Effectiveness of video assisted teaching on breast self-examination among women

B Kalpana[1], B Vanaja Kumari[2], Indira S[3], Budda Kavitha[4]

[1] Associate Professor, Department of Community Health Nursing, Sree Narayana Nursing College, Nellore, Andhra Pradesh, India

[2] Professor, Department of Community Health Nursing, Narayana College of Nursing, Nellore, Andhra Pradesh, India

[3] Professor & Nursing Dean, Department of Medical Surgical Nursing, Narayana Nursing Institutions, Nellore, Andhra Pradesh, India

[4] Assistant Professor, Department of Community Health Nursing, Narayana College of Nursing, Nellore, Andhra Pradesh, India

Abstract
Back ground: Brest self-examination is most important skill in prevention of breast cancer and by performing it regularly women can save themselves from getting this disease and death can prevented too. It is very simple, requires no instrument and easily performed by every woman. Early diagnosis is important for effective treatment and long term survival in breast cancer.
Objectives: 1. To assess the pretest and post test scores of knowledge regarding breast self-examination among Women
2. To assess the effectiveness of video assisted teaching on Breast Self-Examination among women on breast self-examination.
3. To associate the pre test scores of knowledge regarding breast self-examination among women with socio demographic variables.
Methodology: An evaluative study was done by using one group pre and post test design with sample size of 60 women, sample were selected by using simple random Sampling technique, Semi structured questionnaire were used to assess the pre test level of knowledge among women and planned teaching programme on breast self-examination was provided and post test level of knowledge was assessed.
Results: Paired t test calculated value was 40.125 at P <0.05 whereas table value was 2.00 at p<0.05.
Conclusion: The study revealed that women were improved their level of knowledge on breast self-examination with video assisted teaching.

Keywords: effectiveness, video assisted teaching programme, breast self-examination, women

Introduction
Breast is a very vital organ of a female's body and females are very conscious about it as they are depressed if they have any disease or illness related to this organ. So prevention of diseases related to breast is very important. In female overall Breast tumor is the commonest malignancy. To diminishment the heap of breast tumor, the best approach is in avoidance. For discussing about a private issues like breast growth in our general public a Nurse is best suitable in the event that she is very much educated and proficient herself. Breast tumor is the commonest life-debilitating growth in females over the world. Predictable breast self-examination is a novel system for ahead of schedule identification of this tumor which is results may enhance the rates for long term survival.

Cancer is a preventable disease as the different screening, diagnostic and therapeutic procedures are effective. For early identification of breast cancer Breast Self-Examination (BSE) is an important and inexpensive method. Breast Self-Examination (BSE) is the examination done by individuals to help identify any abnormality within the breasts. It involves visually and by hand examining the breasts. It should be done at the age of 20 years and monthly; rather a few days after an individual's menstrual period when the breasts are slight swollen. Breast Self-Examination (BSE) involves a process whereby women inspect their breasts regularly to detect any abnormal swelling and ready for taking medical care. For the

early recognition of breast cancer, Breast self-examination is a useful tool.

Knowledge also plays an important role in improvement of health seeking behaviour. Knowledge and practices of breast self-examination are play an important role in early detection of breast cancer.

A study done in nursing understudies of Lagos University Teaching Hospital, Nigeria by Bassey exhibited that information of respondents with respect to cancer of breast and breast self-examination was high (97.3%); 85.6% knew how to perform breast self-examination appropriately. Greater part got their data from TV/ radio which are 58.6%. The respondent's knowledge's to breast self-examination was great, the greater part of the respondents, 98.5% said breast self-examination was key and fundamental and breast self-examination before84.3% did. Practice of breast self-examination was additionally great with 80.2% of the respondents bring out breast self-examination routinely.

Need for the study
According to Mehargan Hahi Mahmodi (2013), conducted a cross sectional study on female health workers in Kolkata to assess the knowledge and practice of breast self-examination. The results shows that 75% of the women knew about breast self-examination. And Only 6% of the women performing occasionally and 25% never practiced breast self-examination.

Problem Statement

A study to assess the effectiveness of video assisted teaching on breast self-examination among women at selected rural areas Nellore.

Objectives

- To assess the pre test and post test scores of knowledge regarding breast self-examination among Women
- To assess the effectiveness of video assisted teaching on Breast Self-Examination among women on breast self-examination.
- To associate the pre test scores of knowledge regarding breast self-examination among women with socio demographic variables.

Hypothesis

Research Hypothesis

H_1: There will be statistically significant difference between the pre and Post-test scores of knowledge on Breast Self-Examination among women.

H_2: There will be statistically significant association between the pre test scores of knowledge on Breast Self-Examination with their socio demographic variables among women.

Null Hypothesis

$H0_1$: There is no significant difference between the pre and Post-test scores of knowledge on Breast Self-Examination among women.

$H0_2$: There is no significant association between the pre test scores of knowledge on Breast Self-Examination and with their socio demographic variables among women.

