
A Study To Assess The Effectiveness Of Structured Teaching Programme On knowledge and attitude of adolescent girls regarding Breast Self-Examination in Rajiv Gandhi College of Engineering And Technology (RG CET) Puducherry.

**Bamalakshmi.V &Nandhini M*

ABSTRACT

Breast self-examination is an ideal, safe, effective and cost free method which can be done by every woman with little training. Breast self-examination (BSE) is a screening method used in an attempt to detect early breast cancer. The purpose of this study was to assess the knowledge and attitude of adolescent girls regarding breast self- examination, to evaluate the effectiveness of structured teaching programme on knowledge and attitude of adolescent girls regarding breast self-examination. The result revealed that there was significant difference ($P<0.01$) found in knowledge and attitude of adolescent girls regarding breast self-examination after the structured teaching programme. There was no significant association found between knowledge and attitude of adolescent girls regarding breast self-examination with selected demographic variables.

Keywords: Structured Teaching Programme, Breast Self Examination,

INTRODUCTION

The female breast has been regarded as a symbol of beauty, sexuality and motherhood Breast cancer is the most common cancer in women worldwide, with nearly 1.7 million new cases diagnosed in 2012 (second most common cancer overall). This represents about 12% of all new cancer cases and 25% of all cancers in women. In India, the number of new breast cancer cases is about 1,15,000 per year and this is expected to rise to 2,50,000 new cases per year by 2017. The risk factors for breast cancer are increasing age probability, lack of childbearing or breast feeding, higher hormone levels,

menopause, smoking, alcohol and economic status.¹

Facts related to Breast Cancer:

The actual, suspected disease and injury affecting breast tends to reflect the prevailing societal view of the breast. The threat of mutilation (or) loss of a breast may be devastating for the women because of psychosocial, sexual and body image implications significance associated with it.²

Prevention is better than cure measures should be taken to prevent cancerous lesion by detecting it at earliest stage. Breast screening in general population has shown to reduce mortality

and helps to detect it at earliest stage. Breast self-examination is a technique that all women can use to assess their own breasts. Women familiar with their own normal breast characteristics can easily notice the development of abnormalities early². Each woman and girl should be aware of her own risk factors with regular breast self-examination; malignancy may be discovered early and effectively treated. Regular monthly breast self-examination is an essential health maintenance activity.³

NEED FOR THE STUDY

Breast self-examination is an ideal, safe, effective and cost free method which can be done by every woman at her leisure time with little training⁴. Breast self-examination helps women to find their breast cancer early. Despite an increase in women literacy rate and knowledge about breast cancer, there are certain barriers to practice breast self-examination, like worry about breast cancer, embarrassment, lack of time, unpleasantness of procedure, lack of privacy, fear of discovering a lump and unfavorable attitude towards breast self-examination. As students are source of information to the society they need to be provided with necessary information on breast self-examination.⁵ The clinician palpates the breast during examination. In recent years emphasis has been placed on teaching adolescent girls to palpate their own breasts monthly. Early cancer of the breast is curable, and if every adolescent girls would take time to carefully examine her own breast at regular intervals, many benign and malignant tumor would be discovered easily and early. Nurses should become familiar with the procedure of breast self-examination so that they may teach adolescent girls, patients, friends or members of their families⁶.

So that the investigator felt the need to design a Pre-experimental study to

assess the knowledge and attitude regarding Breast Self-Examination among adolescent girls in Rajiv Gandhi College Of Engineering And Technology, Pondicherry with a view to develop the information through Structured Teaching Programme.

STATEMENT OF THE PROBLEM:

A Study To Assess The Effectiveness Of Structured Teaching Programme On knowledge and attitude of adolescent girls regarding Breast Self-Examination in Rajiv Gandhi College of Engineering And Technology (RG CET) Puducherry.

OBJECTIVES OF THE STUDY:

1. To assess the knowledge and attitude of adolescent girls regarding breast self- examination.
2. To evaluate the effectiveness of structured teaching programme on knowledge and attitude of adolescent girls regarding breast self-examination.
3. To associate the selected demographic variables with knowledge and attitude of adolescent girls regarding breast self-examination.

METHODOLOGY:

The study was conducted in Rajiv Gandhi College of Engineering and Technology (RG CET) at Kirumampakkam, Puducherry. The research design used for this study was pre-experimental research design (one group pre-test and post-test). 60 samples were selected through purposive sampling technique who met the inclusion criteria. The adolescent girls were assessed for the knowledge and attitude on Breast Self-Examination with the use of Structured Interview Questionnaire and structured self administered questionnaire respectively. 5 point likert's scale was used

used to assess their attitude through structured interview questionnaire. After pre-test structured teaching programme on Breast Self-Examination was provided through lecture cum discussion. Projector was used as audio-visual aids. Post-test was conducted after the gap of 7 days of Structured Teaching Programme. The data were analysed by using descriptive and inferential statistics like frequency, percentage, mean, standard deviation, paired T-Test and Chi-Square test

Effectiveness of structured teaching programme regarding the knowledge on breast self-examination.

