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Effectiveness of video assisted teaching program on breast self-examination among women in selected areas of Ahmedabad, Gujarat

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Abstract

A quasi experimental study was conducted to assess effectiveness of video assisted teaching programme regarding importance and awareness of BSE in early detection of breast cancer among the women under the age group of 20 to 40 years in selected areas of Ahmedabad, Gujarat. The study was conducted among age group 20 to 40 year of women in selected areas of Ahmedabad, Gujarat. The main objective of the study was to assess the knowledge regarding breast self-examination among women before and after administration of video assisted teaching programme and to find the association between socio demographic variable, in selected areas of Ahmedabad, Gujarat. The 'General system model' was used as a conceptual framework a quantitative approach with pre experimental study design was used to achieve the objective of the study. The sample size consist 50 women from selected areas of Gujarat. The convenient sampling technique was used to collect the data. A structured questionnaire was used to assess the knowledge regarding importance of breast self-examination in early detection of breast cancer among the women under the age group of 20 to 40 years in selected areas of Ahmedabad, Gujarat. Data gathered were analysed and interpreted using both the experimental and inferential statistics. The mean and standard deviation on concept mapping in pre-test was 11.46 and 3.58, whereas the mean and Standard deviation of post-test was 16.06 and 3.19. The calculated "t" value was greater than tabulated "t" value. ¹Hence the null hypothesis was rejected and the research hypothesis was accepted. The result shows that when video assisted teaching program was given to the age group of women they achieve the best scores. This study therefore, offers an encouraging solution towards improvement of age group of women performance regarding importance of breast self- examination.

Keywords: Breast self-examination, video assisted teaching programme, women, knowledge

Introduction

The women's breasts are constantly changed during puberty or menarche period, lactation period, menopause. Most breast changes are not cause for concern. But the women should know how her breast look and feel normally, so that any changes that might indicate a problem can be detected. One way that can be done is through regular Breast self-examination ^[2]. A structured method was conducted in India. The aim of the study was designed to evaluate the awareness levels of risks factors for breast cancer among Indian women & health professional. A structured method used to carry out the study. The result of the study shows that total of 7066 women aged 15-70 years showed variety levels of awareness on risk factor such as family history (13-88%), reproductive history (1-88%) & obesity (11-51%) ^[3]. Nurses reported higher, through still varied. Awareness levels not consistently higher for the stronger determinate of risk. Our review revealed low cancer literacy of breast cancer risk factor among Indian women, irrespective of their socio-economic & educational background ^[4].

Breast self-examination is defined as a screening method used attempt to detect early breast cancer. Breast cancer is a malignant cell growth in the breast. Breast cancer is a global health issue and a learning cause of health among women internationally in India, it accounts for the second most common cancer in women ^[5]. Pravin N.Y. *et al.* Conducted a descriptive cross-sectional study to assess knowledge & practice of breast self-examination among females in rural areas of South India. The tools used for data collection were interviewed using interviewer, questionnaires, and consisted socio demographic data. The result was received that, 30.89% women were in the age group of 31-40 years most of women (71.34%) were married.

Most of the women (44.27%) had secondary education & 13.69% were illiterate. In the study, 22.61% of the females had ever checked their breast. Study conducted that level of knowledge & practice of BSE among females is unacceptably low [6].

Health is level of functional or metabolic efficiency of an organism. Women and men share many health problems, but women also have their own health issues, which deserve special consideration. Cancer is most important diseases which threaten human health. Breast cancer is the most commonly seen type of cancer in women. Breast cancer is most affected in women over the age of 50 years, also other age group due to other factors but all women should not know about breast cancer [7]. Dr. Sr. Lucyamma C.V. conducted a one group pre-test- post-test research study to assess the effectiveness of video assisted teaching programme on knowledge & practice of BSE among women. The study was conducted among 40 women from selected wards of Arpookarapanchayath. The tools used for data collection were socio personal data sheet, structured questionnaire to assess the knowledge & checklist to assess the practice of women. The results revealed that majority of women (87.5%) were having average knowledge & none of women found to be having good practice of BSE. A significance difference between knowledge & practice of women found regarding BSE after the video assisted

teaching programme [8].

Method

The Pre experimental with one group pre-test and post-test research design be investigation and develop structure knowledge questionnaire for evaluation of pre-test and post-test. The study will be conducted in the selected areas of Ahmedabad, Gujarat.

