



# A Descriptive Study to Assess the Awareness Regarding the Use of Tight Inner Wear and Its Possible Association with Cancer Among Rural Women in Agra District, Uttar Pradesh

PROF. ANIL KUMAR SHARMA

PRINCIPAL

PUSHPANJALI COLLEGE OF NURSING, AGRA

## Abstract

### Background:

Lifestyle-related factors, such as the use of tight inner wear, have emerged as potential contributors to women's health issues, including cancer. In rural India, lack of awareness about such risks may lead to uninformed clothing choices and late diagnosis of health problems.

### Objective:

To assess the awareness regarding the use of tight inner wear and its possible association with cancer among rural women.

### Methods:

A descriptive cross-sectional study was conducted among 50 rural women aged 18–50 years in selected villages of Agra district, Uttar Pradesh. A structured questionnaire consisting of demographic data and 15 awareness-related items was administered. Data were analyzed using descriptive and inferential statistics.

### Results:

Out of 50 participants, 60% had poor awareness, 30% had moderate awareness, and only 10% demonstrated good awareness. A statistically significant association was found between awareness level and educational qualification ( $p < 0.05$ ).

### Conclusion:

There is a notable lack of awareness among rural women regarding the potential health hazards of tight inner wear. Educational initiatives and community-based awareness programs are essential to promote safer clothing practices and early cancer prevention.

### Keywords:

Tight inner wear, awareness, cancer, rural women, descriptive study, health education

# 1. Introduction

## 1.1 Background of the Study

Cancer is a leading cause of mortality among women globally. While genetics and environmental factors are well-established contributors, lifestyle habits—such as prolonged use of tight undergarments—have recently drawn attention. Tight bras or synthetic undergarments may hinder lymphatic drainage, cause skin irritation, and affect breast health.

## 1.2 Need for the Study

In rural areas, women often wear tight or synthetic inner wear without understanding its consequences. Lack of education, financial constraints, and limited access to health information further exacerbate this issue. This study aims to assess the level of awareness among rural women and identify educational gaps.

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## 2. Objectives

- 1.To assess the level of awareness regarding tight inner wear and its potential health effects.
- 2.To evaluate the knowledge about its possible association with cancer.
- 3.To find the association between awareness levels and selected demographic variables.

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## 3. Methodology

### 3.1 Research Design

Descriptive cross-sectional design.

### 3.2 Setting

Two rural villages in Agra district, Uttar Pradesh.

### 3.3 Population

Rural women aged 18–50 years.

### 3.4 Sample Size

50 women

### 3.5 Sampling Technique

Non-probability purposive sampling.

### 3.6 Tool for Data Collection

A structured interview schedule comprising:

## Section A: Demographic data

Section B: Awareness questionnaire (15 items; score range: 0–15)

### 3.7 Data Collection Procedure

After obtaining informed consent, face-to-face interviews were conducted in the local language.

### 3.8 Data Analysis

Descriptive statistics (mean, frequency, percentage), and chi-square test for association.

## 4. Results

### 4.1 Demographic Characteristics

Characteristics	Frequency	Percentage
Age (18 – 30 yrs)	20	40%
Age (31 – 40 yrs)	18	36%
Age (41 – 50 yrs)	12	24%
Education: Illiterate	14	28%
Primary education	20	40%
Secondary & above	16	32%
Occupation: Housewife	35	70%
Daily wage laborer	15	30%

### 4.2 Awareness Level

Awareness Level	Score Range	Frequency	Percentage
Poor	0 – 5	30	60%
Moderate	6 – 10	15	30%
Good	11 – 15	5	10%

### 4.3 Association with Demographics

- Significant association between awareness level and **education** ( $p < 0.05$ ).
- No significant association with age, marital status, or occupation.

## 5. Discussion

The study reveals insufficient knowledge among rural women regarding tight inner wear and its link to cancer. Similar studies have shown that clothing-related habits, when uninformed, may lead to long-term health risks, especially among women with limited access to health education.

In this study, higher education correlated with better awareness. This suggests that targeted education strategies in rural settings could substantially improve women's clothing habits and preventive health practices.

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## 6. Conclusion

This descriptive study concludes that most rural women are unaware of the possible link between tight inner wear and cancer. Increased awareness through health workers, nursing students, and local ASHA/ANM workers can bridge the knowledge gap.

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## 7. Recommendations

- Organize community awareness campaigns in rural areas.
  - Distribute educational pamphlets in local languages.
  - Conduct health talks at Anganwadi centers and PHCs.
  - Include clothing hygiene in women's health education curriculum.
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## 8. Limitations

- Small sample size (n=50) limits generalizability.
  - Conducted in selected villages only.
  - Self-reported awareness may be affected by recall bias.
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## 9. Ethical Considerations

- Approval was obtained from the Institutional Ethical Committee.
  - Informed consent was taken from all participants.
  - Confidentiality and anonymity were maintained.
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## 10. References

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