



ISSN: 0976-3376

Available Online at <http://www.journalajst.com>

ASIAN JOURNAL OF
SCIENCE AND TECHNOLOGY

Asian Journal of Science and Technology
Vol.07, Issue, 03, pp.2561-2564, March, 2016

RESEARCH ARTICLE

KNOWLEDGE AND AWARENESS REGARDING BREAST CANCER AMONG THE FEMALE STUDENTS OF SELECTED P. U COLLEGES

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ARTICLE INFO

Article History:

Received 26th December, 2015

Received in revised form

14th January, 2016

Accepted 16th February, 2016

Published online 31st March, 2016

Key words:

Planned Teaching Programme,
Knowledge,
Awareness,
Breast Cancer,
PUC Female Students.

ABSTRACT

Breast cancer was considered to be one amongst the most commonly cancer disease in the world. Now it is considered to be the second cancer disease among women in India, with most of the affected population is in the urban areas. Breast cancer is seen mostly after the age of 40 years.

Materials and Methods: The study was a descriptive study to evaluate effectiveness of planned teaching programme on knowledge and awareness regarding breast cancer among 60 female students of selected P. U College, Belagavi City who were willing to participate in the study. After the consent, a questionnaire prepared by the investigator was given to them.

Results: Majority 39.9% had poor knowledge regarding breast cancer and 23.3% samples were less aware regarding breast cancer. After the administration of planned teaching programme, the pre-test and post-test data analysis revealed that the mean post-test score (21.16±2.67) was higher than the mean pre test score (11.55±3.49)

Conclusion: The study concluded that women have low knowledge and Awareness on breast cancer and very less population was aware of BSE (Breast Self Examination) which is one of the screening tests for breast cancer. Respondent's low knowledge on breast cancer and unawareness of the screening test is the main reason for increase in number of cases. The study concluded that Planned Teaching Programme was effective for PUC female students to gain knowledge and awareness regarding breast cancer. As health care members, nurses play an important role in providing information and educating the community people.

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INTRODUCTION

Each year 10.9 million people suffer from breast cancer worldwide that result in 6.7 million deaths from the disease. The breast cancer is prevalent in almost all regions of the world and there is no country in which cancer is a rare occurrence. Globally more than one million women are estimated to be diagnosed with breast cancer every year, and more than 410,000 will die from breast cancer. Cancer facts revealed that the age-standardized incidence rate for breast cancer in India is 22.9 per 100,000, one-third that of Western countries and the mortality rates are disproportionately higher. Breast cancer accounts for 22.2% of all new cancer diagnoses and 17.2% of all cancer deaths among women in India. Breast cancer in urban areas of India is three times higher than in rural parts of the country. Among Indian women, Breast cancer is the second most common cancer after cancer of the uterine cervix and is already the leading cancer in certain

metropolitan cities such as Mumbai, Delhi, Nagpur and Trivandrum. Increasing awareness about breast cancer would go a long way in the cure of this disease, since breast cancer is a progressive disease having a predilection of early dissemination and consequently detection of small tumors are more likely to be early stage disease, which would have a better prognosis and higher probability of getting effectively treated. Women, in general, and especially those over the age of 35 years are required to be more educated about the many available screening modalities for breast cancer and also need to be encouraged to adopt these measures as efficiently as they can. Screening for breast cancer includes mammography, clinical breast examination by a physician (CBE), and breast self examination (BSE). Although mammography has been established as an effective technique for early detection of breast pathologies, mammographic screening of an outsized population cannot be supported as a priority in India owing to its high cost. Breast self examination (BSE) on the other hand is simple, self generated, repeatable at monthly intervals and cost free. BSE involves regular monthly systematic examination of the breasts and axillary area, both visually and

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by palpation, for any signs of abnormality. It has been observed that how a woman learns about BSE can determine the frequency with which she performs it, and therefore it is important for every woman to adopt the correct method of performing BSE as demonstrated by a nurse or physician. This technique will enable a woman to familiarize herself with the structure of her own breasts so that she may readily recognize any deviation in the way they look or feel. Nonetheless, conformity to the regular practice of BSE requires constant motivation and the recognition that breast cancer is a potential hazard. It is therefore important for us to first gauge the level of knowledge regarding breast cancer among the women in our study sample and more importantly, to empower them with the correct information and demonstrate the correct method of performing BSE. It is with this intention of gauging the awareness of an average Indian woman regarding breast cancer and the importance gives to its early detection practices (BSE) that this study was designed.

