A Study to Assess the Effectiveness of Structured Teaching Programme on Knowledge regarding Cervical Cancer among Women Between the Age of 40 - 55 Year Ayodhyapuram, Coimbatore

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Abstract: *Cervical cancer is the seventh most common cancer in women. more women are diagnosed at pre invasive cancerous state by pap spear and 100% cure can be provided if detected at this stage. Objectives: The objectives was to assess the knowledge of women regarding cervical cancer and to evaluate the pre - test and post - test level of knowledge on cervical cancer and to associate the level of knowledge of women regarding cervical cancer with selected demographic variables. Results: This study evaluated the impact of a structured teaching programme on cervical cancer knowledge among women in a specific Coimbatore District village. The pretest mean knowledge score was 7.6 (SD=6.73), while the post - test mean significantly rose to 16 (SD=2.767), indicating a noteworthy knowledge improvement following the intervention. Utilizing a paired t - test, a statistically significant difference (10.895, p<0.05) between pretest and post - test scores was observed, affirming the hypothesis that the structured teaching program effectively heightened awareness of cervical cancer among women in the community. Conclusion: The study demonstrated a significant improvement in women's knowledge of cervical cancer from pre - test to post - test, underscoring the effectiveness of the structured teaching program. The intervention yielded a substantial mean difference of 8.4 in post - test results, confirming its positive impact on enhancing awareness.*

Keywords: cervical cancer, awareness, structured teaching programme.

1. Introduction

Cervical cancer, ranking seventh among women's cancers, arises from the cervix's epidermal layer. Early detection, primarily through Pap smears, is critical, boasting a 100% cure rate at the pre - invasive stage. Despite progress, it remains the third most common female reproductive cancer, impacting approximately 13, 000 women annually in the United States. Multiple sex partners, a history of STIs, and socioeconomic factors are key risk elements. The cancer spreads through direct extension, lymphatic dissemination, and hematogenous spread, leading to diverse symptoms. Diagnosis involves pap smears, biopsies, and imaging studies, guiding treatment choices based on staging, encompassing surgeries and the potential advantages of emerging HPV vaccines for therapy and prevention.

2. Need for the Study

A study conducted by **Mr. Shanker (s) et al. in 2019**, the researchers aimed to evaluate the knowledge regarding cervical cancer screening and prevention among women in rural areas of Trichy. The cross - sectional study, carried out at primary health centers in Pullampadi and Sangaenthi from December 2017 to February 2018, included 300 women attending outpatient departments. The findings revealed that 68% of women exhibited poor knowledge about cervical cancer and its screening, with none having undergone screening or vaccination. The limited awareness observed was attributed to information primarily obtained from mass media. The study highlights the need for community - based research to assess doctors' practices in educating and recommending screening. Recognizing the inadequate knowledge about cervical cancer in the community, the researchers propose addressing this gap through a structured teaching program.

3. Review of Literature

Renuka Psonawane, Veerabhadrappa G Mendagudli (2020) A quasi - experimental design was used to assess the impact of a structured teaching programme on cervical cancer prevention knowledge among 50 women in a rural community. Post - test results revealed 68% with good knowledge (mean score 13.59±1.189), 24% with excellent knowledge (16.50±0.6742), and 8% with average knowledge (10±00). The findings shows that the effectiveness by increasing awareness, with a positive impact on cervical cancer prevention knowledge in the post - test compared to the pre - test.

Swapna Kumari Andugula (2021) conducted A study at KIMS Hospital, Amalapuram, aimed to assess the impact of a structured teaching programme on cervical cancer prevention knowledge among 60 staff nurses. Employing a pre - experimental approach with a one - group pre - test and post - test design, the results demonstrated a significant improvement (p < 0.01) in knowledge scores, substantiated by a noteworthy t - value. This indicates the effectiveness of the structured teaching programme in enhancing the staff nurses' knowledge regarding the prevention of cervical cancer.

Statement of the problem:
A Study to Assess The Effectiveness Of Structured Searching Programme On Knowledge Regarding Cervical Cancer Among Women Between The Age Of 40 - 55 Years In Ayodhyapuram, Coimbatore.

Objectives:
1) To assess the knowledge of women regarding cervical cancer
2) To evaluate the pre - test and post - test level of knowledge on cervical cancer
3) To associate the level of knowledge of women regarding cervical cancer with selected demographic variables.