The sample consists of 50 women between 20 to 40 years of age which are from selected areas of Ahmedabad, Gujarat. The investigator adopted convenient sampling technique. The investigator prepare structured knowledge questionnaire to cycle knowledge of sample on BSE the questionnaires were 20 and maximum score is 20 every correct answer was given a score of 1 and wrong answer was given 0 score. The written consent from all the participant was taken before starting the study.

The pre-test was conducted from the selected subject with the help of video knowledge is delivered on the 8th day post-test was conducted from the sample by using sampling technique knowledge regarding breast self-examination among women were assessed by using descriptive and inferential statistics.

Result

Table 1: Demographic data

Sr.no.	Demographic variable	Frequency	Percentage
Age of women			
1.	a) 20-25 years	31	62%
	b) 26-30 years	10	20%
	c) 31-35 years	2	4%
	d) 36-40 years	7	14%
Education of women			
2	a) Illiterate	0	0%
	b) Primary education	8	16%
	c) Secondary education	6	12%
	d) Graduate and above	36	72%
Family history regarding breast cancer			
3	a) Yes	4	8%
	b) No	46	92%
Marital status			
4	a) Married	31	62%
	b) Unmarried	19	38%
	c) Widow	0	0%
Age of conceiving pregnancy			
5	a) <=20 year	0	0%
	b) 21 to 25 year	16	32%
	c) 26 to 30 year	8	16%
	d) >30 year	1	2%
	e) Yet not conceived	25	50%

Above bar graph shows that 62% of samples (31) were in the age group of 20-25 years, 20% of samples (10) was in the age group of 26-30 years, 4% of sample (2) was in the age group of 31-35 years and 14% of sample (7) were in the age group of 36-40 year.

Above pie graph shows that 0% of sample(0) was illiterate, 16% of samples (8) had primary education, 12% of samples (6) had secondary education, 72% of samples (36) had graduation and above education.

Above pie graph shows that 8% of samples (4) were having the family history regarding breast cancer, 92% of samples

(40) were not having the family history of breast cancer.

Above bar graph shows that 62% of samples (31) were married, 38% of samples (19) were unmarried and 0% sample was widow.

Above graph shows that there was no sample of age of 20 year or below the 20 year of conceiving pregnancy, 32% samples (16) were in 21-25 years of age of conceiving pregnancy, 16% of samples (8) were in 26-30 year of age of conceiving pregnancy, 2% of sample (1) was in 30 year of age and 50% of samples (25) were not conceive pregnancy.

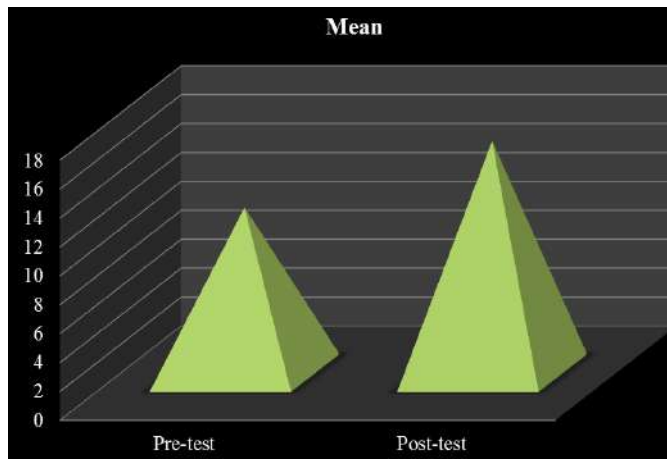


Fig 1: Shows Mean Pre-test and Post-test

Knowledge score obtained by the sample of knowledge of age group of women regarding importance of BSE in early detection of breast cancer. Pre-test mean score is 11.46 and post-test mean score is 16.06, hence calculated 't' value is 9.4542 is more than the table 't' value. Thus, null hypothesis is rejected. Hence, H1 is accepted.

Discussion

The study explored the topic related to meet by Forbes City subject in ocean on breast self-examination and its important and awareness on breast cancer the findings of the study shows the vast improvement in the practice of the breast self-examination after menstruation as breast self-examination play silent role in awareness on breast cancer the study helps to find the importance of breast self-examination and awareness regarding breast cancer in women's finding reveals that the pre-test mean score is 11.446 is lower than the score of post-test mean score that is 16.06 as a study shows the positive result.

Conclusion

Conclusion this study Indians to access the effectiveness of video sister teaching programme on breast self-examination and its role in Awareness of breast cancer among the women age group of 20 to 40 years in selected areas of Ahmedabad Gujarat study reveals that the post-test knowledge score is higher than the pre-test knowledge regarding breast self-examination and its role in our nest of breast cancer.

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