



A PRE EXPERIMENTAL STUDY TO ASSESS THE EFFECTIVENESS OF VIDEO ASSISTED TEACHING ON THE KNOWLEDGE REGARDING BREAST SELF-EXAMINATION AMONG WOMEN IN A SELECTED RURAL AREA OF RAISEN DISTRICT MP.

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ABSTRACT

Pre-experimental one group pre-test post-test design conducted on 60 Women between the group of 20 year to 50 year selected by Non probability purposive sampling technique in a selected rural areas of Raissen district, MP. The main aim of the study was to assess the effectiveness of video assisted teaching on knowledge about breast self-examination among women residing in rural area. The finding in the present study shows in Pre interventional knowledge, majority of 41 women that is 68.3% had inadequate knowledge and 19 women that is 31.7% had moderate knowledge whereas none of women had adequate knowledge. In the post test knowledge score of women on breast self examination, majority of 50 women that is 83.3% had adequate knowledge whereas 16.7% had moderate knowledge and none of women had inadequate knowledge regarding breast self examination.

KEYWORDS : Effectiveness, video assisted teaching, knowledge, breast self examination

INTRODUCTION:

“Breast self-examination” a practice through which breast abnormality can be discovered by the women herself. Regularly inspecting breast helps women to experience common and uncommon changes in breast. Breast self-examination procedure is for ladies those in pubertal ages or more the pubertal age to distinguish any breast abnormality. Slight undefined variations similar to swellings, protrusion or masses that can be signal of cancer can be early found through breast self-examination by the ladies herself.

S. Rakesh, T. Alka (2017), led cross sectional study to evaluate the knowledge regarding breast self-examination among 100 ladies within the age group of 20-60 years in urban area, Mumbai city. In this study Multistage sampling technique was used. To test their knowledge regarding BSE. Structured questionnaire was used. Data collected and analysed by using appropriate statistical methods. Results revealed that out of 100 ladies, 58% had knowledge that breast cancer was the most prevalent cancer among women, 52% knew that what breast self-examination is and 28% were practicing breast self-examination.¹

Sivasankari kuppusamy(2017) led a quasi experimental study to find out the effectiveness of video assisted teaching on BSE towards knowledge among 60 adolescent girls selected by convenient sampling technique at Thalapathy K. Vinayakam Mat.Hr.Sec.School, Tiuttani. One group pre and post test design adopted. To collect data regarding socio demographic variables and knowledge regarding BSE semi structured self administered questionnaire method was used. Video Assisted Teaching was given after the pre test and post test was done with the same tool after two weeks. The result showed highly improvement in post test level of knowledge, calculated paired 't' test value 25.44 at ($p < 0.01$) which was highly significant.²

OBJECTIVES OF THE STUDY:

To assess the pre interventional level of knowledge score about breast self-examination among women residing in rural area.

To assess the post interventional level of knowledge score about breast self-examination among women residing in rural area.

To find out the significance difference between pre and post interventional level of knowledge about breast self-examination among women residing in rural area.

To find out association between knowledge score among women and with their demographic variables.

To assess the effectiveness of video assisted teaching on knowledge about breast self-examination among women residing in rural area.

MATERIALS AND METHODS: The research approach used by the investigator for this study was evaluative approach. Pre-experimental

one group pre-test post-test design was selected for the study. Samples comprised of 60 Women who fulfilled the inclusion criteria and Non probability purposive sampling technique was used for the selection of women. The present study was conducted in Manjus kalan Raissen district (M.P), scheduled from 03rd of January 2018 to 10th of January 2018. The data was collected and analyzed using descriptive and inferential statistics.

RESULTS: Description of Demographic Variables Of the women

The study findings showed that among 60 women majority of the selected women 39 (65.0%) belonged to the age group 26-30 years, Majority of the selected women that is 25 (41.7%) belonged to Muslim religion, Majority of selected women that is 30(50.0%) had primary school education, Majority of the selected women that is 35 (58.3%) belonged to the small family, Majority of the selected women that is 29 (48.3%) were married, Majority of the selected women that is 33 (55.0%) had previous exposure through newspaper.

Table 1 (a): Association of pre interventional knowledge score with selected demographic variables.

Demographic variable	Inadequate	Moderate	Chi test	Df	P value
Age					
20-25Yrs	14	3	10.190	2	.006*
26-30Yrs	27	12			
31-35Yrs	0	4			
Religion					
Hindu	5	0	20.765	3	.000*
Christian	17	3			
Muslim	18	7			
Sikh	1	9			
Education					
Primary school	24	6	7.965	3	.047*
High school	11	5			
Graduate	1	4			
Post Graduate	5	4			
Type of Family					
Small Family	30	5	14.777	3	.002*
Joint Family	8	8			
Extended family	3	3			
Single parent family	0	3			
Marital status					
Married	15	14	7.724	3	.052
Unmarried	14	3			
Divorced	8	2			
Widow	4	0			

Previous exposure regarding Breast Self - Examination					
Newspaper, Television, Radio	20	13	2.299	2	.317
Workmate and relative	15	5			
No exposure at all	6	1			

*= significant at P<0.05

Table: 2 (b): Categorical comparison between pre test and post test knowledge score regarding Breast Self Examination

N=60

Score	Grade	Pre- intervention		Post – intervention	
		Frequency (n)	Percentage (%)	Frequency (n)	Percentage (%)
0-10	Inadequate	41	68.3	0	00
11-20	Moderate	19	31.7	50	83.3
21-30	Adequate	0	00	10	16.7

The above table shows that the comparison between pre intervention and post intervention score. The pre intervention knowledge score shows that majority of the women that 68.3 % had inadequate knowledge and 19 women that is 31.7% had moderate knowledge and none of the women had adequate knowledge regarding Breast Self Examination.

Post interventional score shows that majority of the women that is 83.3% had moderate knowledge, and 16.7% that is 10 women had adequate knowledge and none of the women comes under inadequate grade knowledge regarding Breast Self Examination.

It is elucidate that though they don't have much interest in learning but if they are motivated and provide education in a innovative manner then there will be increase in knowledge level.

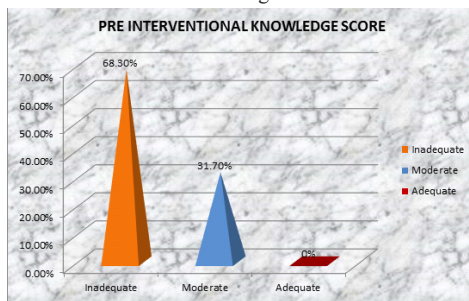


Figure 1: Pyramid diagram showing the pre interventional knowledge score of women regarding Breast Self Examination.

DISCUSSION:

The present study shows that Post interventional knowledge score after administration of video assisted teaching, the knowledge score had drastic improvement among women. It is clear that majority of the women 50(83.33%) have gained moderate knowledge regarding breast self examination, 10(16.67%) have adequate knowledge regarding breast self examination and none of the women were in inadequate category.

CONCLUSION:

The present study was undertaken by the researcher to evaluate the effectiveness of video assisted teaching regarding breast self examination among women in a selected rural area. Breast self examination have a vital role in finding any breast abnormality by the women herself to prevent any complication. Breast self examination is a technique through which women can be self aware by any unusual abnormality in the breast.

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