



Effectiveness Of Planned Teaching Programme On Knowledge And Practice Regarding Breast Self-Examination Among College Students In Girls College Of Imphal East District, Manipur

Name of the author- LOURIYAM RUCHIKA DEVI

Name of the guide- Mrs. KONTHOUJAM MALOTI DEVI

ABSTRACT

BACKGROUND:

A breast self examination (BSE) is a technique which involves the women herself looking at and feeling each breast for possible any lumps, distortions or swelling. It is aimed to detect any abnormality of the breast at the earliest. According to WHO report (2020), breast cancer is the most frequent cancer among women impacting 2.1 million women each year globally. Studies show that breast cancers detected while practicing BSE are diagnosed at an earlier stage and tend to be smaller in its tumor size than those diagnosed in the absence of any screening. Therefore, BSE is the only way that a woman can do by herself to detect any abnormalities at the earliest without the help of others.

OBJECTIVES:

1. To determine the effectiveness of planned teaching programme on knowledge and practice regarding BSE among college students.
2. To ascertain the correlation between knowledge and practice regarding BSE among college students.
3. To assess the association between knowledge and practice scores of the college students with selected demographic variables.

METHODOLOGY:

Research design used was one-group pretest-posttest interventional research design. 50 samples were selected by using simple random sampling technique from Ideal Girls' College, Akampat and Shree Shree Gourogobind Girls' College, Khurai Salanthong under Imphal East district of Manipur. Tools used for data collection of this study were Structured knowledge questionnaire and observational checklist.

FINDINGS:

Table no.1: Overall comparison of knowledge level regarding breast self examination among college girls between pre-test and post-test.

Knowledge	Mean	S.D	Inadequate		Moderate		Adequate	
			No. of students	%	No. of students	%	No. of students	%
Pre-test	13.76	6.36	36	72%	13	26%	1	2%
Post-test	28.94	2.88	0	0%	4	8%	46	92%
Enhancement	15.18	3.48	-	-	-	-	45	90%

In the pre-test, regarding knowledge 72% had inadequate, 26% had moderately adequate and 2% had adequate whereas in the post-test, 92% had adequate, 8% had moderately adequate and none of them had inadequate knowledge.

Table no.2: Overall comparison of practice level regarding breast self examination among college girls between pre-test and post-test.

Practice	Mean	S.D	Inadequate		Moderate		Adequate	
			No. of students	%	No. of students	%	No. of students	%
Pre-test	2.70	4.8	44	88	3	6	3	6
Post-test	16.62	2.2	0	0	8	16	42	84
Enhancement	13.92	2.6	-	-	5	10	39	78

Regarding their practice, 88% had inadequate, 6% each had moderate and adequate practice in the pre-test whereas in the post-test, 84% had adequate, 16% had moderate and none of them had inadequate practice.

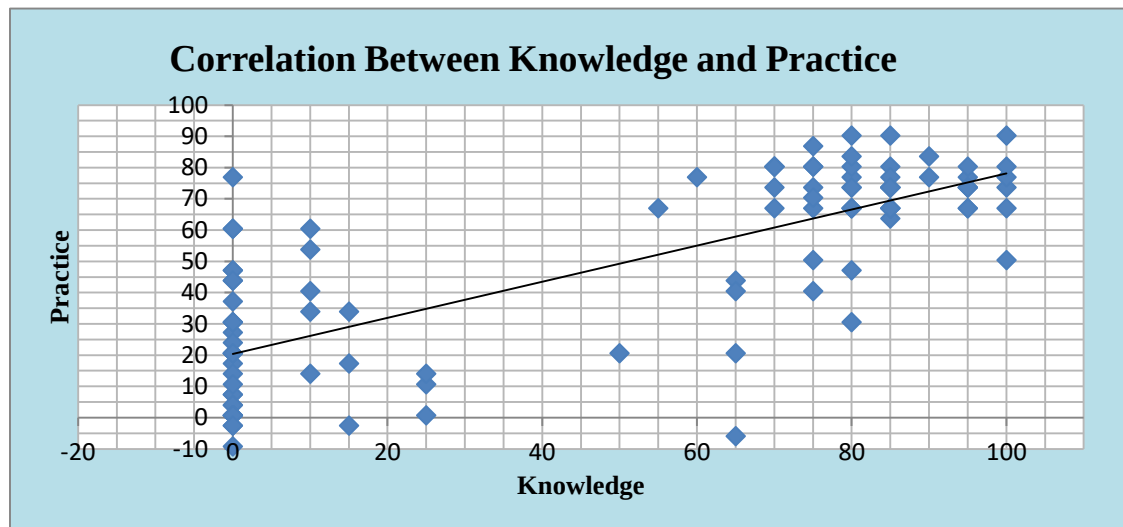


Fig no. 1: Regression model on knowledge and practice of the college students

There was positive correlation between the knowledge and practice regarding breast self examination ($r=0.76$). The calculated chi-square showed that there is no significant association between their levels of pre-test knowledge with selected demographic variables except education, marital status, mothers occupation, history of medical illness, family history of cancer, previous knowledge and its earlier performance regarding BSE. Whereas, there is no significant association with pre-test practice scores with selected demographic variables.

CONCLUSION

The study concluded that there was significant enhancement in their knowledge and practice levels after planned teaching programme. Hence, it shows that planned teaching programme was effective in increasing their knowledge and skills regarding breast self examination.