ORIGINAL RESEARCH PAPER

KNOWLEDGE ASSESSMENT OF BREAST SELF EXAMINATION AMONG B. SC NURSING STUDENTS OF SELECTED NURSING COLLEGE

Nursing

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ABSTRACT

A research was among B. Sc nursing students at selected nursing college of Indore. A pre-experimental one group pre-test and post-test research design was used in this study. The population comprised of 40 samples using purposive sampling. Data revealed that the mean posttest knowledge (17.55) was higher than mean pretest knowledge scores (12.85). And there is significant difference between pre-test and post-test at the level of (t = 10.58, P < 0.05). There is significant association between pretest knowledge score with demographic variables like family history of cancer, therefore H2 is accepted for this variable and rejected for other variables like age, educational status, previous knowledge of breast self examination and source of information, chi-square test was applied .

INTRODUCTION

Breast cancer is the 2nd most common cancer in Indian women. The incidence is more in urban than rural women. Breast self examination is inexpensive & safe procedure, which can be conveniently done by all women, if they are adequately motivated & trained. International agency of WHO for research on cancer stated that approximately 79000 women were affected in 2001 & around 89000 in 2000. The breast is the leading site for cancer among women and screening for cancer has a favorable effect on mortality from breast cancer. The basic technique for early detection of breast cancer is breast self-examination. The practice of Breast Self-Examination (BSE) has been seen to empower women, taking responsibility for their own health. Therefore, BSE is recommended for raising awareness among women at risk.

OBJECTIVES

1. To assess pre-existing knowledge regarding breast self-examination among B. Sc nursing students.
2. To assess the effectiveness of structured teaching program regarding breast self examination among B. Sc nursing students.
3. To find out the association between pre-test knowledge score on breast self-examination with selected socio-demographic variables of B. Sc nursing students.

HYPOTHESIS

H1 – There will be significant difference between pre-test and post-test knowledge score after structured teaching program regarding breast self examination at the level of 0.05%

H2 – There will be significant association between pre-test knowledge score and selected socio-demographic variables.

METHODS AND MATERIALS

Research design - A pre experimental, one group pre-test post-test research design.

Population - B. Sc nursing students of selected nursing college in Indore.

Setting – The study was conducted at selected nursing college in Indore.

Sampling procedure - Purposive sampling technique.

Samplinge size – 40 B. Sc nursing students of selected nursing college in Indore.

Inclusion criteria:
• B. Sc nursing students who are willing to participate in the study.
• B. Sc nursing students who are available during the study are included in the study.

Exclusive criteria:
• B. Sc nursing students who are not willing to participate in the study
• B. Sc nursing students who are sick or absent at the time of data collection.

Instruments used
To meet the objectives of the study, the tool used for the study will be comprised of

Section I: Description of socio demographic variables of B. Sc nursing students.

Section II: Structured knowledge questionnaire on regarding breast self-examination.

RESULT
Data shows that 97.5 % of B. Sc nursing students had scored good in post-test compared to pre-test, whereas 2.5% of B. Sc nursing students scored average in post-test, 50 % and 10% had average and poor score in pre-test which was reduced to 2.5% and 0% in the post-test scores. It indicates a considerable gain in knowledge score and effectiveness of structured teaching program. The mean post-test knowledge score of B. Sc nursing students (17.55) is significantly higher than mean pre-test knowledge score (12.85) after administration of structured teaching programe at the level of P ≤ 0.05. There is significant association with pre-test knowledge score and selected demographic variables like family history of cancer at the level of P ≤ 0.05, therefore H2 is accepted for this variable and rejected for other variables.

CONCLUSION
The present study identifies a great need for B. Sc nursing students regarding breast self-examination. It is important to encourage women to become aware of the feel and shape of their breasts, so that they are familiar with what is normal for them and report any changes to their general practitioner.

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