



“A STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURE TEACHING PROGRAMME ON KNOWLEDGE REGARDING BREAST SELF EXAMINATION AMONG REPRODUCTIVE AGE WOMEN ATTAINED MEDICAL OPD AT GENERAL HOSPITAL PALANPUR.”

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ABSTRACT

BACKGROUND

Breast cancer is the most common cancer that women may face in their lifetime (except for skin cancer). It can occur at any age, but it's much more likely after age 40, and the risk goes up as women get older. Because of certain factors, some women may have a greater chance of having breast cancer than others. But every woman should know about breast cancer and what can be done about it. In developed and developing countries, breast cancer is shown as a major health problem. Breast cancer is the leading malignant tumor and it consists 30% of cancers among women. Breast cancer is the second leading cause of cancer deaths. Breast self-exams aid in the detection of breast cancer and is considered optional by the American Cancer Society. Rather, women should be familiar with the normal consistency of the breasts and underlying tissue that she can be aware of any abnormal lumps or other changes. Women should, however, get a regularly scheduled mammogram and clinical breast exam, which are recommended to help detect breast cancer. Breast problems usually are benign, such as fibrocystic changes, cysts (fluid-filled sacs), or fibro adenomas (solid lumps). Most women have lumps or changes in their breasts that fluctuate during their menstrual cycles. This is normal, as is a firm ridge along the bottom of each breast. Breasts also may feel different in different places. 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. **DESIGN:** pre experimental one group pre- test-post test design. **PARTICIPANTS:** 100 reproductive age group women who attend medical OPD, non probability convenient sampling techniques. **INTERVENTION:** Structure teaching programme. **TOOL:** self structure knowledge questionnaire will prepare. **RESULT:** in this study overall the highest percentage in the demographic data including the age group 40% (36-45), religion 91% (Hindu), marital status 70% (married), family type 73% (joint), education status 45% (higher secondary), occupation 50% (other), place of living 69% (rural), any bad habits 93% (no), history of breast cancer 96% (no), source of information 59% (peer group).

AIMS

This study aim to evaluate the effect of Lesson Plan on knowledge regarding Breast Self Examination Among Reproductive Age Woman Attaining Medical OPD At General Hospital Palanpur.

OBJECTIVE OF THE STUDY:-

1. To assess the pretest knowledge scorere garding breastselfexamination among reproductive age women attained medical OPD at general hospital palanpur.
2. To evaluate the effectiveness of structured teaching programme regarding breastself examination.
3. To findout the association of the knowledge score with selected demographic variables.

METHOD

Research methodology is a systematic way to solve the research problem. It consists of the entire general in specific activities from identification of the problem to final interpretation and conclusion. The role of methodology is to carry out the research work in a scientific and valid manner. This section deals with description of methodology and different steps for gathering and organizing data for investigation. It includes research approach, research setting, criteria for sample selection, sampling technique, development and description of the tools, pilot study, data collection, plan for data analysis and protection of human subjects.

The present study is aimed at assessing the effectiveness of structured teaching programme on knowledge regarding breast self examination among reproductive age women.

RESULT:

In this study overall the highest percentage in the demographic data including the age group 40% (36-45), religion 91% (Hindu), marital status 70% (married), family type 73% (joint), education status 45% (higher secondary), occupation 50% (other), place of living 69% (rural), any bad habits 93% (no), history of breast cancer 96% (no), source of information 59% (peer group). xiv

Out of 100 samples pre-test samples poor knowledge is 27%, adequate 57% and good 16%. Post-test poor knowledge is 6%, adequate 41% and good 53%. The effectiveness of structure teaching programme is 24.72%. The pre-test knowledge means score is 12.33 and standard deviation is 1.95. Post test knowledge score is

18.51 and standard deviation 1.5. The 'T' test calculated value is 24.56 and table 'T' test table value is 1.98 which is significant at 0.05 levels. Thus, it rejects the null hypothesis and accepts the research hypothesis.

Chi-square test to associate the level of knowledge and selected demographic variable.

CONCLUSION:

The finding of the study revealed that the structure teaching programme is effective in increasing the knowledge regarding breast self-examination.

