

# Effectiveness of Video Assisted Teaching Programme on Knowledge Regarding Breast Self-Examination among Middle Aged Women

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## ABSTRACT

**Introduction:** Breast self-examination is a screening method used in an attempt to detect early breast cancer. The method involves the women herself looking at and feeling each breast for possible lump, distortions or swelling. It involves checking your breast for lumps or changes while standing and lying in different positions and while looking at your breasts in a mirror to note any changes in their appearance. Once you know what your breast normally look and feels like, any new lump or change in appearance should be evaluated by a doctor.

**Methods:** A descriptive study design was adapted on women of age group between 30 to 55 years regarding knowledge related to breast self-examination at selected areas of Nadanahalli village, Mysuru. 60 women of age group between 30 to 55 years were selected using convenient sampling technique by using a structured questionnaire based on the objectives of the study. The tool used for the data collection was structured questionnaire that has two sections. Part 1- provides about socio-demographic data and Part 2-deals with knowledge of women of age group between 30 to 55 years regarding breast self-examination. Collected data was analyzed by using descriptive and inferential statistics in terms percentage and chi-square.

**Results:** The study results shows that, in pre-test 58.3% of the women of age group between 30 to 55 years had inadequate knowledge regarding breast self-examination, 40% had good knowledge, 1.6% had excellent knowledge. In post-test 6% of the women of age group between 55 years had inadequate knowledge regarding breast self-examination, 61.6% had good knowledge, 28.3% had excellent knowledge. It shows that in pre-test 40% had good knowledge, in post-test 61.6% had good knowledge and of pre-test is= 9.5(mean percentage=9.5%),SD=5.5. In post-test it is=17.3(mean percentage=17.3%),SD=6.01.

**Interpretation And Conclusion:** Based on the results of the study shows that in pre test 58.3% had inadequate knowledge 40% had good knowledge and 1.6% had excellent knowledge regarding breast self-examination. In post-test 6% had inadequate knowledge 61.6% had good knowledge and 28.3% had excellent knowledge about breast self-examination. The study shows that women had good knowledge. The study also shows that the video assisted teaching programme is effective in improving the knowledge on breast self-examination among women of age group between 30 to 55 years in selected areas of Nadanahalli village of Mysuru. Based on the recommendations of the study, the same type of study can be replicated on more population and comparative studies also can conducted to help the population in gaining knowledge regarding breast self-examination.

**Key Words:** Knowledge, women, breast self-examination

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## INTRODUCTION

One of the most important days of the year, celebrated on 8<sup>th</sup> of March across the globe is International Women's day. Women are the back bone of families and communities. They provide care, support and nurturing to their families and the essential to the development of children. Women also play a significant role in community building and often take on leadership role in community organization.<sup>1</sup>

Breast cancer are common condition that primarily affect women. When a women discovers a breast lump, her first response is often fear, of breast cancer, of loosing her breast and perhaps of losing her life. Breast cancer also strikes men although rarely. It is rarely seen in client under the age of 40.<sup>2</sup>

Breast cancer is a kind of cancer that begins as a growth of cells in the breast tissue. After skin cancer, breast cancer is the most common cancer diagnosed in women of United States. Advances in breast cancer screening allow health care professionals to diagnose breast cancer earlier. Finding the cancer earlier makes it much more likely that the cancer can be cured. Even when breast cancer cannot be cured, many treatments exist to extend life.<sup>3</sup>

Certain factors increase the risk of breast cancer including increasing age, obesity, harmful use of alcohol, family history of breast cancer, history of radiation exposure, reproductive history such as age at menstrual periods began and age at first pregnancy, tobacco use and post-menopausal hormone therapy.<sup>4</sup>

The most important and beneficial area of protection activities is the early detection of breast cancer screening. Breast self-examination has been endorsed and widely promoted by cancer organizations and authorities around the world. Clinical breast examination is one of the primary modes of screening for breast cancer. Mammography is known to reduce breast cancer mortality among women.<sup>5</sup>

A breast self-examination for breast awareness is an inspection of your breast that you do your own. It helps to increase your breast awareness, you use your eyes and hands to determine if there are any changes to the look and feel of your breasts. If you notice new breast changes, discuss these with your doctor. Though most breast changes detected during a self-examination for breast awareness have benign causes, some changes may signal something serious such as a breast cancer.<sup>6</sup>