Methodology

- **Research Design:** Experimental pre test and post test only design used to assess the effectiveness of Video assisted teaching on breast self-examination among women
- **Setting of the study:** Selected rural areas like Thota palliguduru, Varigonda form Nellore district. These areas are 12 kilometres away from Nellore, the total population was 1207986.
- **Population:** The population was women living in selected rural areas
- **Sample:** Women who full fill the inclusion criteria were the samples of the study.
- **Sample Size:** The sample size was be 60 women
- **Sampling technique:** Simple Random sampling technique used to select the samples by using lottery method.

Criteria for sample selection

Inclusion criteria

- Women who are willing to participate.
- Women aged between 20-<35 Years.
- Women who were present in Selected rural area of Nellore

Exclusion Criteria

- Women who doesn't know Telugu or English.

Description of the Tool consists of 3 parts

Part 1: consists of Demographic variables of the women

Part 2: Consists of Structured Questionnaire to assess the knowledge of women regarding Breast self-examination.
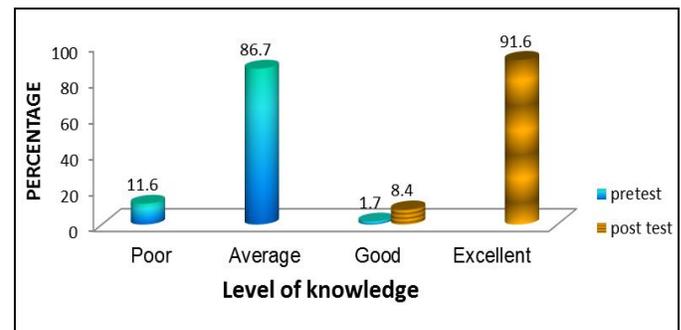
Part 3: Consists of video assisted teaching on breast self-examination

Results and Discussion

Table 1: Frequency and percentage distribution of level of knowledge in pre test and post test among women. (n=60)

Criteria	Level of knowledge among women							
	Poor		Average		Good		Excellent	
	f	%	f	%	f	%	f	%
Pre test	7	11.6	52	86.7	1	1.7	-	-
Post test	-	-	-	-	5	8.4	55	91.6

Table 1: The above table shows with regard to level of knowledge among women in pre test 7(11.6%) were had in poor knowledge where as in post test no one. In pre test no one had excellent knowledge where as in post test 55(91.6%) women excellent knowledge.

Fig 1: Percentage distribution of level of knowledge in pre test and post test among women

Table 2: Comparison of mean and standard deviation of pre test and post test scores of knowledge among Women. (n=60)

Sl.no	Criteria	Pre Test		Post Test		Paired "t" test
		Mean	S.D	Mean	S.D	
1	Level of knowledge on breast self-examination	13.58	3.08	35.76	3.34	C= 40.125 t= 2.00 S*** P<0.05

S** highly significant at p = <0.05, df (n-1) = 59

The above table shows that the comparison of mean and standard deviation of pre test and post test scores of knowledge among Women on breast self-examination. The pre test mean was 13.58 with Standard deviation 3.08. The post test mean was 35.76 with Standard deviation 3.34. So the calculated value of paired' test was 40.125 and table value was 2.00. The calculated value was greater than the table value; hence the null hypothesis was rejected and research hypothesis was accepted. There is a statistically significant improvement on knowledge among women with planned teaching programme on breast self-examination.

Recommendations of the study

On the basis of the finding of the study following

recommendations have been made:

- A similar study can be replicated on large sample to generalize the findings
- A similar study can be conducted in urban settings.
- A comparative study can be conducted between rural and urban settings.
- A similar study can be conducted by using other educational methods like demonstration, role play etc.
- A similar study can be conducted by including attitude and practice of breast self examination

Conclusion

Based on the result of the study shows that the pre test mean was 13.58 with Standard deviation 3.08. The post test mean was 35.7 with Standard deviation 3.34. So the calculated value of paired' test was 40.125 and table value was 2.00. The calculated value was greater than the table value; hence the null hypothesis was rejected and research hypothesis was accepted. Regarding association with level of knowledge occupation and education was highly significant at $P<0.05$. Hence the null hypothesis was rejected and research hypothesis was accepted. So planning teaching programme was effective to improve women level of knowledge on breast self examination.

References

1. World health organization report 297, cancer, WHO, 2006.
2. American Cancer Society cancer facts and Figures, 2005-2006.
3. Kalpana B. Promotion of Health. Narayana Nursing Journal. 2015; 4(1):26-27.
4. Kalpana B. Effectiveness of information booklet on health compliance among adults International Journal of Applied Research. 2017; 3(5):101-103.
5. Kavitha B, Effectiveness of teaching programme on breast self-examination among adult women International Journal of Applied Research. 3(4):448-449.
6. Samhitha J. Knowledge and attitude on breast self-examination. International journal of current research. 2016; 8(6):32675-77.
7. Kalpana B. Breast Cancer, Narayana Nursing Journal. 2013; 3.
8. Subhasini N. assessment of coping strategies among breast cancer patients on chemotherapy, Narayana nursing journal. 2014; 43-45.