

Effectiveness of a Planned Teaching Programme on Breast Cancer and Breast Self-Examination Among Working Women in Himachal Pradesh

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Abstract— A study to assess and evaluate the effectiveness of Planned Teaching Programme on breast cancer and breast self-examination in terms of knowledge and practice of working women in selected schools of Himachal Pradesh. The objectives of this study were to – (1) Develop a Planned Teaching Programme on breast cancer and breast self-examination for working women, (2) Assess and evaluate the knowledge of the working women regarding breast cancer and breast self-examination before and after the administration of the Planned Teaching Programme (3) Assess and evaluate the practice of working women regarding breast self-

examination before and after the administration of the Planned Teaching Programme. (4) Find out the relationship between post-test knowledge and post-test practice of working women regarding breast cancer and breast self-examination. The conceptual framework of the study was based on Orem's self-care theory. The research approach adopted for the study was evaluative with one group pre-test post- test design. The population comprised of working women. Purposive sampling technique was used to select a sample of 30 working women. A structured knowledge questionnaire was developed to assess the knowledge of the working women, and observation checklist was developed to assess the practice of the working women on breast cancer and breast self -examination. Planned teaching programme was developed to teach the working women regarding breast cancer and breast self - examination. The reliability of the tools and feasibility of the study were verified through pilot study. The reliability of the questionnaire was established by K.R-20 formula and inter observer method for practice respectively. The data was collected from 13 Feb 2014 to 28 Feb, 2014 after taking the formal approval from the principal of the Govt. Sr. sec. school, Tihri, Govt. Sr. sec. school Jol Sappad and Govt. Sr. sec. school Galor Himachal Pradesh

The data was analysed by using descriptive and inferential statistics. The findings of the study were: (1) The mean post-test knowledge score and practice score

of the working women was significantly higher than their mean pre-test knowledge and practice score. (2) There was a positive correlation exist between post- test knowledge and post-test practice score of working women. Study findings indicated that the Planned Teaching Programme was effective for enhancing the knowledge on breast cancer and breast self-examination and improving their practice regarding breast self-examination. The findings of the study had several implications for nursing education, nursing practice, nursing administration and nursing research. Based on the findings, recommendations for further research were made.

Index Terms—Breast Cancer, planned teaching programme, practice, breast self examination.

1. INTRODUCTION

The female breast has been regarded as a symbol of beauty, sexuality and motherhood. Any actual (or) suspected disease (or) injury affecting breast tends to reflect the prevailing societal view of the breast. The threat of mutilation (or) loss of a breast may be devastating for the women because of psychosocial, sexual and body image implications significance associated with it. **Nasand Pratibha (2012)** reported in Times of India that one woman dies every 10 minutes due to Breast_cancer. In 2025, these cancers will kill one victim each in 4.6 and 6.2 minutes . **Bakane (2002)**, reported in his article on Rehabilitating “Breast Cancer Patients, Health action”, Breast cancer is affecting 18 to 25 per 1, 00,000 urban women and 8.6 per 1, 00,000 for rural Indian women. Current statistics indicate that a woman's lifetime risk for developing breast cancer is one in eight, but this is not the same for all age groups. For example the risk for developing breast cancer by 35 years is 1 in 622 by 60 is 1 in 23. Approximately 80% of breast cancer is diagnosed after the age of 50yrs. **Dikshit A Rajesh, (Oct 21, 2012)**, reported in

an article on Cancer statistics in Indian women in TOI that the crude breast cancer cases in urban Indian women is 25-30 and the age adjusted rate is 30-35 new cases per 1,00,000 women per year. Breast cancer is increasing both in young (11per cent per decade) and old women (16per cent per decade). There are an estimated 1, 00,000-1, 25,000 new breast cancer cases in India every year. The number of breast cancer cases in India is estimated to double by 2025.

II.STATEMENT OF THE PROBLEM

A study to assess and evaluate the effectiveness of Planned Teaching Programme on breast cancer and breast self-examination in terms of knowledge and practice of working women in selected schools of Himachal Pradesh.

III. OBJECTIVES OF THE STUDY

The objectives of the study were to:

- 1.Develop a Planned Teaching Programme on breast cancer and breast self -examination for working women.
- 2.Assess and evaluate the knowledge of the working women regarding breast cancer and breast self-examination before and after the administration of the Planned Teaching Programme
- 3.Assess and evaluate the practice of working women regarding breast self-examination before and after the administration of the Planned Teaching Programme
- 4.Find out the relationship between post-test knowledge and post-test practice of women regarding breast cancer and breast self- examination.

IV.HYPOTHESES

Polit and Beck (2012) described hypotheses as a tentative prediction or explanation of the relationship between variables translating the problem statement into production of expected outcomes, which is subjected to empirical testing through the collection and analyses of data, guiding the scientific enquiry, extending knowledge and directing research.

The following hypotheses were formulated for the present study.

H₁- The mean post-test knowledge score of the women will be significantly higher than their mean pre-test knowledge score on breast cancer and breast self-

examination as evident from the structured knowledge questionnaire at 0.05 level of significance.

H₂-The mean post-test practice score of the women will be significantly higher than their mean pre-test practice score on breast self-examination as evident from the structured practice checklist at 0.05 level of significance.

H₃-There will be a significant relationship between the mean post-test knowledge score and mean post- test practice of the women on breast cancer and breast self-examination as evident from the structured knowledge questionnaire and structured checklist at 0.05 level of significance.

V.METHODOLOGY

This was a pre-experimental, one-group pre-test post-test study involving 60 working women. Tools included a structured knowledge questionnaire and a practice checklist. A Planned Teaching Programme on breast cancer and BSE was implemented, followed by post-testing.

VI.SUMMARY OF THE FINDINGS

The analysis and interpretation of data collected from 30 working women to evaluate the effectiveness of Planned Teaching Programme on breast cancer and breast self-examination terms of knowledge and practice in selected schools of Himachal Pradesh. Descriptive and Inferential statistics were used to analyse the data.

Major findings of the study were –

1-The findings regarding sample characteristics revealed that – As per the age group (50%) of the women were in the age group of 31-40 years. All the subjects were Hindu. Maximum women (63.33%) were having the education at post-graduation level. Majority of the subjects (80%) were married. Maximum (40%) were having family income >30,001 per month. Maximum subjects (43.33%) were 14 years at the age of menarche. Maximum Subjects (62.5%) were married between the ages of 22-25 years and (54.16%) of working women were between the age of 22-25 years at their first child.

2- The mean post- test knowledge score of the working women were significantly higher than their mean pre- test knowledge score on breast cancer and breast self-examination.

3-. The mean post -test practice score of the working women were significantly higher than their mean pre- test knowledge score on breast cancer and breast self-examination.

4- - significant positive correlation was found between the knowledge score and practice score of the working women regarding breast cancer and breast self-examination as knowledge enhances practice. Therefore Planned Teaching Programme on breast cancer and breast self- examination was effective in increasing their knowledge and practice.

VII. CONCLUSION

On the basis of the findings of the study following conclusions could be drawn .There was deficiency of knowledge and practice of working women regarding breast cancer and breast self –examination .The Planned Teaching Programme was found to be effective in increasing the knowledge and practice among working women regarding breast cancer and breast self –examination There was positive relationship between post-test knowledge and post-test practice of working women regarding breast cancer and breast self –examination

VIII.APPENDIX

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