

# Effectiveness of Planned Educational Programme on Knowledge Regarding Breast Self-Examination Among Adolescent Girls

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## ABSTRACT

**BACKGROUND:** Breast Cancer is the cancer that starts in the cells of the breast commonly in inner lining of milk duct or lobules of the breast. The earliest form is not life threatening. Cancer cell can spread into nearby breast tissue. This creates tumor that cause lumps or thickening.<sup>1</sup>

**MATERIALS AND METHODS:** A quasi experimental, one group pretest-posttest design was used for study Non probability convenient sampling technique was adopted. The study was conducted on 60 subjects using self-structured questionnaire to assess the effect of Planned Educational Programme on knowledge regarding breast self-examination at Government Senior Secondary School, Sri Goindwal Sahib Descriptive and inferential statistics were used for analysis and interpretation of data.

**RESULTS AND CONCLUSION:** The study findings revealed that mean score of pre-test was  $11.43 \pm 3.22$  and mean score of posttest was  $18.7 \pm 4.91$ . The calculated paired 't' value

of pre-test and posttest was 11.49 which was statistically significant at  $p=0.01$ . The pretest knowledge score had significant association with the age at menarche. It is concluded from the results that Planned Educational Programme was effective to enhance the knowledge of adolescent girls regarding breast self-examination.

**Keywords:** Effectiveness, planned educational programme, BSE, Knowledge, adolescent girls

## INTRODUCTION

Health is wealth goes the saying. Health is essential factor for a happy contented life. Women and Men share many similar health problems but women also have their own health issues, which deserve special consideration. Cancer is one of the most important which threaten human health.<sup>2</sup> According to World health organization, there were 2.3 million women diagnosed with breast cancer and 685,000 deaths globally.<sup>3</sup> Breast cancer is ranked

number one in India. According to Indian council of medical research report breast cancer cases will reach 250,000 by 2030<sup>4</sup> Breast cancer is one of the most feared cancer in women because it affect the perception of self image to a degree greater than any other cancer. The incidence of breast cancer is rising in every country of the world especially in the developing countries<sup>5</sup>. Breast self-examination is an ideal, safe, effective and cost free method which can be done by every women at her leisure time with little training.<sup>6</sup> The detection at very early age could be possible if the women will have adequate knowledge about methods of early detection of breast cancer and the performance of these methods would lead to decrease in progression of diseases to severe stages.

#### **OBJECTIVES:**

- To assess the Pretest knowledge score regarding Breast self-examination among adolescent girls.
- To assess post-test knowledge score regarding Breast self-examination among adolescent girls.
- To assess the effectiveness of Planned Educational Programme on knowledge regarding Breast self-examination among adolescent girls.
- To find association of pretest knowledge score regarding Breast self-examination with selected socio demographic variables among adolescent girls.

#### **MATERIAL & METHOD**

**Research approach -:** Quantitative research approach

**Research design -:** quasi experimental one group pretest and posttest design

#### **VARIABLES UNDER STUDY**

**Dependent variables:** knowledge regarding breast self-examination

**Extraneous variables:** Age, area of residence, class, age at menarche, family

history of breast cancer, any information regarding breast self-examination and source of information.

**Setting of the study -:** Government Senior Secondary Smart School, Sri Goindwal Sahib, District Tarn Taran, Punjab.

**Target Population -:** Adolescent girls in the age group 14 – 18 years

**Sample size -:** 60 adolescent girls were taken as subjects.

**Sampling technique-:** Convenient sampling technique was adopted.

#### **CRITERIA FOR SAMPLE SELECTION**

##### **❖ Inclusion criteria: -**

Adolescent girls who were: -

- Willing to participate
- Having age between 14-18 years
- Reached menarche
- Able to read and write

##### **❖ Exclusion criteria: -**

Adolescent girls who were: -

- Exposed to similar teaching previously
- Not present at the time of data collection
- Not willing to participate in the study.

#### **DESCRIPTION OF TOOL**

It had two parts -:

**Part-1:** Demographic variables.

**Part-2:** Self Structured questionnaire.

**Part 1:** Socio-Demographic data: It was related to sample characteristics which were not included in scoring system.

**Part 2:** Self Structured knowledge questionnaire: Total numbers of items in this part were 30. A self-structured questionnaire consisting of 30 Multiple choice questions was used. Each item had 1 score for correct answer and 0 for incorrect answer.

