



EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE REGARDING PREVENTION OF BREAST CANCER AMONG ADOLESCENT GIRLS IN GOVERNMENT GIRLS HIGHER SECONDARY SCHOOL NEYYATTINKARA

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ABSTRACT

Objectives: To assess the level of knowledge regarding prevention of breast cancer among adolescent girls, To assess the effectiveness of structured teaching programme, To associate the pretest score of knowledge regarding prevention of breast cancer with selected demographic variables. **Hypothesis:** There is a significant difference between the pretest and post test level of knowledge regarding prevention of breast cancer among adolescent girls, There is a significant association between pretest scores of knowledge regarding breast cancer among adolescent girls with their selected demographic variables. **Conceptual framework:** Penders Health Promotion Model. **Methodology:** A quantitative approach, pre experimental one group pre and post test design was used in this study. Thirty samples were selected at Govt Girls Higher secondary school using purposive sampling. The data was obtained by using demographic variables and questionnaire. The data was analysed by using frequency, percentage, mean, standard deviation, paired 't' test and chi-square test. The pretest score revealed that there was an average level of knowledge on prevention of breast cancer among adolescent girls. There was no significant association found between level of knowledge and demographic variables. **Conclusion:** The study concluded that structured teaching programme on prevention of breast cancer was effective on increasing knowledge among adolescent girls.

KEYWORDS : Breast Cancer, adolescent Girls, structured Teaching Programme, demographic Variables

INTRODUCTION:

"To keep the body in good health is a duty, otherwise we shall not be able to keep our mind strong and clear" -Buddha

According to WHO, "Health is defined as the state of complete physical and social wellbeing and not merely an absence of disease or infirmity." Health is multidimensional, which include spiritual, vocational, reproductive and emotional aspects of health.

Reproductive Health is an important one for the women to maintain their overall health. The female breast has been regarded as a symbol of beauty, security and motherhood. Breast cancer is any kind of malignant growth in breast tissue that may adversely affect the body image of women. Among cancers, breast cancer is most common malignancy following cervical cancer. Current statistics indicate that a women's risk of developing breast cancer is one in eight. Breast cancer is the second leading cause of death among women

In Kerala annual mammography for women aged 30-39 years who carry a breast cancer susceptibility gene or who have a strong family breast cancer history has a favourable benefit: risk ratio. Initiation of screening at age 35 for the same group would increase the benefit: risk ratio to an even more favourable level.

A study which is done at RCC Thiruvananthapuram on 25 February 2014 reveals that about 660 newly detected breast cancer patients admitted for surgery during 2003-2004. Advancing age, delayed first child birth, nulliparity, history of previous breast biopsies and family history among first degree relatives were found to be associated with increased risk of breast cancer.

Patients diagnosed with localised breast cancer with no axillary lymph node involvement have a 5 year survival rate of 98%. Conversely, only 6% of patients diagnosed with advanced state breast cancer with metastasis to distant sites will survive 5 years or more. Despite of good health indicators, breast cancer is a public health problem in Kerala with an annual incidence of 14.9 / 100,000 population. Identifying the risk factors help to reduce the incidence in future .

So the researcher was interested to conduct a study regarding knowledge of breast cancer among adolescent girls.

Structured teaching program helps in improving knowledge and attitude of school going adolescent girls regarding prevention of breast cancer.

MATERIALS AND METHODS

The research approach selected for the study is quantitative research approach and the design selected for the study is pre experimental one group pretest and post test design. This study was conducted in Government girls Higher Secondary School, Neyyattinkara. Purposive sampling technique is used for the study. Written permission is obtained from the Principal, Government Girls Higher Secondary School and consent is obtained from the parents. The investigator introduced herself to the participants and objectives of the study are explained to them. The structured knowledge questionnaire is distributed to the adolescents to identify the knowledge on prevention of breast cancer. Structured teaching programme was given. Post test was conducted after three days. The data obtained were analyzed by using descriptive and inferential statistics.

RESULTS

Section 1: Demographic variables

- With regard to age in years, (100%) of adolescents were in the age group of 16-20 years.
- With regard to dietary pattern, a majority (90%) of adolescents are nonvegetarian
- With regard to exercise, a majority (53.3%) of adolescent exercise regularly
- With regard to residence, a majority (66.6%) of adolescents belong to rural area.
- With regard to menarche, (100%) of adolescents attained menarche.

Section: 2 Pretest score knowledge on prevention of breast cancer among adolescent girls

- Knowledge on prevention of breast cancer among adolescent girls shows that, a majority (70%) of the samples had average knowledge, 20% had good knowledge and 10% had poor knowledge.

Section:3 Effectiveness of Structured teaching programme on knowledge regarding prevention of breast cancer among adolescent.

Effectiveness of Structured teaching shows that, a majority (67%) of the samples gained good knowledge and 33 % gained average knowledge.

Level of knowledge	Pretest score	Posttest score
Good	20%	67%
Average	70%	33%
Poor	10%	0%

Table 1 Percentage distribution on scores of level of prevention of breast cancer among adolescent girls

Section 4: Association between the knowledge regarding prevention of breast cancer among adolescent and their selected demographic variables.

There was no significant association found between knowledge regarding prevention of breast cancer among adolescent with their demographic variables

DISCUSSION

Percentage distribution was used to determine the distribution of samples according to the demographic variables. The study revealed that structured teaching programme was effective in increasing the knowledge among adolescent. Chi-square test was used to find out the association between the level of knowledge regarding prevention of breast cancer among adolescent and their selected demographic variables.. It reveals that there is no association between the level of knowledge regarding prevention of breast cancer among adolescent and their selected demographic variables.

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