# "A Descriptive Study To Assess The Knowledge Regarding Breast Self Examination Among Reproductive Age Group Women With View To Develop An Informational Booklet In Selected College, Kanpur U.P.,2022"

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## ABSTRACT

Breast cancer is a global health issue and a leading cause of death among women internationally. In India, it accounts for the second most common cancer in women. Around 80,000 cases are estimated to occur annually. The age-standardized incidence rate of breast cancer among Indian women is 22.9 and the mortality rate is 11.19.In the present scenario, roughly 1 in 26 women are expected to be diagnosed with breast cancer in their lifetime. Keeping this view in mind researcher justified the need to assess knowledge of reproductive age group women on BSE. A quantitative research approach and descriptive research design were used. Total 40 Reproductive age group women were selected with purposive sampling technique. Self structured knowledge questionnaire  was used to evaluate the knowledge of breast self examination. The study finding showed that means knowledge score of reproductive age group women was $17\pm0.39$ , This means score was statistically significant at  $p<0.05$ level. Hence it was inferred that reproductive age group women had average knowledge regarding breast self examination.

**KEYS WORDS:-** Reproductive age group women, knowledge, information booklet

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## INTRODUCTION

Breast cancer is a global health issue and a leading cause of death among women internationally. In India, it accounts for the second most common cancer in women. Breast cancer is distinguished from other types of cancer by the fact that it occurs in a visible organ and be detected and treated at an early stage. The 5-year survival rate reached to 85% with early detection whereas later detection decreased the survival rate to 56%. The low survival rates in less developed countries can be attributed to the lack of early detection as well as inadequate diagnosis and treatment facilities. Recommended preventive techniques to reduce breast cancer mortality and morbidity include breast self-examination (BSE), clinical breast examination (CBE), and mammography. CBE and mammography require hospital visit and specialized equipment and expertise whereas BSE is an inexpensive tool that can be carried out by women themselves. BSE benefits women in two ways: women become familiar with both the appearance and the feel of their breast and detect any changes in their breasts as early as possible.[1]

## REVIEW OF LITERATURE

**Swetha N B and N Gopalkrishnan(2019)[2]** This study is to assess the knowledge of breast cancer and the practice of breast self-examination among urban women. This is a cross-sectional research study carried out in Valasaravakkam locality in Chennai. A pretested, semi-structured questionnaire was used which contains socio-demographic details, and questions about  practice of breast self-examination . The data was collected through

interview after obtaining informed consent from the subjects. Responses were collected from 100 women within the age group of 18–55. A little more than 90% of the women have heard of breast cancer. Media and Educational Institutions play a key role in expanding the awareness of breast cancer. Most women identified family history as a cause and a lump in the breast as a sign of breast cancer. 68% of women have heard of breast self-examination but only 40% of them practice it. 66% of the women knew about mammography, and 10% women have had a mammography done before. This study concluded that the of practice of breast self-examination was poor, which is vital for the early detection and treatment of breast cancer.

**Mrs. Jasline M. (2016)[3]** A study was conduct to evaluate the effectiveness of video assisted teaching on knowledge regarding breast self examination among school students at selected school in madhurai district, tamilnadu. Breast cancer acconts for 20% cancers in india women. A pre-experimental design was usesd with 60 samples. Descriptive statistical analysis was used for categorical data, paired t test is used to evaluate the effectiveness. Before intervention majority of sample 38(63.3%) had inadequate knowledge. After giving video assisted teaching most of the students show adequate knowledge (42,70,%).

**Ankita Vaishnav , Mrs. Yashaswini Deepak(2018)[4]** A quasi experimental One group pre-test post-test study to assess the effectiveness of information booklet on knowledge regarding breast cancer among female young adults in selected teacher's training colleges at Udaipur, Rajasthan.The sample consisting of 140 female young adults in selected teacher's training colleges at Udaipur by using simple random sampling technique method. The tool comprised of by using structured knowledge questionnaire. The pretest was conducted and the information booklet was distributed. The post test was conducted after one week. The data obtained were analyzed by using differential and inferential statistics. The mean score of post-test knowledge 26.00 (76.5%) was apparently higher than the mean score of pre-test knowledge 14.87 (43.73%), suggesting that the information booklet was effective in increasing the knowledge of the female young adults regarding breast cancer. The mean difference 11.13 between pre-test and post-test knowledge score of the female young adults was found to be significant. Key words – Breast cancer, female young adults, and one group pre – test post – test quasi experimental study.

## MATERIAL AND METHODS

Quantitative research approach and Descriptive design were used to assess the knowledge regarding breast self examinatiom among reproducttive age group women. The assumption was formulated that : The reproductive age group women were had inadequate knowledge regarding breast self examination.
The study was conducted in the selected nursing college Saaii College of Medical Science and Technology Chaubepur Kanpur, U.P. The study subject was all the reproductive age group women of selected college who present at the time of study. A total 40 reproductive age group women were taken. Data were collected after obtaining permission from the Principal of Institution and ethical clearance from ethical committee of the institute.

The study was conducted in two phase: Tool development and assessment of knowledge. The tool consist of two parts : Part-A Breast self examination to obtain information on aspect such as Socio Demographic Variable Age, Religions, Residing Areas, Types of the Family, Family Monthly Income, Education Qualification, Previous Source Of Knowledge Regarding B.S.E. Part-B Self structured knowledge questionnaire.

