

Effectiveness Of Video Assisted Teaching Programme on Knowledge Regarding Breast Self-Examination Among Girls Studying in Degree College of Bagalkot Karnataka.

Ms Pooja Karki¹, Dr Utalbasha N Dhandargi², Mr Mohammad Aakib³, Mr Pradeep H⁴, Ms Yasmin M⁵

¹Lecturer, Department of OBG Nursing, BES Bagalkot College of Nursing, Bagalkot

²Principle/HOD, Department of Community Health Nursing, BES Bagalkot College of Nursing, Bagalkot

^{3,4,5}BSc Nursing, Final Year students, BES Bagalkot College of Nursing, Bagalkot

Abstract—Background of the study:

The incidence rate of breast cancer in India is around 26.6 per 100,000 women. Breast cancer is the most common cause of death among women in world wide. Breast cancer is increasing in India due to age, life style, environmental chemicals, radiation exposure one of the simple and cost-free effective diagnoses of breast cancer is by performing breast self-examination.¹

Aim: The aim of the study was to determine the effectiveness of video assisted teaching programme on breast self-examination among girls studying in degree college girls of Bagalkot.

Objective:

- Assess the knowledge of degree college girls regarding breast self-examination.
- To assess the effectiveness of video assisted teaching program on breast self-examination among degree college girls.
- To find association between knowledge regarding breast self-examination and selected socio demographical factors of degree college girls.

Methods and materials: It was a quasi-experimental study in this the simple random sampling technique (lottery method) was used. Data was collected by using structured questionnaire prepared by researchers. The samples were 50 girls studying in degree college of Bagalkot. The study was conducted on 26/07/2024 to 02/08/2024, the obtained data was analyzed through descriptive and inferential statistics in term of frequency distribution of percentage, mean, standard deviation, paired test and chi square.

Result: The Pretest mean knowledge score was 10.88 with SD $\pm$ 2.349 which was compared to the posttest mean knowledge score 13.20 with SD $\pm$ 3.030 this showed that the posttest knowledge score was significantly higher than pretest knowledge scores. In pre-test out of 50 samples 17 (34%) had poor knowledge 28 (56%) average knowledge & 5 (10%) were good knowledge regarding

breast self-examination. Where as in post-test out of 50 subjects 41 (82%) had average knowledge and remaining 9 (18%) had good knowledge and no subjects are found in the category of poor knowledge.

Conclusion: The video assisted teaching program prepared and administered by researcher was successful in improving the knowledge of degree college girls regarding breast self-examination so much educational program must be conducted regularly for updating the knowledge of Degree College girls keep them safe.

Index Terms— BSE (Breast self-examination), video assisted teaching program, Breast cancer.

I. INTRODUCTION

A breast self-examination is a self-inspection of the breast. During a breast self-examination eye used to see and hands to observe the appearance of breast and feel the breast self-examination allow becoming more familiar with girl breast.¹

The female breast has been regarded a symbol of beauty, sexuality and motherhood. Breast self-examination may help to identify potential breast problem and it helps to identify the early detection of the breast cancer.²

The best time to perform breast self-examination is when the breast is not tender or swollen because many women experience tenderness and lumpiness in their breast prior to menstruation breast self-examination should be performed after menses health care personnel advice for women to perform a breast self-examination regularly every month. Breast self-examination is a screening method used in an detect early breast cancer.²

II. OBJECTIVES OF THE STUDY

- Assess the knowledge of degree college girls regarding breast self-examination.
- To assess the effectiveness of video assisted teaching program on breast self-examination among degree college girls.
- To find association between knowledge regarding breast self-examination and selected socio demographical factors of degree college girls.

III. MATERIAL'S AND METHOD'S

Research approach: An evaluative research approach was used in the present study. Research design: A pre-experimental one group pre-test post-test design was used in the present study.

Pre-experimental one group pre-test post-test design

Group	Pre test	Intervention	Post test
I	O ₁	X	O ₂

Variables:

Dependent variable: The degree college girls' knowledge regarding breast self-examination.

Independent variable: The video assisted teaching program on knowledge regarding breast self-examination among the degree college girls.

Socio demographic variables: Age, religion, type of family, residential area, age of menarche, family monthly income, degree year of participant, marital status, family history of breast cancer, education level of mother and father, awareness of breast self-examination.

Setting of study: The study was conducted in "Government first grade college Navanagar Bagalkot."

Target population: The target population of the present study is the girls who are studying in degree college.

Accessible population: The accessible population of the present study is the girls who were studying in Government first grade college Navanagar Bagalkot.

Sampling technique: In the present study researcher has used the simple random sampling technique (lottery method) to select the girls studying in degree college in Bagalkot.

Sample: Sample of present study is the college girls studying in Government first grade degree college in Bagalkot.