KEY WORDS:

Assess, effectiveness, structure teaching programme, knowledge, breast self-examination, reproductive age, women, OPD, hospital

INTRODUCTION

Health is wealth goes the saying. Health is an essential factor for happy contended life. According to Newman's system model, Health is a condition in which the parts and subparts of the whole person are in harmony. Based on the Alma-Ata declaration, much emphasis is being placed on promotion and preventive healthcare. Encouraging people to adopt healthy lifestyle and appropriate coping strategies are the key aim in the health promotion. Health is the level of functional or metabolic efficiency of an organism. Health may also refer to; it is the general condition of a person's mind & body, usually meaning to be free from illness, injury or pain (as in "good health "or healthy).¹

Women and men share many similar health problems, but women also have their own health issues, which deserve special consideration. Women's lives have changed over the centuries. Historically life was particularly difficult for most women. Aside from the numerous dangers & diseases.

Breast cancer is the most common cancer that women may face in their lifetime (except for skin cancer). It can occur at any age, but it's much more likely after age 40, and the risk goes up as women get older. Because of certain factors, some women may have a greater chance of having breast cancer than others. But every woman should know about breast cancer and what can be done about it.⁵

In developed and developing countries, breast cancer is shown as a major health problem. Breast cancer is the leading malignant tumour, and it consists 30% of cancers among women Breast cancer is the second leading cause of cancer deaths.

OBJECTIVES OF THE STUDY

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METHOD

A Quantitative research approach with structured teaching programme on knowledge regarding breast self examination among reproductive age women.

Research design used for the proposed study is pre experimental one group pre-test-post test design to find out the effectiveness of structured teaching programme on knowledge regarding breast self examination among reproductive age women.

Chi-square test to associate the level of knowledge and selected demographicvariable.

Chi-squarevalueforassociationofknowledgewiththeirselected demographic variables.

RESULT:

In this study overall the highest percentage in the demographic data including the age group 40% (36-45), religion 91% (Hindu), marital status 70% (married), family type 73% (joint), education status 45% (higher secondary), occupation 50% (other), place of living 69% (rural), any bad habits 93% (no), history of breast cancer 96% (no), source of information 59% (peer group).

Out of 100 samples pre-test samples poor knowledge is 27%, adequate 57% and good 16%. Post-test poor knowledge is 6%, adequate 41% and good 53%. The effectiveness of structure teaching programme is 24.72%. The pre-test knowledge mean score is 12.33 and standard deviation is 1.95. Post test knowledge score is 18.51 and standard deviation 1.5. The 'T' test calculated value is 24.56 and table 'T' test table value is 1.98 which is significant at 0.05 levels. Thus it rejects the null hypothesis and accepts the research hypothesis.

Chi-square test to associate the level of knowledge and selected demographic variable.

Chi-square value for association of knowledge with their selected demographic variables.

Sr. No	Demographic Variables	F.	Knowledge			ChiSquare		D.F.	Association
			Poor	Adequate	Good	C.V.	T.V.		
1	Age in years								
	(a) 18-25	15	5	7	3	12.99	12.59	6	significant
	(b) 26-35	25	4	17	4				
	(c) 36-45	40	11	23	6				
	(d) Above 45	20	7	10	3				
2	Religion					0.65	5.99	2	Not significant
	(a) Hindu	91	24	53	14				
	(b) Muslim	9	3	4	2				
	(c) Christian	0	0	0	0				
	(d) Others	0	0	0	0				
3	Marital status					14.5	12.59	6	Significant
	(a) Single	26	8	18	0				
	(b) Married	70	27	40	3				
	(c) Divorced/Divorcee	2	0	2	0				
	(d) Widow/ widowe	2	0	1	1				
4	Family type					0.06	5.99	2	Not significant
	(a) Nuclear	27	9	17	1				
	(b) Joint	73	26	44	3				
	(c) Extended	0	0	0	0				
	Educational status								
	(a) Primary	8	4	4	0				

5	(b)Secondary	25	10	14	1	14.22	12.59	6	significant
	(c)Highersecondary	45	17	26	2				
	(d)Graduate&above	22	4	17	1				
6	Occupation					4.80	12.59	6	Not significant
	(a)Govt- employee	10	2	8	0				
	(b)Privateemployee	20	10	10	0				
	(c)Selfemployed	20	7	12	1				
	d)other	50	16	31	3				
7	Placeofliving					6.66	5.99	2	Significant
	(a)Urban	31	13	12	6				
	(b)Rural	69	14	45	10				
8	Any badhabits					0.02	5.99	2	Not significant
	(a)Yes	7	2	4	1				
	(b)No	93	25	53	15				
9	Historyofbreast cancer					0.25	5.99	2	Not significant
	(a)Yes	4	1	2	1				
	(b)No	96	26	55	15				
10	Sourceofinformation aboutbreastself examination					0.98	12.59	6	Not significant
	(a)Books	3	1	1	1				
	(b)Newspaper	17	4	10	3				
	(c)Peergroup	59	16	34	9				
	d)other	21	6	12	3				

