



## A STUDY TO ASSESS THE KNOWLEDGE ON AWARENESS ABOUT BREAST CANCER AMONG THE ADULT WOMEN IN SELECTED AREAS AT KANCHIPURAM DISTRICT, TAMILNADU, INDIA.

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### ABSTRACT

Breast cancer is one of the leading causes in the world wide. The early detection and treatment decreases the mortality rate of breast cancer .Lack of knowledge regarding Breast Cancer among adult women is the most common cause for late identification and increases the mortality rate of Breast Cancer. Allowing women to talk breast cancer, covering these misconceptions and apply accurate fact so they can reduce fear and anxiety and create awareness. Therefore a study to assess the knowledge on awareness of Breast Cancer among the adult women in selected areas in Kanchipuram District, Tamilnadu, India, was undertaken with the objectives are, to assess the existing level of knowledge on awareness of Breast Cancer among the adult women, to associate the level of knowledge with selected demographic variables. A non-experimental, descriptive study was conducted. The study sample consisted of total of 100 adult women. Data was analyzed by inferential statistics and presented through tables and figures. Findings revealed that Variables like, age of the women, educational status, occupational status, type of family, monthly income, marital status and age of menarche were found to be significant. And the variables like menstrual cycle and food habits were found to be non-significant. The numbers of adult women having inadequate knowledge were 55 (55%), moderate knowledge was 42(42%) and adequate knowledge was 3(3%). Mean value (9.68), and Standard Deviation (SD) (0.27%) are as follows.

**KEYWORDS :** Knowledge, awareness ,Breast Cancer, adult women.

### INTRODUCTION

There is a can in the cancer hence we can beat it"-Unknown author

Breast development occurs in distinct stages throughout a woman's life from birth to puberty, during menstruation period, child bearing age and till woman reaches menopause. Once ovulation and menstruation begin, the maturing of the breasts begins and continues to grow. Women may also experience changes in breast texture and feeling particularly lumpy. As age increases by 35 years, there is a gradual shrinking of the mammary glands. The term "Breast Cancer" refers to a malignant tumor that has developed from cells in the breast. Usually Breast Cancer either begins in the cells of the lobules, which are the milk-producing glands, or the ducts, the passages that drain milk from the lobules to the nipple. Less commonly, Breast Cancer can begin in the stromal tissues, which include the fatty and fibrous connective tissues of the breast. Over time, cancer cells can invade nearby healthy breast tissue and make their way into the underarm lymph nodes, small organs that filter out foreign substances in the body. If cancer cells get into the lymph nodes, they then have a pathway into other parts of the body. Breast problems are significant health concerned to women. In a women's life time, there is one in eighth chances that who will be diagnosed with Breast Cancer. Breast cancer is one of the most frequent occurring cancers in women. One out of every woman has breast cancer in their life time and one out of three have a risk of dying from cancer (National cancer registry programmer 2010). Poor prognosis of breast cancer is associated with large tumor size, auxiliary node involvement, stage a diagnosis and estrogen negative and progesterone receptor negative tumor.

### MATERIALS AND METHODS:

Research approach : Quantitative, Non experimental - evaluative approach.

Research design : Non experimental - Descriptive research design.

Research setting : The study was conducted in the selected Villages, Kanchipuram District, and Tamil Nadu.

Population : The population of the study comprised of adult women 21-60 years of a selected community, Kanchipuram district, Tamil Nadu.

Sample size : The samples of the study consisted of 100 adult women in a selected community in Kanchipuram District, Tamil Nadu.

Sample techniques: Non probability purposive sampling was used for the selection of the adult women.

### CRITERIA FOR SELECTION OF SAMPLE:

Inclusion criteria-

- Women who were willing to participate
- Women who knew and spoke Tamil/English
- Women living in the areas of Kanchipuram
- Women in the age group of 21-65 years

Exclusion criteria-

- Women who were not available at the time of study
- Women not available when randomly selected
- Women who was non- co operative
- Women with psychological illness

### DEVELOPMENT AND DESCRIPTION OF THE TOOL:

A structured questionnaire used in this study consisted of two sections which included the following:

**SECTION A:** Demographic variables

**SECTION B:** it consisted of multiple choice questions which were

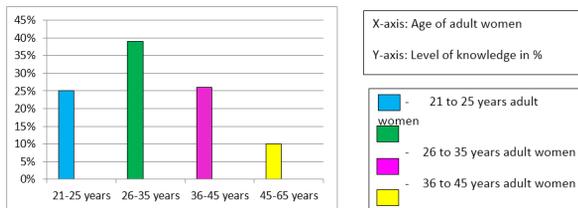
prepared to assess the knowledge on breast cancer among adult women.

**METHOD OF SCORING INTERPERTATION:** each correct answer carries "1" mark and wrong answer carries "0" mark.  
 < 50% - inadequate knowledge  
 51-74% - moderately knowledge  
 >75% - adequate knowledge.

**METHOD OF DATA COLLECTION:** The data was collected using structured interview schedule.

### RESULTS AND DISCUSSION:

Majority of adult women were in the age group of 26-35 years (39%), Majority of the adult women were married (72%), Majority of adult women were illiterate (39%), Majority of the adult women were in the occupation of self-employed (46%), Majority of adult women belongs to nuclear family (65%), Majority of mothers belongs to small family (51.61%), Majority of the adult women income was Rs.4001-6000/- (48%), Maximum of adult women's age of menarche is 14-15 years (22%). Majority of the women following non-vegetarian food habit (60%).



The figure shows that majority i.e 39% was in the age group of 26-35 years.

### CONCLUSION

The following conclusions were drawn on the basis of the findings of the study. The findings showed that most of the adults had inadequate knowledge regarding Breast cancer. This study helped the adult women to identify their areas of lacunae in the prevention and control of Breast Cancer. Hence it was concluded that the adult women need to gain more knowledge regarding breast cancer thereby they can take a leading role in reducing the mortality and morbidity rates.

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