Effectiveness of Structured Teaching Programme on Breast Self Examination among Adult Women At Selected Community Area, Chennai.

Section A-Research paper

EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON BREAST SELF EXAMINATION AMONG ADULT WOMEN AT SELECTED COMMUNITY AREA, CHENNAI.

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Abstract

Problem statement of the study is to effectiveness of structured teaching programme on breast self examination among adult women at selected community area in Chennai.The objective of this study was To assess the knowledge regarding breast self examination, before and after structured teaching programme among adult women. To determine the effectiveness of structured teaching programme on knowledge regarding breast self examination adult women.To find out the association between knowledge score among women & with their selected demographic variables age, religion, education, type of family and marital status.The methodology of the present study was conducted at selected community area chemmencherry at chennai. The sample for this study consisted of 100 adult women in selected community area. Stratified random sampling technique was used for the sample selection. The tools used for the data collection was self administered Multiple choice questionnaire which consist of two parts, part one was demographic data and part two was knowledge of breast self examination questionnaire. Descriptive statistics (frequency, percentage, mean, and standard Deviation) and inferential statistics (Chi square, paired „t‟ test) were used to analyze the data and to test the hypotheses.The following were the results of this study: As per demographic characteristic, majority of women 43 (43%) were between age group of 20-30years,47 of them (47%) were Hindu religion,34 of them (34%) were no formal education, 60 of them (60%) were nuclear family members, 81 of them (81%) were married women. The frequency and percentage of pretest and post test level of knowledge regarding breast self examination shows Majority of female students in pretest 95 of them (95%) had inadequate knowledge, remaining 5 of them (5%) had moderate knowledge and none of them had adequate knowledge regarding Breast self examination but in post test majority 77 of them (77%) had adequate knowledge,remaining 23 of them (23%) of them had moderately adequate knowledge and none of them inadequate knowledge regarding Breast self examination. Over all comparison of mean values between pre test 8.35 and post test 24.18 of knowledge regarding breast self examination and „t‟ value 3.99 obtained was found to be significant at 0.05 level. This was conducted through structured teaching programme is effective in improving awareness regarding breast self examination.

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1. Introduction

The World Health Organization (WHO) has predicted that by 2020 the number of breast cancer cases will jump to an alarming figure and one in every eight women would run the risk of developing the disease in her lifetime. The Indian Council of Medical Research (ICMR) too, concluded that over the last two decades there has been a steep rise in the statistics pertaining to women being diagnosed with breast cancer. Breast Self- Examinations aid in the detection of Breast Cancer are considered optional by the American Cancer society. 80% of breast cancers diagnosed clinically are found by the woman herself. Many women feel that doing a breast self- exam is an important part of their health care. It helps them learn how their breasts normally feel, so that if they find a lump they will know whether it is something to discuss with their health care provider. However, there is controversy about recommending breast self -exams. .there is no evidence that doing breast self -exams saves lives from breast cancer. Even getting a yearly exam is controversial, but many women and their health care providers feel that this is still an important part of breast cancer screening.

On the basis, felt the need to assess the effectiveness of structured teaching programme on breast self examination among adult women.

2. Research Methodology

Research Approach
The research approach selected to accomplish the objectives of the study was Quantitative educative and evaluative approach. Since the purpose of the study was to find out the effectiveness structure teaching programme on knowledge regarding breast self examination among adult women.

Research Design
The research design used for the present study was pre-test and post-test which a
Quasi experimental research design –is used to measure the effectiveness of the structured teaching programme on knowledge regarding breast self -examination among adult women.
Schematic Representation of Research Design.

	Pre-test	treatment	Post-test
Experimental group	O1	X	O2

E O1 X O2

KEY
E: Experimental Group
O1: Pre-test knowledge of breast self- examination among adult women.
X: Administration of structured teaching programme.
O2: Post-test knowledge regarding breast self -examination among adult women.

Variables of the Study
Variables are characters that can have more than one value. The categories of variables discussed in the present study they are

Independent variable
The independent variable is believed to cause or influence the behavior and ideas.The variables that are used to describe or measure the factors that are assumed to cause or at least to influence the problem are called the independent variables. The independence variable in this study was **structured teaching Programme** regarding breast self-examination among adult women.

Dependent variable
Dependent variable is what will be measured; it's what the investigator thinks will be affected during the experiment. Dependent variables represent the effect or influence of the dependent variable. They are sometimes referred to as outcome, output, or response variables. They are "dependent" in that the outcome depends on the effects of the variables being manipulated.The dependent variables in this study were knowledge regarding breast self -Examination among adult women.

Research Setting
Research settings are specific places in a research where data collection is to be made. The selection of setting was done on the basis of the feasibility of conducting the study, availability of subject and permission of authoritiesThe Study was conducted among adult women at selected locality of chemmencherry.

Population

Population is defined as the entire aggregation of cases that meet a designated set of criteria A research population refers to the entire group to which the results of the research are to apply it is all the member (or) objects of any defined group from which measurement might be taken (or) collected.

The target population for the present study was among adult women in chemmencherry locality.

Sample

A sample is the portion of the population that has been selected to represent the Population of interest. In this study, sample was among adult women in chemmencherry area with the inclusion criteria.

Sample Size

The proposed sample size is 100 adult women in chemmencherry area.

Sampling Technique

Sampling is the process of selecting a portion of the population who represent the entire population. In this study Stratified random sampling technique was used for adult women are selected for the data collection and met the criteria was taken as sample.

Data Collection Method

3. Result and Discussion

Self Administered Multiple choice Questionaire used for data collection.

Description of the Instrument

The questions related to demographic variables and semi structured questions related to knowledge regarding breast self- examination.