Hypothesis:
H_1 - There will be a significant difference between pre - test and post - test level of Knowledge Regarding Cervical Cancer.
H_2 - There will be a significant association between the pre - test level of Knowledge Regarding Cervical Cancer among women with selected demographic variable.

Operational Definitions

Cervical cancer:
Cervical cancer is referred as the abnormal cell growth in the cervix

Assess:
To make a judgement about the nature or quality of knowledge regarding the cervical cancer

Knowledge:
Refers to the response or feedback obtained from women's regarding cervical cancer

Effectiveness:
It refers to the extent to which the structured teaching programme will improve the knowledge regarding the cervical cancer

Structured teaching programme:
It refers a planned sequential and organized educational activity which is given to women of 40 - 55 years regarding cervical cancer

Assumptions:
It is assumed that,
1) Women may not have adequate knowledge regarding risk factor, symptoms and screening of cervical cancer
2) Structured teaching programme may enhance Knowledge Regarding Cervical Cancer

Limitations:
1) Women not present during the time of data collection
2) Women who are not willing to participate
3) Women who are not in the age group between40 to 55 Years

4. Methodology

Research Approach
Research approach, helps the researcher to know what data to collect and how to analyze it. It also suggests the possible conclusions to be drawn from the data.

The research approach used in this study is quantitative research approach.

Research Design
The research design selected for this was Pre - experimental design in which one group pre - test and post - test design was used.

Setting of the Study
The study was conducted among women who are living in Ayodhyapuram, Coimbatore district. There were 158 families living in Ayodhyapuram, in which 190 women of age between 40 - 55yrs were present.

Population:
Population of this study includes women living in rural area of Ayodhyapuram, Coimbatore district. The target population includes women at the age of 40 - 55yearswho are residing in Ayodhyapuram, Coimbatore district. There are 190 women in the age group of 40 - 55yrs. Those women are the target population in this study.

Sample:
The samples are women aged between 40 to 55 from the Ayodhyapuram area.

Sample Size and Sample Technique
Sample size for this study was 30 women who are 40 - 55 years of age residing in Ayodhyapuram.

Criteria for Selection of Sample

Inclusive criteria
1) The patients who have undergone abdominal surgery were included, if the patient.
2) Were electively operated and stay more than third post - operative day.
3) Are more than 18 years of age and are able to read and write Tamil and English.
4) Were conscious and oriented.
5) Were willing to co - operate.

Exclusive criteria
1) Who have undergone
2) Laparoscopic surgery
3) Urological surgery

Tools

Description of the Tools
Tools are the procedure or instruments used by the researcher to collect data. A tool used in this study was Structured Knowledge Questionnaire recording cervical cancer.

Description of the Tool
Tool consist of two parts

Part - 1 Demographic variables
This part consists of 09statements for obtaining personal information about their age, marital status, age at menarche, age at marriage, difficulties during menstruation, number of child birth, age at menopause, educational status, occupation and source of health information.

Part - 2: Structured knowledge questionnaire on cervical cancer

This part consists of 20 multiple choice questions regarding cervical cancer under subheadings. It is to assess the Knowledge Regarding Cervical Cancer.

Scoring Procedure:

Level of Knowledge	Marks
Adequate	14 - 20
Average	7 - 13
Inadequate	0 - 6

5. Analysis and Interpretation

Organization of findings

The data is organized, analyzed and presented under the following headings.

1) Distribution of sample based on selected demographic variables
2) Level of knowledge before and after structured teaching programme
3) Evaluation of effectiveness of structured teaching programme
4) The association between pre - test knowledge score and demographic variable

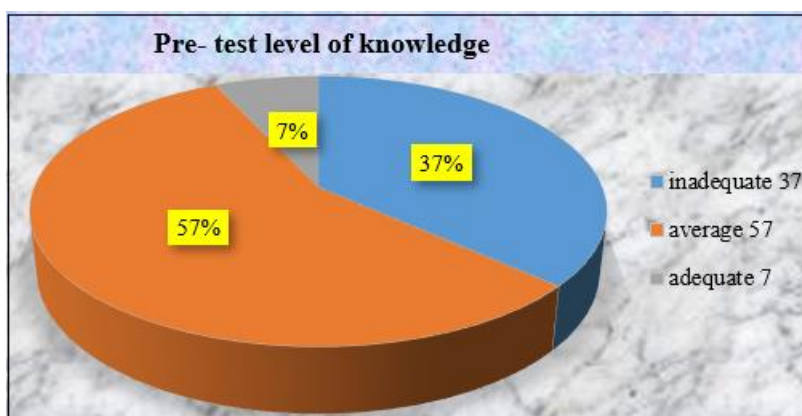**1) Distribution of sample based on selected demographic variables:**

