detection and prevention of breast and cervical cancers at 0.01 level of significance. Hence the null hypothesis is rejected.

Volume 13 Issue 3, March 2024
Fully Refereed | Open Access | Double Blind Peer Reviewed Journal
www.ijsr.net

Paper ID: SR24326090237   DOI: https://dx.doi.org/10.21275/SR24326090237   1706

4.6 Association of practice regarding early detection and prevention of breast and cervical cancers among women of kudumbashree units with selected variables

H_{03}: There is no significant association between practice regarding early detection and prevention of breast and cervical cancers among women of Kudumbashree units and selected variables

The results of the study showed that there is no association between practice regarding early detection and prevention of breast and cervical cancers among women of kudumbashree units and any of the selected variables. Hence there is no evidence to reject null hypothesis.

5. Conclusion

The findings of the study highlighted that women of kudumbashree units had good practice regarding early detection and prevention of breast and cervical cancers but moderate compliance to screening of breast and cervical cancers.

Also, women of kudumbashree units had average awareness regarding early detection and prevention of breast and cervical cancers but followed good practice pointing that practices are followed without proper concern towards cancer prevention. Their practices in terms of hygiene and lifestyle may be traditionally transferred as healthy habits between family members. The study revealed that the selected variables education of women of kudunbashree units, occupation of women of kudunbashree units, and previous exposure to information regarding of breast or cervical cancers had association with awareness regarding early detection and prevention of breast and cervical cancers among women of kudumbashree units. Also the study shows that there is no association between practice regarding early detection and prevention of breast and cervical cancers and selected variables among women of kudumbashree units.

References

[1] World Health Organization. (2021, March 26). *Breast Cancer*. Retrieved from https: //www.who. int/news - room/fact - sheets/detail/breast - cancer.

[2] Jemal, A., Bray, F., Center, M. M., Ferlay, J., Ward, E., & Forman, D. (2011). Global cancer statistics. *CA: a cancer journal for clinicians, 61* (2), 69 - 90.

[3] Siddharthar, J., Rajkumar, B., & Deivasigamani, K. (2014). Knowledge, awareness and prevention of cervical cancer among women attending a tertiary care hospital in Puducherry, India. *Journal of clinical and diagnostic research*: *JCDR, 8* (6), OC01.

[4] Monica, & Mishra, R. (2020). An epidemiological study of cervical and breast screening in India: district - level analysis. *BMC women's health*, *20*, 1 - 15.

[5] Prescriptec. (n. d.). *About Cervical Cancer in India*. Retrieved from https: //prescriptec. org/ countries/india/.