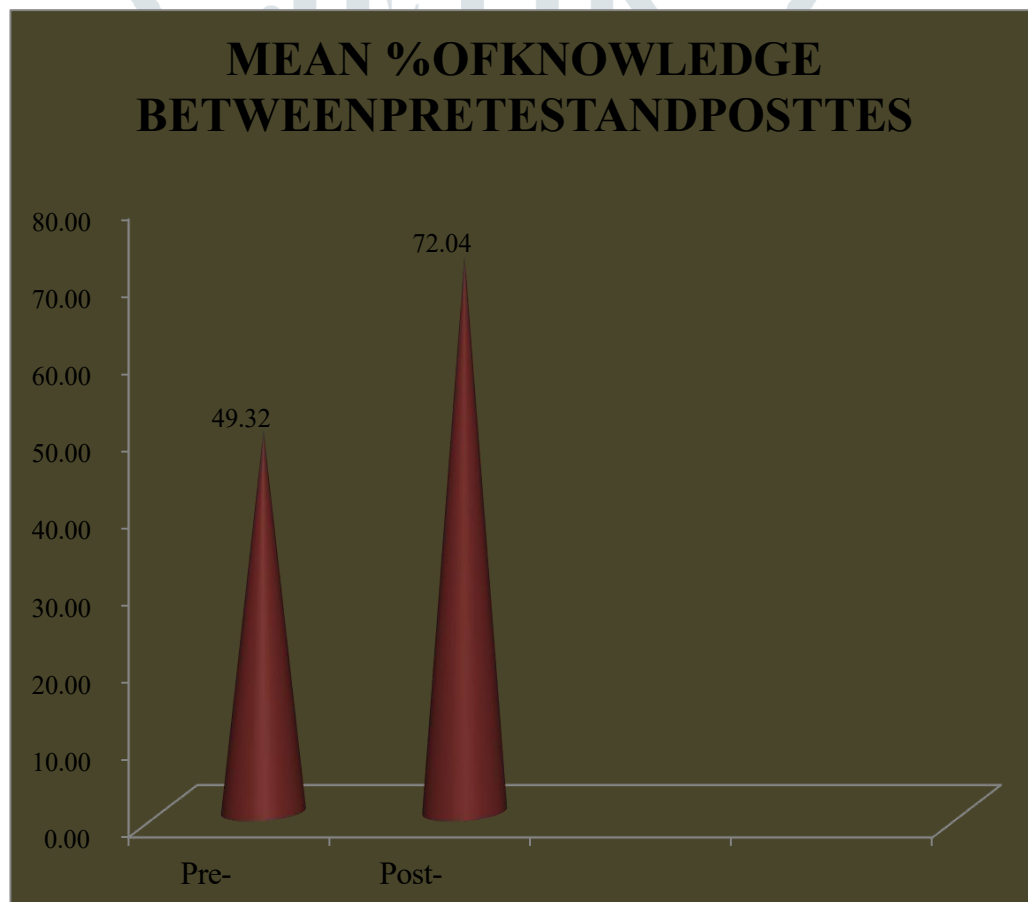
Association between the pre-test level of knowledge and socio demographic variable is show in table no.6. Based on the Third objective use to chi-square test to associate the level of knowledge and selected demographic variable.

Table no. 5:- Comparison of mean percentage of pre-test and post-test knowledge score. N=100

Type of test	Knowledge regarding breast self examination	
	Mean	Mean percentage
Pre-test	12.33	49.32%
Post-test	18.51	74.04%
Mean percentage difference	6.18	24.72%

Table 5 shows the overall pre test knowledge is 49.32%. In the post test overall knowledge is 74.04%. The mean difference percentage or the effectiveness of intervention in knowledge is 24.72%.

Figure 1. Bar diagram showing the effectiveness of structured teaching programme on knowledge percentage.



DISCUSSION: -

The present study aims to evaluate the knowledge on care of patient on mechanical ventilator. Descriptive study is using and selected area of north Gujarat is selected. The sample size was 60 staff nurse.

CONCLUSION: -

The conclusions drawn from the finding of the study areas follows:

The 'T' test is done to find the effect of structure teaching programme. It revealed that there is highly significant gain of knowledge after the administration of intervention. The 'T' value is 24.56 and research hypothesis is accepted and null hypothesis is rejected. The pre test and post test mean % is 49.32% and 74.04% and different is 24.72%. So knowledge is increase after intervention. This indicates that the structure teaching programme is effective in increasing the knowledge regarding breast self examination.

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