The demographic characteristics of the participants in the study reveal that a significant portion of women, 15 (50%), belonged to the age group of 46 - 50 years, with 11 (36.67%) being above 50 years and 4 (13.34%) in the 40 - 45 age group. Marital status indicated that 17 (56.67%) were married, 7 (23.34%) were widowed, and 6 (20%) were single or separated. Regarding age at menarche, 17 (56.67%) experienced it between 13 - 16 years, while difficulties during menstruation were reported, with 15 (50%) having abdominal pain, 8 (26.67%) experiencing heavy bleeding, and 7 (23.34%) facing both issues. In terms of childbirth, 20 (66.67%) had more than two children, 5 (16.67%) had one child, and 5 (16.67%) had none. The majority of women experiencing menopause in the 40 - 45 age group were 15 (50%), and educational status varied, with 11 (36.66%) having studied up to higher secondary, 9 (30%) at the collegiate level, 7 (23.34%) in primary school, and 3 (10%) being illiterate. Occupationally, 18 (60%) were housewives, and 12 (40%) were working women. The primary sources of health information were friends and relatives for 13 (43.34%), health personnel for 10 (33.34%), and mass media for 7 (23.34%).

2) Level of knowledge before and after structured teaching programme:

S. NO	Level of Knowledge	Pre - Test		Post - Test	
		Frequency	Percentage	Frequency	Percentage
1	Inadequate	11	36.67	2	6.67
2	Average	17	56.66	1	3.34
3	Adequate	2	6.66	27	90

Table - 2 shows that, in pre - test 11 (36.67%) women had inadequate knowledge, 17 (56.66%) had average knowledge, 2 (6.66%) had adequate knowledge and in the post - test 2 (6.67%) had inadequate knowledge, 1 (3.34%) had average knowledge, 27 (90) had adequate knowledge.

Pre - test level of knowledge on cervical cancer.

Figure 4.1 shows that 57% had average knowledge, 37% had inadequate knowledge, and 7% had adequate knowledge

3) Evaluation of effectiveness of structured teaching programme

Knowledge	Mean	SD	Mean difference	Paired t test value	Table value	Inference P< (0.05)
Pre - test	7.6	6.73	8.4	(t=10.895)	2.05 df=29	(S)
Post test	16	2.767				

Table 3: shows that the mean pre - test knowledge level was 7.6 (SD + 6.73) and the mean post - test knowledge level was 16 (SD + 2.767). The mean difference was 8.4, the paired 't' value was 10.895 which was significant at P<0.05. Hence, the structured teaching programme is considered to be effective.

4) Association between pre - test knowledge score and demographic variable:

The demographic variables were analyzed using chi - square tests to assess the association between inadequate, average, and chi - square values, with a significance level set at $P < 0.05$. The results revealed no significant associations for age of women, marital status, age at menarche, menstrual difficulties, number of children, age at menopause, educational status, occupational status, and source of information. In each category, the chi - square values were below the table value, indicating a non - significant relationship. Therefore, the study did not find statistically significant associations between these demographic variables and knowledge levels, as indicated by the chi - square test results.

6. Conclusion

1) **Improvement in Knowledge:** The study concluded that the knowledge of women regarding cervical cancer was initially inadequate in the pertest. However, significant improvement was observed during the post - test, indicating the effectiveness of the structured teaching program in enhancing women's awareness of cervical cancer.

2) **Effectiveness of Structured Teaching Program:** The structured teaching program was found to be effective in improving women's knowledge about cervical cancer. The post - test results demonstrated a substantial increase in knowledge, with a mean difference of 8.4, highlighting the positive impact of the intervention.

3) **Significant Difference**: The findings revealed a statistically significant difference between pre - test and post - test knowledge scores, as indicated by the 't' test. This statistical analysis further supported the effectiveness of the structured teaching program in increasing knowledge levels among the participants.

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