Part I : Demographic variable such as address, age, marital status, education and religion

Part II: It contains 15 questions related to breast self -examination.

Data Analysis

The collected data was organized, tabulated and analyzed by using descriptive and Inferential statistics.

- To assess the level of knowledge before and after structured teaching programme among experimental group frequency and percentage.
- To compare the effectiveness of knowledge among experimental group, paired„t‟ test were used for analysis
- To find the association between pre-test scores of knowledge among experimental group of adult women and with their demographic variables chi-square test was used.

Section-I

Table: 1 Frequency and percentage distribution of sample in terms of demographic variables

S.NO	SAMPLE CHARATERISTICS	Frequency	%
1.1	**AGE** 1. 20 – 30 2. 31 – 40 3. 41 – 50 4. Above 50	46 45 9 0	46% 45% 9% 0%
1.2	**RELIGION** 1. Hindu 2. Christian 3. Muslim 4. Others	54 42 4 0	54% 42% 4% 0%

1.3	**EDUCATION** 1. Primary education 2. Higher education 3. Graduate 4. Post graduate 5. No formal education	19 19 7 7 48	19% 19% 7% 7% 48%
1.4	**TYPE OF FAMILY** 1. Nuclear family 2. Joint family	80 20	80% 20%
1.5	**MARITAL STATUS** 1. Married 2. Unmarried	80 20	80% 20%

The data given in Table 1.1.1 shows that,

- According to age, majority 46% female were in the age group of 20-30years, remaining 45% of them were in the age group of 31-40years, and 9% of the female students were in the age group of 41-50years.
- Regarding religion majority 54% of them were Hindu"s, remaining 42% of the female were Christian and 4% of the female were Muslim"s. and 0% of them from other religion.
- Regarding education majority 48% of them had no formal education, remaining 19% of them had their primary education, 19% of the women had higher education and 7% of the women were graduates and remaining 7% of the women were post graduates.
- Regarding to type of family majority 80% of the women were in nuclear family remaining 20% of the female students were in joint family.
- Regarding of marital status majority 80% of the women were unmarried remaining 20% of the women were married.

Section Ii Assessment Pf Pre-Test and Post-Test Level of Knowledge Regarding Breast Self Examination

Table 2: pre test end post test level of knowledge regarding breast self examination. (n=100)

LEVEL OF KNOWLEDGE	PRE TEST		POST TEST	
	Frequency	**%**	**Frequency**	**%**
Inadequate knowledge	95	95%	0	0%
Moderate knowledge	5	5%	23	23%
Adequate knowledge	0	0%	77	77%

The data presented in Table 2 shows the frequency and percentage of pretest and post test level of knowledge regarding breast self -examination. Majority of women in pretest shows majority 95 of them (95%) had inadequate knowledge, remaining 5 of them (5%) had moderate knowledge and none of them had adequate knowledge regarding Breast self-examination but in post test majority 77 of them (77%) had adequate knowledge remaining 23 of them (23%) of them had moderate knowledge and none of them had inadequate knowledge regarding Breast self-examination.

Section Iii Comparison of Pre-Test and Post – Test Scores of Knowledge Regarding Breast Self Examination

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TABLE 3: Comparison of Pre Test And Post Test Scores of Knowledge Regarding Breast Self Examination.

Group	Test	Mean	SD	Paired "t" value
Experimental group (n=100)	Pre test	8.35	2.319	*3.9942
	Post test	24.18	2.591	

Significant at 0.05 level, df=99 (t=1.660)
The data presented in Table 3 shows the mean post test scores of knowledge regarding breast self-examination 24.18 of the group were higher than mean pre-test scores of knowledge regarding breast self-examination 8.35. The obtained Standard deviation of knowledge regarding breast self-examination during post test was 2.591 and the pre test standard deviation was 2.319. The obtained 't'value for the pre -test and post test scores of knowledge regarding breast self-examination is *3.9942 when compared to table value (1.699) was found to be high found and significant at 0.05 level. So that the structured teaching program has a significant effect in increasing the knowledge regarding breast self-examination among adult women.

Association between post-test scores of knowledge regarding breast self examination with selected demographic variables.
According to age $\chi 2 = 2.92$ were as the table value=7.815. Regarding religion $\chi 2 =1.271$ were as the table value=5.991 is less than the calculated value at P>0.05 level, related to education $\chi 2 =0.236$ were as the table value =7.81 is less than the table value at P>0.05. In association to type of family $\chi 2 =0.339$ were as the table value =3.84 is more than calculated value and the $\chi 2$ of marital status =*4.17 were as the table value = 3.84 is more than the table value at P>0.05 level it is evident that there is significant association exist between post test score of knowledge regarding breast self examination and selected demographic variables such as age, religion, education, type of the family, except marital status.

Nursing Implications
The findings of the study have implications related to nursing administration, nursing practice, nursing research and nursing education regarding the increase in level of knowledge regarding breast self-examination among adult women.

Nursing Administration
Nursing is an evolving profession to improve the quality of care and practice should be evidence based. The present study showed that there is an effectiveness of structured teaching programme regarding breast self-examination. The administrator can communicate these findings to the students and they can incorporate this in monthly practice of breast self-examination. She can motivate the students to participate in in-service education program on breast self-examination.

Nursing Practice
Nurses in the health care setting should possess sound knowledge about breast self-examination for better clinical practice.

Nursing Research
Practice emerges from research .Evidence based practice improves the quality of nursing care. This study focuses on improving the knowledge and practice among adult women regarding breast self-examination. Research add value to the comprehensive care. The nurse involved in students care can educate the students and enrich the evidence based care which will enhance the nursing research.

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