Objectives of the study

1. To evaluate the knowledge and awareness regarding breast cancer among the female students of selected PU College, Belagavi.
2. To find out association between level of knowledge and awareness with their selected socio demographic variables.

Assumptions

The study assumes that

- Female students may have some knowledge and awareness about breast cancer.
- A questionnaire may enhance the knowledge and awareness of female students regarding breast cancer.

METHODOLOGY

Research approach and design

In the present pilot study Quasi Experiment research design-evaluative approach was been used.

Research Setting – Selected P.U College of Belagavi.

Sample Size- 60 students of P.U 1 & 2 studying

Sampling Technique-Systemic random sampling

Procedure for Data Collection

The research investigator obtained Ethical permission. The study was conducted at Selected P.U College of Belagavi. The steps used for data collection were as follows:

- Permission from study samples
- Administered Socio-demographic pro-forma to obtain demographic variables and Knowledge –Awareness questionnaires to respondents.
- Administered planned teaching programme to respondents regarding Breast Cancer.

RESULTS

- Majority(100%) of students were in age group of 17-21years

- Majority of PU female students 45(75%) were Hindu, 12(20%) were Muslim, 3(5%) were Christian.
- Educational status of fathers of PUC female students 27(48%) were graduates, 21(35%) had higher secondary and less 9(15%) were post graduates and 3(5%) with no formal education.
- Educational status of mothers of PUC female students 27(48%) had higher secondary and less 21(35%) were graduates and 4(7%) were post graduates
- Maximum number of occupational status of mothers of PUC female students 51(85%) were housewife's and minimum 9(15%) were employees.
- Maximum number of occupational status of fathers of PUC female students 39(65%) were employees & minority of occupational status of the fathers of PUC female students 21(35%) are businessman and none of them were unemployed.
- More number of PUC female students 49(81%) belongs to joint family and 11(18%) belongs to nuclear family
- Major number of PUC female students 42(70%) stays in urban areas and 18(30%) stays in rural area.
- Majority of PUC female students 32(53%) are Non-Vegetarian and 28(47%) are vegetarians.
- Maximum number of PUC female students 40(67%) perceived information through T.V and Telephone and 13(22%) perceived information through internet, 7(12%) perceived information through newspaper and magazines.
- Knowledge score of PUC Female students revealed that after the administration of intervention, there was significant increase in post test knowledge score 55(91.6%) had average, 5(8.33%) had good knowledge when compared to the pre test knowledge score 39(60%) had average, 21(39.9%) had poor knowledge.
- Knowledge score of PUC Female students revealed that after the administration of intervention, there was significant increase in post test knowledge score 55(91.6%) had average, 5(8.33%) had good knowledge when compared to the pre test knowledge score 39(60%) had average, 21(39.9%) had poor knowledge.
- Awareness score of PUC Female students revealed that after the administration of intervention, there was significant increase in post test awareness score 48(80%) had average, 12(20%) had good awareness when compared to the pre test knowledge score 46(76.6%) had average, 14(23.3%) had poor awareness.
- The calculated chi-square value for educational status, marital status, religion, type of House, type of family, Monthly Income, Language, Dietary Pattern is more than table value. Since there is significant association between demographic variables and levels Knowledge and awareness scores of selected PUC female students.

Findings on knowledge and awareness score of female students regarding breast cancer

Table 1. Mean, Median, Mode & Standard Deviation scores of female students regarding breast cancer