### **NEED FOR THE STUDY**

Every country in the world, including India, is focusing towards the destiny of "health for all". Besides the existing problems, the emerging problems have posed a great threat to the healthcare delivery system. Cancer is one of the frequently talked about and most feared diseases that have evolved, rather rapidly in the past two decades. One of the recent concerns plaguing the field of cancer study is the increasing number of women who are being diagnosed with cancer. Among women around the globe, breast cancer is both the most common cancer and the leading cause of cancer related death. Breasts are the important organs for each woman these are the symbols of motherhood and woman-hood. Breast cancer is probably the most feared cancer in women because of its frequency and psychosocial impact. It affects the perception of sexuality and self-image to a degree great than another cancer.<sup>7</sup>

In India, we are now witnessing more and more numbers of patients being diagnosed with breast cancer to be in the younger age groups (in their thirties and forties). Breast cancer has ranked number one cancer among Indian females with age adjusted rate as high as 25.8 per 100,000 women and mortality 12.7 per 100,000 women. Data reports from various latest national cancer registries were compared for incidence, mortality rates. The age adjusted incidence rate of carcinoma of the breast was found as high as 41 per 100,000 women for Delhi, followed by Chennai (37.9), Bangalore (34.4) and Thiruvananthapuram District (33.7). A statistically significant increase in age adjusted rate over time (1982-2014) in all the PBCRs namely Bangalore (annual percentage change: 2.84%), Barshi (1.87%), Bhopal (2.00%), Chennai (2.44%), Delhi (1.44%) and Mumbai (1.42%) was observed.<sup>8</sup>

Over 2.3 million new cases and 685,000 deaths from breast cancer occurred in 2020. Large geographic variation across countries and world regions exists, with incidence rates ranging from <40 per 100,000 females in some Asian and African countries, to over 80 per 100,000 in Australia/New Zealand, Northern America, and parts of Europe. Smaller geographical variation was observed for mortality; however, transitioning countries continue to carry a disproportionate share of breast cancer deaths relative to transitioned countries. By 2040, the burden from breast cancer is predicted to increase to over 3 million new cases and 1 million deaths every year because of population growth and ageing alone.<sup>9</sup>

The frequency of doing BSE monthly was seen in 49.43%, about 29.21% don't know how to do self breast examination. In another study 47.63% do BSE once in a month. Regular breast self-examination is an ideal, safe effective and cost free method which can be done by every woman at her leisure time with little training. Most physician advocate, breastself-examination as a use full care practice and the technique essentially has no adverse effects. Keeping in the current prevalence and incidence of breast cancer, it is imperative that women be educated about risk factors and breast self-examination."<sup>10</sup>

### **STATEMENT OF THE PROBLEM**

A study to evaluate the effectiveness of video assisted teaching program on knowledge regarding Breast Self-Examination among middle aged women in selected areas of Nadanahalli, Mysuru.

### Objectives:

1. To assess the pre test level of knowledge on knowledge about breast self-examination among middle aged women in selected areas of Nandanahalli, Mysuru.
2. To introduce video assisted teaching on breast self examination on knowledge regarding breast self-examination among middle aged women in selected areas of Nandanahalli, Mysuru with their selected socio-demographic variables.
3. To assess the post test level of knowledge on knowledge about breast self-examination among middle aged women in selected areas of Nandanahalli, Mysuru.

