



EFFECTIVENESS OF VIDEO ASSISTED TEACHING PROGRAMME ON KNOWLEDGE AND PRACTICE OF BREAST SELF EXAMINATION (BSE) AMONG WOMEN

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ABSTRACT

Breast cancer is probably the most feared cancer in women due to its prevalence and psychosocial impact. It affects the perception of sexuality and self image to a degree greater than any other cancer. The study was conducted to assess the effectiveness of video assisted teaching programme on knowledge and practice of women regarding breast self examination. Research design was one group pre test post test and study participants were selected using purposive sampling. Study was conducted among 40 women from selected wards of Arpookara panchayath. The framework used is Ludwig Von Bertalaffy's General system theory. The tools used for data collection were socio personal data sheet, structured questionnaire to assess knowledge of women regarding breast self examination and checklist to assess the practice of women. The results revealed that majority of the women (87.5%) were having average knowledge and none of the women found to be having good practice of breast self examination. A significant difference in knowledge and practice of women was found regarding breast self examination after the video assisted teaching programme. No correlation was found between knowledge and practice of women regarding breast self examination.

KEYWORDS : Knowledge; practice; breast self examination, video assisted teaching programme.

INTRODUCTION

Cancer is a leading cause of disease and death worldwide. According to the WHO, breast cancer is the most common cancer among women worldwide. One in eight women will be diagnosed with breast cancer. Breast cancer was the most common cancer diagnosed in women (25.2% of all new cases in women). So it is necessary to detect early stage of breast cancer and preliminary screening for breast will be done to prevent morbidity and death among women in selected wards of Arpookara Panchayat, Kottayam district, Kerala.

Statement of the problem

Effectiveness of video assisted teaching programme on knowledge and practice of breast self examination (BSE) among women of selected wards of Arpookara panchayath.

Objectives

1. To assess the knowledge of women regarding breast self examination
2. To assess the practice of women regarding breast self examination
3. To evaluate the effectiveness of video assisted teaching programme on knowledge and practice of women regarding breast self examination
4. To find out the relationship between knowledge and practice of women regarding breast self examination

METHODOLOGY

Quantitative experimental research approach was used to assess knowledge and practice among women in selected wards of Arpookara panchayat, Kottayam district, Kerala. Research design used for the present study was one group pre test post test. The present study was conducted in selected wards of Arpookara panchayat, Kottayam. The study was conducted among women residing in selected wards of Arpookara panchayat, between the age group of 35 to 65 years.

Table 1: Frequency distribution and percentage of women based on age and education

Sample characteristics	f	%
Age in years		
35-45	22	55
46-55	12	30
56-65	06	15
Education		
Upper primary	7	17.5
High school	13	32.5
Pre degree	14	35
Degree and above	6	15

Table 1 reveals that 55% of women were in the age group of 35-45 years and (35%) of them were educated degree and above

Table 2: Frequency distribution and percentage of women based on occupation, marital status and prior knowledge (n=40)

Occupation	f	%
Labourer	6	15
Govt. job	2	5
Private job	2	5
Unemployed	30	75
Marital status		
Married	37	92.5
Unmarried	1	2.5
Separated	2	5
Prior knowledge		
Yes	10	25
No	30	75

Table 2 depicts that majority of women (75%) were unemployed, (92.5%) were married and 75% of women had no prior knowledge.

Knowledge among women regarding breast self examination

Table 3: Frequency distribution and percentage of women based on knowledge regarding breast self examination (n=40)

Level of Knowledge	f	%
Good (19-27)	3	7.5
Average (10-18)	35	87.5
Poor (< 10)	2	5

Table 3 shows that majority (87.5%) of women were having average knowledge regarding breast self examination and only 5% of women were with poor knowledge.

Table 4: Frequency distribution and percentage of women based on practice regarding breast self examination. (n=40)

Practice	f	%
Good (8 - 12)	0	0
Poor (0 -7)	40	100

Table 4 reveals that 100% of women were having poor practice regarding breast self examination

Effectiveness of video assisted teaching programme on knowledge and practice of women regarding breast self examination

Table 5: Mean and SD, Mean rank, sum of ranks and Z value of pre test post test knowledge scores of women.