Sample estimation: The sample size for present study comprises is 50 girls studying in degree college of Bagalkot Karnataka. The sample size was calculated by using Cochran's formula. data for calculating sample size was used from the findings of the pilot study outcomes

Sample size = $Z \text{ value}^2 * SD^2 / d^2$. Where, Z- is the critical value at 5% level of significant, SD-is the Standard deviation, d-is the margin of error.

Sample size: The sample size for present study comprises in 50 students.

Sample selection criteria:

Inclusion criteria:

The present study includes the students who were

- Available at the time of data collection
- Willing to participate in the study.

Exclusive criteria:

The present study includes the students who were

- Who are physically ill and not able attend intimation and expected to be absent or on leave at time of intimation.

Development and Description of tool:

- Based on review of literature and experts' opinion the data collection instrument was prepared to conduct this study.
- The instrument consists of 2 sections
- Section A consist of 12 Demographic characteristics of sample.
- Section B consist of Video assisted teaching program on knowledge regarding breast self-examination.

Permission: A formal permission was obtained by institutional ethical committee and from College and consent was obtained from participants.

Procedure of data collection: The researcher obtained formal permission from college authorities. The sample was selected by simple random sampling technique. The sample included students who are studying in degree college. The researcher approached all the degree students available in "Government first grade college Navanagar Bagalkot" and enrolled the

students who were willing to participate and expected to be available during the period of study.

Data collection tool include: The study obtained formal approval from college authority. After obtaining informed consent, the pretest was conducted on (26/07/2024) the intervention, video assisted teaching programmed on knowledge regarding breast self-examination administered and posttest has been done on 02/08/2024.

IV. BASE LINE INFORMATION

Self-administered structured questionnaire is Age, religion, type of family, residential area, age of menarche, family monthly income, degree year of participant, marital status, family history of breast cancer, education level of mother and father, awareness of breast self-examination.

V. INTERVENTION

A video assisted teaching programme was designed and developed by the investigator according to the experts' opinions. The content of video assisted teaching programme was Introduction, definition, steps, conclusion of breast self-examination. The video assisted teaching programme was prepared in English language.

The data was analyzed by using both descriptive and inferential statistics. Demographic data was analyzed by using frequency and percentage distribution. Mean and standard deviation and paired "t" test were used to find the difference between pre-test and post-test knowledge score of degree college girls. Chi square test was used to determine association between post-test knowledge score with their selected demographical variables of degree college girls.

VI. RESULTS

Table 1: Description of participation according to their socio demographic variables.N=50

SI.NO	Demographic variables	Categories	Frequency(f)	Percentage (%)
1.	Age	a. 19	11	22
		b. 20	13	26
		c. 21	26	52
2.	Religion	a. HINDU	22	44
		b. Muslim	13	26
		c. Cristian	15	30
3.	Type of family	a. Nuclear	33	66
		b. Joint	17	34
4.	Residential area	a. Urban	31	62
		b. Rural	19	38
5.	Age of menarche	a. 10 y to 12 y	12	24
		b. 13y to 14 y	26	52
		c. 15y to 16y	12	24
6.	Family monthly income	a. 10,000-15,000	8	16
		b. 16000-20000	12	24
		c. 21000-25000	14	28
		d. 26000 above	16	32
7.	Marital status	a. Married	13	26
		b. unmarried	37	74
8.	Family history of breast cancer	a. Yes	00	00
		b. No	50	100
9.	Education level of mother	a. No formal education	03	06
		b. Primary education	10	20
		c. Secondary education	17	34

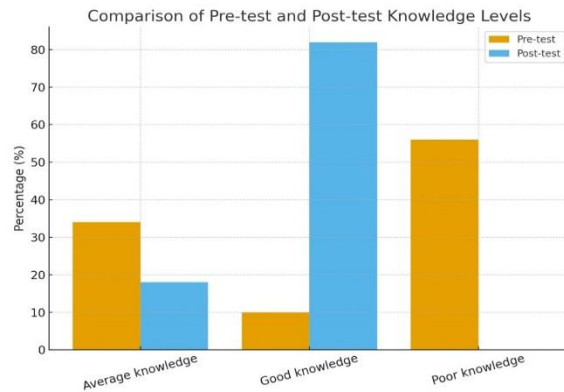
		d. Pre-university education	20	40
		e. Graduate and above	00	00
11.	Awareness of breast self-examination	a. Yes	10	20
		b. No	40	80

Section II:

Table 3: Frequency and percentage of pretest and posttest level of knowledge on degree college students.