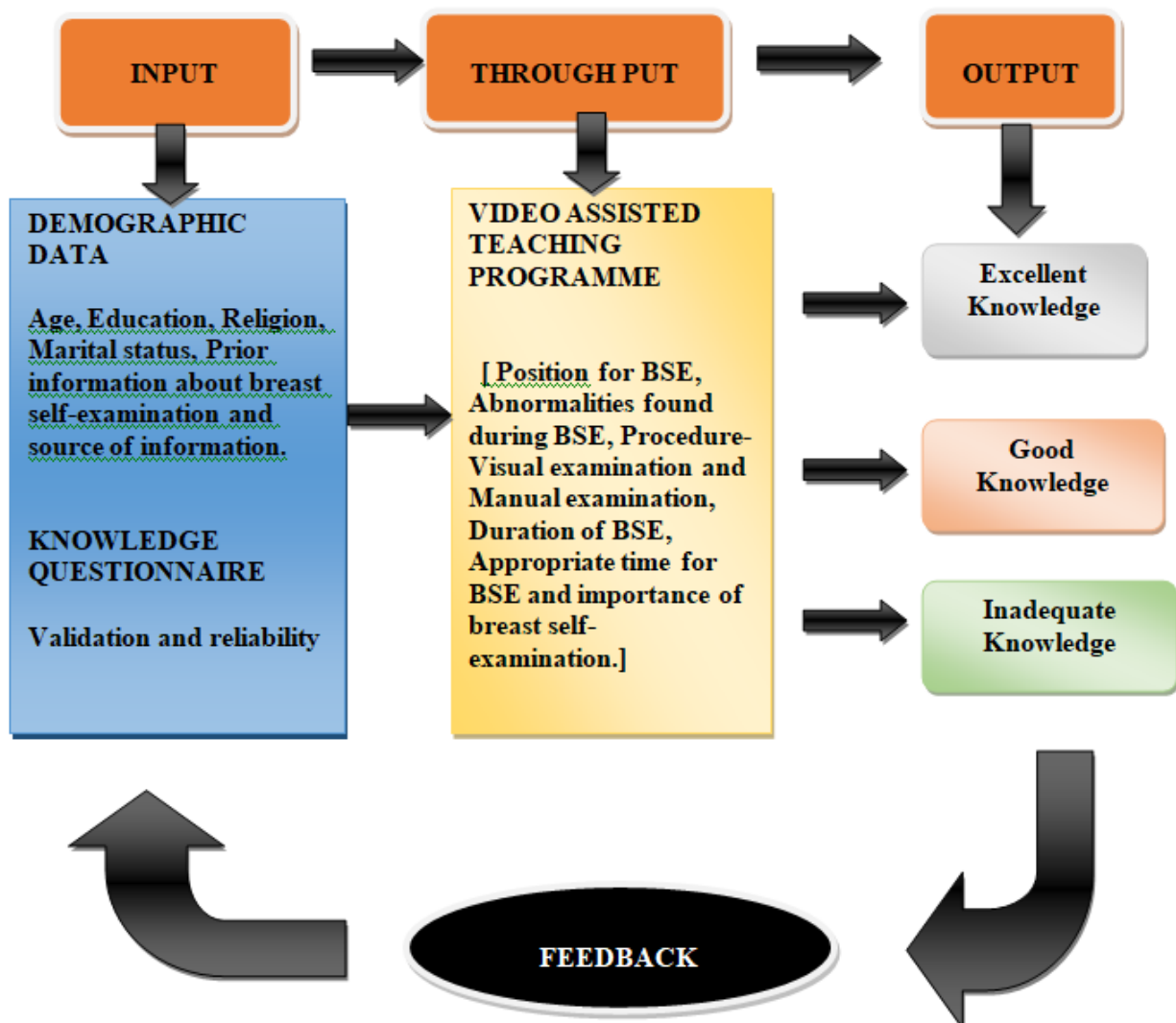
### Operational Definitions:

- Evaluate: In this study, evaluate refers to measure the effectiveness of video assisted teaching programme regarding breast self examination among middle aged women in selected areas of Nandanahalli, Mysuru.
- Video assisted teaching programme : In this study video assisted teaching programme refers to a strategic teaching approach using video to improve knowledge regarding breast self examination.
- Knowledge : In this study knowledge refers to the conditions to knowing regarding awareness and familiarities of breast self examination.
- Breast self examination : In this study breast self examination refers to it is a method used by an women to assess the changes or problems in the breast tissue.
- Middle aged women: In this study middle aged women refers to an adult female human being aged between 30 to 55 years living in selected areas of Nandanahalli, Mysuru.

### Delimitation:

- Study is delimited to the middle aged women from the selected areas of Nandanahalli, Mysuru.
- Study delimited only for 60 samples.

**Figure: Conceptual Framework**



## METHODOLOGY

The research approach chosen for the present study was evaluative and educative research approach and non-experimental research design. The setting selected for the study was selected areas of Nadanahalli, Mysuru. Population for the study comprises of 60 middle aged women from selected areas of Nadanahalli, Mysuru. Sampling technique adapted for the study was convenient sampling. **Inclusion criteria used for the study include;** Those who are willing to participate in the study and women between 30 to 55years . **Exclusion criteria include;** Those who are not willing. Women < 30 years of age and > 55 years of age.