	Knowledge of women				Z
	Mean	SD	Mean rank	Sum of the ranks	
Pre test	13.72	3.09	00	00	
Post test	20.05	3.47	20.50	280.0	5.523**

(n=40)
**significant at 0.01 level

Table 5 shows that the mean post test knowledge score (21.05) was higher than that of the mean pre test knowledge score (13.72). Hence, there is a significant difference in knowledge score of women regarding BSE after video assisted teaching program. Z value is 5.523; it showed a significant difference in mean rank values of knowledge scores of women regarding BSE before and after the video assisted teaching program. Hence, it can be concluded that the video assisted teaching programme was statistically effective in enhancing knowledge of women regarding breast self examination.

Table 6: Mean and SD, Mean rank, sum of ranks and Z value of pre test post test practice scores of women.

	Practice of women				Z
	Mean	SD	Mean rank	Sum of the rank s	
Pre test	2.52	1.11	00	00	
Post test	6.30	1.14	20.50	280.0	5.577**

(n=40)
**significant at 0.01 level

Table 6 depicts that the (pre test) mean practice score of women was increased from 2.52 to (post test) score 6.30. Hence, there is a significant difference in practice score among women regarding BSE after video assisted teaching program. Z value is 5.577; it showed a significant difference in mean rank values of practice scores of women regarding BSE before and after the video assisted teaching program. Hence, it can be concluded that the video assisted teaching programme was statistically effective in enhancing practice in women regarding breast self examination.

Correlation between knowledge and practice of women regarding breast self examination

There is no significant correlation between knowledge and practice of women regarding breast self examination

Discussion

The first objective of the study was to assess the knowledge of women regarding breast self examination. The findings of present study showed that majority of the women (87.5%) were having average knowledge and only 7.5% were having good knowledge regarding breast self examination and it was congruent with the result of a study conducted in Karnataka shows that only 15% of the women had good knowledge and 85% were with average knowledge regarding breast self examination.¹ Present study was supported by another study conducted in Nigeria among female students shows that 75.6% had poor knowledge on breast self examination.² Similar study was undertaken in Iraq to assess knowledge of breast self examination shows that only 14.3% of participants had good knowledge regarding breast self examination.³

The second objective was to identify the practice of women regarding breast self examination. The present study findings revealed that none of the women had good practice which is similar to the findings of a study conducted in Andhra Pradesh in which they found that the practice of women was poor and only 2.4% were practicing breast self examination.⁴ Another study conducted in University of Buea, Cameroon showed that only 3% had performed breast self examination regularly congruent with the present finding.⁵ Similarly a study was conducted among women in Madhya Pradesh showed that none of the women were practicing breast self examination in the pre test.⁶

The third objective of the study was to evaluate the effectiveness of video assisted teaching programme on knowledge and practice of

breast self examination among women. The present study showed a significant difference in the knowledge of women after video assisted teaching programme on breast self examination. The findings of a study conducted in Punjab which revealed that there is a significant difference in the knowledge and practice of breast self examination among women after video assisted teaching programme and it is congruent with the present study findings.⁷ Another study was conducted to assess the effectiveness of STP on breast self examination among women at Pune concluded that teaching program produced a statistically significant increase in knowledge and practice of women. The results are congruent with the findings of the present study and it showed that none scored good in the pre test practice score whereas in the post test 72.5% of the samples scored good. Another study conducted to assess the awareness and impact of education on BSE among female degree students at Udipi district strongly supports the present study concluded that the mean difference between post test and pre test knowledge and practice scores on BSE was found to be significantly high.⁸ Findings of present study was congruent with a pre experimental study conducted to assess the impact of a health education intervention programme on breast self examination among women in Madhya Pradesh showed that after the intervention 90.7% were practicing breast self examination compared to 0% in pre-test and the results.⁶

The fourth objective of the study was to find out the correlation between knowledge and practice of women regarding breast self examination. The study findings showed that theoretical knowledge has only a mild positive correlation with practical skills which is consistent with the study findings of a research conducted at University of Buea, Cameroon where 73.5% of respondents had knowledge about breast self examination but only 3% had performed it regularly, hence it showed that there is a no significant correlation between knowledge and practice of breast self examination.⁵ Similarly a study conducted at Iraq showed that majority of participants had heard of breast self examination, but only a few participants are practising it on a regular basis.³

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