Written consent was obtained from the reproductive age group women. The tool for data collection were self structure knowledge questionnaire consisting 30 questions. The tool was developed through a review of relevant literature and validate by experts from the field f nursing and department of Obstetrics and Gynaecology. After the validation of tool pilot study was conducted in selected nursing college Kanpur. Result of the pilot study indicated that study was feasible.

The data were analyzed using descriptive and inferential statistics. The analysis was performed with the help of statistical package of social sciences (SPSS-20) programme. The finding were explained and presented with the help of table and graphs

## RESULT

**Section I:** Description of socio-demographic variables by using frequency and percentage

100%(40) reproductive age group women were in the age of 15-45 years. 97.5 % (39) reproductive age group women were Hindu. 60%(24) reproductive age group women were residential in urban area. 57.5%(23) reproductive

age group women were nuclear from family, 12.5%(5) reproductive age group women were below 5000 monthly income. 55%(22) reproductive age group women were studied higher secondary school education. 82.5% (33) reproductive age group women were having knowledge regarding BSE. 50%(20) reproductive age group women were taken knowledge from mass media.

**Section II:** Assessment of knowledge regarding breast self examination among reproductive age group women:

**Objectives 1:** To assess the knowledge regarding breast self examination among reproductive age group women.
- ❖ Mean knowledge score regarding brest self examination was 17±0.39 and mean percentage was 44.7%.
- ❖ 83% reproductive age group women had average knowledge regarding BSE

**Mean knowledge score regarding BSE among reproductive age group women**
Table -1

N=40

| Reproductive age group women (f) | Mean Score | Mean %age | SD |
|---|---|---|---|
| Knowledge regarding breast self examination | 40 | 17.88 | 44.7 | 0.39 |

Maximum Score = 30    Minimum Score =0

**Section III:** Identify the deficit areas of knowledge regarding breast self examination:

**Objective 2:** To identify the deficit areas of knowledge regarding breast self examination

Data show deficit areas of BSE are listed in the table where the complication of breast self examination had first rank (52.8%), importance of breast self examination had second rank (57.5%), introduction of breast self examination had third rank (61.5%), method and steps of breast self examination fourth rank (61.7%), anatomy and physiology of breast self examination fifth rank (63.3%).

**Rank order and percentage distribution of deficit area of knowledge regarding breast self examination**
Table-2

N=40

| Area | Question | Max. Score | Mean Score | Mean %age | Rank |
|---|---|---|---|---|---|
| Complication | 23-30 | 8 | 21.3 | 52.8 | I[st] |
| Importance of BSE | 21-22 | 2 | 23 | 57.8 | IInd |
| Introduction of BSE | 1-5 | 5 | 24.6 | 61.5 | IIIrd |
| Methods of BSE | 18-20 | 3 | 24.7 | 61.7 | IVth |
| Anatomy and Physiology | 6-17 | 12 | 25.3 | 63.2 | V[th] |

**Section IV:** Association of knowledge with selected socio-demographic variable by using chi square test
**Objectiv-3** To determine the association of knowledge regarding breast self examination among reproductive age women's with selected socio-demographic variable
- ❖ There was significant association of the knowledge regarding breast self examination among reproductive age group women with the selected socio-demographic variables such as age, religion, residence, type of family, monthly income, educational qualification, previous source of knowledge and other source of knowledge.

**DISCUSSION**
- ➢ Analysis regarding 1st objective of the ie. to assess the knowledge regarding BSE among reproductive age group women in selected college indicate that mean knowledge score of reproductive age group women

was 17.55±0.39 mean percentage 44.7% and 82.5%(33) reproductive age group women has average knowledge regarding breast self examination these findings were supported by Abinaya Valli Venkatesh Kumar, Vishnu Vardhan Yenuganti study on Breast Self-Examination and Breast Cancer Awareness among Women in a Low Socioeconomic Area of Chennai, India[5]

➢ Analysis of the data regarding 2nd objective of the study i.e. to identify the deficit areas of knowledge regarding breast self-examination among reproductive age group women in selected college indicate that complication (52.8%) was deficit area of knowledge regarding breast self-examination among reproductive age group women. Thses findings were supported by Doaa Gharieb Moustafa , Eman Shokry Abd-Allah1 , Nadia Mohamed Taha study on Effect of  Breast-Self Examination (BSE) Educational Intervention among Female University Students.[6]

➢ Analysis of the data regarding 3rd objective of the study i.e.; to  determine the association of knowledge regarding breast self-examination among students with selected socio demographic variable accordance to age, religion, residing area, types of family, family monthly income, education qualification, previous source of knowledge regarding BSE and other source of knowledge regarding breast self-examination.These findings were supported  by Aaina Mardhiah Abdul Mutalib, Norfariha Che Mohamed, and Nursyahirah Saidin  study on The relationship of socio-demographic characteristics and knowledge of breast cancer on stage of behavioral adoption of breast self-examination[7]

➢ Findings revealed that according to age, religion, residing area, types of family, family monthly income, education qualification, previous source of knowledge regarding breast self-examination and other source of knowledge regarding breast self-examination. These all are significant and difference in the frequencies at p<0.05.

## ACKNOWLEDGEMENTS

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