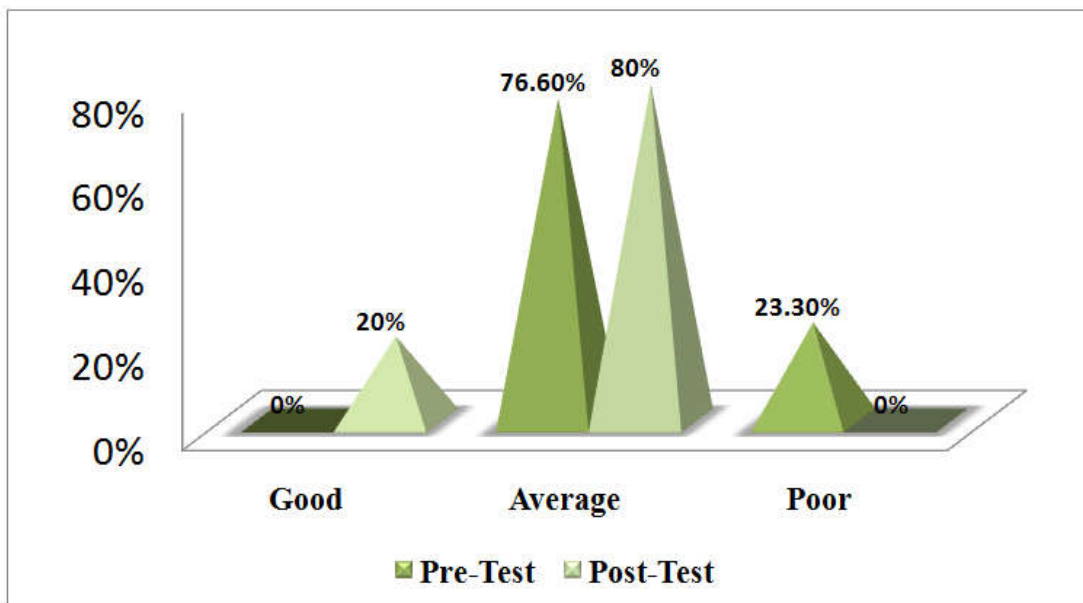
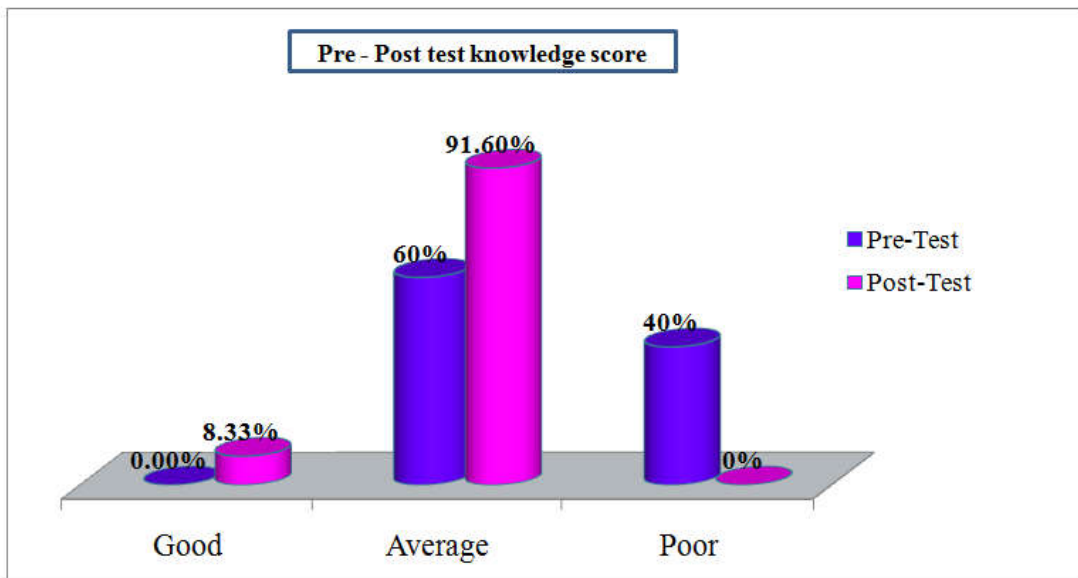
Area of analysis	Mean	Median	Mode	Standard deviation
Pre-test	11.55	12	12	3.490
Post-test	21.16	21	21	2.670

Table 2. Pre - Post test knowledge score

Scores	pre-test knowledge score			post-test knowledge score	
	Score range	Frequency	%	Frequency	%
Good	15-30	0	0	05	8.33
Average	9-14	39	60	55	91.6
Poor	0-8	21	39.9	0	0

Table 3. Pre - Post test Awareness score

Scores	pre-test knowledge score			post-test knowledge score	
	Score range	Frequency	%	Frequency	%
Good	15-30	0	0	12	20
Average	9-14	46	76.6	48	80
Poor	0-8	14	23.3	0	0



Conclusion

This study revealed that the respondents lacked knowledge related to breast cancer. It also revealed that health care members were not forthcoming in providing information to the general public regarding breast cancer. Spreading awareness amongst the general public is the need of the hour and should be advocated by means of effective educational programmes.

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