The procedure of data collection was carried out in month of August 2023. Pre-test was taken from 60 subjects and time taken by the participants to complete the tool was 45

minutes. Thereafter planned education was given to them using Audio-visual aids such as flip chart, leaflets and chart. The investigators

spent 45 minutes to complete education. Post-test was taken on 5<sup>th</sup> day.

## FINDINGS & INTERPRETATION

**Table 1: Frequency and percentage distribution of sample characteristics N= 60**

S. No.	Socio demographic Variables	Frequency (f)	Percentage (%)
1.	Age (years)		
	14 -15	27	45.0
	16-17	31	51.7
	17-18	2	3.3
2.	Area of residence		
	Rural	52	86.7
	Urban	8	13.3
3.	Class		
	9th class	40	66.7
	10th class	20	33.3
4.	Age at menarche ( in years)		
	12 – 13	38	63.3
	14 – 15	22	36.7
5.	History of breast cancer in family		
	YES	0	0
	No	60	100.0
6.	Relation with family member with breast cancer		
	YES	0	0
	No	60	100.0
7.	Any information about BSE		
	YES	0	0
	No	60	100.0
8.	Source of information about BSE		
	YES	0	0
	No	60	100.0

NB: BSE= Breast Self-Examination

**Table 2: Frequency and percentage distribution of Pretest and posttest knowledge score of adolescent girls regarding breast self-examination N = 60**

Level of knowledge	Pre test		Post test	
	Frequency (f)	Percentage (%)	Frequency (f)	Percentage (%)
Poor	47	78.3	13	21.7
Average	13	21.7	33	55
Good	0	0	14	23.3

**Table 3: Effectiveness of Planned educational programme on knowledge regarding Breast self-examination among adolescent girls. N=60**

S. No.	Knowledge score	Mean	SD	MD	t value	df	p value
	Pre test	11.43	3.22	7.26	11.49	59	0.001
	Post test	18.70	4.91				

NB: SD= Standard deviation, MD=Mean difference, df= degree of freedom, \*=significant at 0.01 level

**Table 5: Association of Pretest Knowledge Score Among Adolescent Girls Regarding BSE with Selected Socio Demographic Variables.**

S. No.	Socio demographic Variables	Knowledge		$\chi^2$ values	df	p value
		< Median (<11)	≥Median (≥11)			
1.	Age (years)					
	14 -15	14	13	2.339	2	.322 <sup>NS</sup>
	16-17	10	21			
	17-18	1	1			
2.	Area of residence					
	Rural	24	28	3.231	1	.123 <sup>NS</sup>
	Urban	1	7			
3.	Class					
	9th class	19	21	1.680	1	.195 <sup>NS</sup>

	10th class	6	14			
4.	Age at menarche					
	12 – 13 years	12	26	4.339	1	.037 <sup>s</sup>
	14 – 15 years	13	9			
5.	*History of breast cancer in family					
	Yes	0	0			
	No	25	35			
6.	*Relation with family member with breast cancer					
	Yes	0	0			
	No	25	35			
7.	*Any information about BSE					
	Yes	0	0			
	No					
8.	*Source of information about BSE					
	Yes	25	35			
	No	0	0			

NB: NS=Non-significant, S=Significant, \*= No statistics are computed because data/information are constant means lies in single category. .§= Fisher exact p-value.

## CONCLUSION

There was increase in the post test mean knowledge score when compared to mean pretest knowledge score using paired ‘t’ test at p=0.01 level, showing the effectiveness of educational programme to increase the knowledge of subjects regarding breast self-examination.

## Recommendations:

- The study can be replicated by using a large sample there by findings can be generalized.
- A descriptive study can be conducted to check the attitude and practice regarding Breast self-examination among women.
- A descriptive study can be conducted to check the prevalence of breast cancer among women.
- A comparative study can be conducted to check knowledge and attitude regarding Breast self-examination in rural and urban areas among women.

## Declaration by Authors

**Ethical Approval:** Approved

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**Conflict of Interest:** The authors declare no conflict of interest.

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