	Level of knowledge	Score	Pre-test		Post-test	
			F	%	F	%
1	Average knowledge	0-3	17	(34%)	9	(18%)
2	Good knowledge	4-8	5	(10%)	41	(82%)
3	Poor knowledge	9-11	28	(56%)	0	0

F= Frequency, %=Percentage



In pre-test out of 50-degree college girls 28 (56%) had average knowledge and 17 (34%) subjects with poor knowledge, 5 (10%) had good knowledge regarding breast self-examination. Where as in post-test 41(82%) had average knowledge, 9 (18%) had a good knowledge thus it shows that video assisted teaching programme was successfully in improving the knowledge of degree college girls regarding breast self-examination.

Table 2: Assessment of knowledge

S=Significant at $p<0.05$ N=50

Knowledge score	Max score	Mean	Mean%	Mean difference	Standard deviation	t value	df	Inference
Pre test	18	10.88	60.44%	2.32	2.349	4.50	49	Significant S
Post test	19	13.20	69.47%		3.030			

Pretest mean and standard deviation 10.88 ± 2.349 and posttest mean and standard deviation 13.20 ± 3.030 . The above table shows the comparison of mean pre-test and post-test knowledge score the mean pre-test knowledge score was 10.88 while in the post-test was

13.20 the difference was found to be statistically significant ($p<0.05$), showing a higher mean knowledge score in the post-test thus the intervention was very helpful improving the mean post-test knowledge score.

Table 4. Association between teaching program knowledge regarding video assisted teaching programme on knowledge regarding breast self-examination among girls with their selection social demographic variable

Sl.No	Socio Demographic Variables	Df	Chi Square Test	P Value	Remarks
1.	Age	2	2.84	0.242	NS
2.	Religion	2	1.36	0.505	NS
3.	Type of family	1	0.47	0.493	NS
4.	Residential area	1	0.82	0.365	NS
5.	Age of menarche	2	0.59	0.744	NS
6.	Family monthly income	3	3.27	0.352	NS

7.	Marital status	1	4.13	0.042	Significant
8.	Education level of mother	4	8.56	0.036	Significant

VII. DISCUSSION

The present study to assess the effectiveness of video assisted teaching programme on breast self-examination among degree college girls. The study finding revealed that video assisted teaching was improving the knowledge of degree college girls on breast self-examination.

- The present study was supported based on the study conducted by Nirmala devi, Nongmeikapummonika and Rath Tushingham (June 2021) on effective of video assisted teaching on breast self-examination among 60 adolescent girls which had significant improvement in level of knowledge at $p < 0.05$ another objective was to find out the association between pre-test knowledge of adolescent with selected demographic variables of family history of breast cancer and previous source of information on breast self-examination.³
- These findings were supported through a study conducted by Shalini J who observed that, the mean pretest knowledge score was girls had good knowledge followed by girls had average knowledge.⁴
- These findings were supported through a study conducted by Yashpreet .K who observed that, the mean pretest knowledge score was 5% girls had good knowledge followed by 37% girls had average knowledge and 58% girls had poor knowledge.⁵
- These findings were supported through a study conducted by Vedavathi N, Roshmi M Praveena Setc..The study shows that majority of college girls in pre-test 76(95%) of them had inadequate knowledge, 4(5%) of them had moderate knowledge and none of them had adequate knowledge regarding Breast self-examination but in post-test 76(95%) of them had adequate knowledge, 4(5%) of them had moderate knowledge and none of them had inadequate knowledge regarding Breast self-examination.⁶
- These findings were supported through a study conducted by Pratibha M. The findings of the study revealed that in the pretest 65% had

inadequate knowledge and 35% had been recorded to have moderate knowledge. In the post-test 71% of students had moderate knowledge and 29% had adequate knowledge.⁷

- These findings were supported through a study conducted by Porselvi M, Muthamizh M, Pathima E, Nandhini M, Poyyamozi M, Nivetha M, et al. The study findings shows that in pretest level of knowledge among 30 samples 25(83.4%) had inadequate knowledge and 5(16.6%) had moderate adequate knowledge. In post-test level of knowledge among 30 sample 8(26.6%) had moderate adequate knowledge and 22(73%) had adequate knowledge.⁸
- These findings were supported through a study conducted by Ms. Namrata C, Mr. Prashant T & Ms. Saroj C. The mean of pretest is 10.8 and post-test mean is 24.8. The knowledge of nursing student related to breast self-examination is improved.⁹

VIII. RECOMMENDATION

- Based on the findings of the study the below recommendation is made for further study.
- The similar study can conduct in a large scale with large sample size.
- The study can be conducted among different groups in hospital and community.

IX. CONCLUSION:

The present study represents pre-experimental one group pre-test post-test design was used in the present study and evaluative approach was used. The overall pretest knowledge of students had poor knowledge to good knowledge. The video assisted teaching program prepared and administered by researcher was successful in improving the knowledge of degree college girls regarding breast self-examination so much educational program must be conducted regularly for updating the knowledge of Degree College girls keep them safe.

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