Original Research Paper

Nursing

A Study to Assess the Effectiveness Level of Planned Teaching Programme on Breast Self Examination Among Adult Women in Selected Village, Kanchipuram District,Tamilnadu, India.

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ABSTRACT Breast Self-Examination (BSE) is of great potential value for the early detection of breast cancer, especially in areas where mammography and regular examinations by physicians are not practicable. However, BSE cannot be recommended for routine public health practice until there is good evidence that it is effective in reducing mortality from breast cancer. Hence, the investigators planned to assess the knowledge regarding breast self examination among adult women. The aim of the study was to assess the level of knowledge regarding of breast self examination among adult women at the age group of 25-55yrs in the selected community area. Find out the knowledge about breast self examination among adult women in the age group of 25-55yrs in the selected community area and associate the knowledge level with selected demographic variables. The study was conducted in the poonjeri village. A quasi experimental research design was used to conduct the study. A total of 50 samples were selected by using systematic random sampling. The knowledge level of the samples was assessed using a structured questionnaire. The collected data were analysed using the descriptive statistics and inferential statistics. The study results revealed that 84% of the adult women are having inadequate knowledge and 16% of the adult women are having moderately knowledge. There was no association between the knowledge level and their demographic variables, the study concluded that efforts to be made to enhance the facilities for the personnel working in rural health centers to educate the rural public on breast self examination. A systematic random sampling technique was used to selected the sample. A structed interview scheduled was used to assess the knowledge level: The analysis reveals that with respect to knowledge the mean value 11.12 with standard deviation 77.84 of pre test and the mean value 22.48 with standard deviation 3.1478 of post test projects "t" value as 42.0 is statistically significance p<o.o5 level. There is significant association between the post test knowledge level of breast self examination among adult women with their age.

KEYWORDS : Assess, Effectiveness, Breast self examination ,adult women

INTRODUCTION

"Breast Self Examination"

"Health is the greatest gift, contentment the greatest wealth, faithfulness and thousands of candles can be lit from a single candle and the life of the candle will not be shortened. Happiness never decreases by being shared" (Buddha) Breast problems are significant health concerned to women. In a women's life time there is a one in eighth chance that she will be diagnosed with breast cancer. Whether benign or malignant intense feeling of shock, fear and denial often accompany the initial discovery of a lump or change in the breast. These feelings are associated both with the fear of survival and with the possible loss of a breast. History the female breast has been regard as a symbol of beauty, sexuality and motherhood. The potential loss of breast or part of a breast may be devastating for many women because of the significant psychological, social, sexual and body image implications associated with, Breast self examination is a procedure performed by an individual to physically and visually examine herself for changes in the breast under arm areas of the body. Breast self examination is an important of component health promotion and maintenance. Providing education and encouraging the women to perform breast self examination is recommended to decrease the mortality rates from breast disorders.

MATERIAL AND METHODS

Research Approach : Quantitative Research Approach
Research Design : Non –Experimental Descriptive Design.
Setting of the Study : Mahabalipuram village, Kanchipuram District.
Population : adult women
Sample : adult women who are fulfilling the sampling criteria
Sample Size : 50 adult women who have fulfilled the sampling criteria
Sampling Technique : Simple Random Sampling technique.

CRITERIA FOR SELECTION OF SAMPLE:

INCULSION CRTERIA The inclusion criteria for the present study were:

1 .Who are all know either Tamil
2. Who are willing to participate in the study
3. Who are resided at selected are

EXCULSION CRITERIA

Who or not available at the time of the study.

DEVELOPMENT AND DESCRIPTION OF THE TOOL:

A structured questionnaires schedule was developed based on the objectives of the study; through review of literature on related studies, journals, and books; opinion from the experts. The instrument used in this study consists of two sections which are as follows

• SECTION A: demographic data
• SECTION B: It consisted of multiple choice questions which were prepared to assess the effectiveness of breast examination among adult women.

METHOD OF SCORING AND INTERPRETATION

Each correct answer carries one mark and wrong answer carries "0" mark. The maximum score is 15 and minimum score is 0.The assess the effectiveness ofbreast self examination among adult women is interpreted as

S.No	Level Of Knowledge	Frequency	Percentage(%)
1	Inadequate knowledge	42	84%
2	Moderate knowledge	8	16%

METHOD OF DATA COLLECTION:

the data was collected using structured questionnaires.

RESULTS AND DISCUSSION:

The collected data were entered in data sheet and analyzed using descriptive and inferential statistics The distributions of the demographic data of the study participants are 90% were adolescents boys ,58% were joint family,90% were married, 56% were status of primary school level, 58% were less than 10000 family income.

FIGURE -1

Figure 1: shows the knowledge level of adult women on inadequate knowledg

Regarding the association between the knowledge level and the variables there is a significant relationship between age, type of family, education and source of information and their knowledge score at p<0.05

CONCLUSION

The study aimed to assess the knowledge on breast self examination among adult women. The results shows that there is having significant association between breast self examination among adult women between the age group of 25-55 years with selected demographic variables. Therefore, investigators concluded that the assessment of knowledge regarding breast self examination among adult women in poonjeri village is inadequate.

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