Knowledge	Mean	Std Deviation	Std Error Mean	T-Test	P-Value
Pre-Test	11.75	4.177	0.539	-6.919	<0.001
Post-Test	17.77	5.143	0.664		

The above table shows that in the pre-test knowledge score was 11.75 with standard deviation of 4.177 whereas after Structured teaching Programme the post- test knowledge mean score was increased 17.77 with the standard deviation of 5.143 the improvement was statistically tested by paired t-test which was found to be highly statistically significant at $P < 0.001$ level it indicates that Structured Teaching Programme was effective in improving the knowledge regarding Breast Self-Examination.

TABLE 2: Effectiveness of structured teaching programme regarding the attitude on breast self-examination

Attitude	Mean	Std. Deviation	Std. Error Mean	T-Test	P-Value
Pre-Test	4.4	4.105	0.53	-2.638	0.011
Post-Test	6.25	3.554	0.459		

The above table shows that in the pre-test attitude score was 4.4 with standard deviation of 4.105 whereas after Structured Teaching Programme the post- test attitude mean score was increased 6.25 with the standard deviation of 3.554 the improvement was statistically tested by paired t-test which was found to be statistically significant at $P < 0.011$ level it indicates that Structured Teaching Programme was effective in improving the attitude regarding Breast Self-Examination.

There was no significant association found between the selected demographic variables with knowledge and attitude of the adolescent girls regarding breast self examination

The investigator found that, among the subjects 54 (90%) were in the age group of 21-22 years. Half of them were studying in III year 56 (93%) and 59 (98.3%) were unmarried. Majority of the subjects 54(90%) were from nuclear family. Majority of the subjects 47(81.6%) were from Hindu religion. Most of them were living in rural area 30 (50%). 46(76.7%) of subjects did not have previous exposure to knowledge on Breast Self-Examination and only 14 (23.3%) had previous exposure on Breast Self-Examination through Mass Media, Internet, Television and Health Personal. In pre-test majority 48 (78.3%) of the adolescent girls had inadequate knowledge and most of them 10(16.7%) had unfavorable attitude, whereas in the post-test 36(60%) of them had moderately adequate knowledge and none of them had neutral attitude. There is significant difference ($P < 0.01$) found in knowledge and attitude of adolescent girls regarding breast self-examination after the structured teaching programme.

RECOMMENDATIONS:

- The nurse should plan for regular structured health education programme for females of all age group.
- There should be mass education and group discussion for adolescent girls regarding breast self-examination.
- There should be a periodical awareness programme regarding breast self-examination among adolescent girls.
- A comparative study can be done to determine the effectiveness of structured teaching programme on knowledge and attitude regarding breast self-examination among adolescent girls studying between and within the states
- A similar study can be done using a large samples
- A study can be done to determine the effectiveness of structured teaching programme on knowledge and attitude of other risk groups like postmenopausal mothers etc.
- The same study can be done by giving a more than 10 days gap between the structured teaching programme and post-test.

CONCLUSION

The findings of this study showed that the structured teaching programme is to help the nurses to teach and motivate the adolescent girls and other women in society to prevent themselves and others from breast cancer. This study will help the nurses to teach and motivate the adolescent girls and other women in society to prevent themselves and others from breast cancer.

BIBLIOGRAPHY

1. Black, M.Joyce. "Textbook of Medical Surgical Nursing", Philadelphia: W.B Saunders Company, 2005.
2. Bare G Brenda, Smeltzer C Suzzanne."Brunner &Suddarth's Textbook of Medical Surgical Nursing", Philadelphia : Lippincott Williams Wilkins,2005.
3. Basavanthappa, B.J. "Nursing research", Banglore : Jaypee Brothers, 1998.
4. Bickley, L.S &Szilagy, P.G. "The breast comprehensive management of breast cancer", Philadelphia: Lippincott Williams Wilins, 2003.
5. Arlene L, Suzanne E. "Luckmann's Medical Surgical Book" Philadelphia: W.B. Saunders; 1996.

ALLEN'S SIGN

IN PULMONARY EMBOLISM

ALLEN'S SIGN

N⁺

F - Fever

T - Tachypnea

T - Tachycardia