The instrument used for the data collection was a structured knowledge questionnaires was developed based on the objectives, review of literature on related studies, journals and books. The tool consists o two sections. **Section A** consists of Demographic variables information on such as age, education, marital status, types of family, religion, occupation, age of menarche, history of menstrual cycle , dietary habits, any family history of chronic diseases, previous knowledge on breast self examination. **Section B** consists of Structured questionnaire, this section had 20 questions to evaluate the knowledge of middle aged women in selected areas of Nadanahalli regarding breast self examination. Method of data analysis through descriptive statistics and inferential statistics. Ethical clearance was obtained from the institution authorities concerned to particular setting and also from ethical committee. Informed consent was obtained from the participants. Validity of the tool was obtained from four experts from the field of Mental Health field, one from CHN field, one from Medical Surgical field and one from Obstetrics and Gynecological field. According to their suggestions the tool was modified. The reliability of the tool is  $r = 1$  which indicate high degree of reliability. The pilot study was conducted from 18/11/2023 at selected area of Nadanahalli village, Mysuru. The findings of pilot study revealed that tool was reliable and feasible to conduct main study. With prior permission and consent from the concern authorities and participants, the data was collected for the main study.

## RESULTS

### The Data Organized And Presented In Three Section

**Section-1:** Demographic variables. **Section -2:** Assessment of the knowledge regarding breast self-examination among women of age group between 30-55 years in selected areas of Nadanahalli village in Mysuru. **Section-3:** Association between their knowledge with selected demographic variables.

### Distribution Of Women According To Their Demographic Variables

n=60

Demographic Variable	Characteristic of the variable	Frequency	Percentage
Age group	30-35 Years	17	28.33%
	36-40 Years	13	21.66%
	41-45 Years	12	20%
	46-50 Years	12	20%
	51-55 Years	6	10%
	Total	60	100%
Education	Primary	32	53.33%
	Secondary	13	21.66%
	PUC	9	15%
	Degree	6	10%
	Total	60	100%
Religion	Hindu	60	100%
	Christian	0	0%
	Muslim	0	0%
	Total	60	100%
Marital Status	Married	58	96.66%
	Unmarried	1	1.66%
	Widow	1	1.66%
	Divorced	0	0%
	Total	60	100%
Type of Family	Nuclear family	41	68.3%
	Joint family	19	31.6%
	Extended family	0	0%
	Total	60	100%
Occupation	Agriculture	5	8.33%
	Teacher /Lecturer	1	1.66%
	Industrial workers	3	5%

	None of the above	51	85%
	Total	60	100%
Age of Menarche	8-10 years	0	0%
	11-12 years	39	65%
	13-15 years	21	35%
	Total	60	100%
History of Menstrual Cycle	Regular	53	88.3%
	Irregular	7	11.66%
	Total	60	100%
Dietary Habits	Vegetarian	23	38.33%
	Non vegetarian	0	0%
	Mixed	37	61.66%
	Total	60	100%
History of Chronic disorder	Yes	13	21.66%
	No	47	78.33%
	Total	60	100%
Previous knowledge on BSE	Inadequate	35	58.3%
	Good	24	40%
	Excellent	1	1.7%
	Total	60	100%

**Comparison Of Pre-Test And Post-Test Knowledge Level. n=60**

LEVEL	PRE-TEST		POST-TEST	
	Frequency	Percentage	Frequency	Percentage
Inadequate	35	58.3%	6	10%
Good	24	40%	37	61.6%
Excellent	1	1.6%	17	28.3%

**Comparison Between Pre-Test And Post-Test. N=60**

TEST	SAMPLES	MEAN	MEAN PERCENTAGE	STANDARD DEVIATION	'P' Value
PRE-TEST	60	9.5	15.83	5.5	<0.05
POST-TEST	60	17.3	28.83	6.01	<0.05

**Association Of Knowledge On Breast Self-Examination Among Women Age Group Between 30-55 Years With Their Selected Demographic Variables In Pre-Test n=60**

Demographic	Variables	Frequency	Chi-Square	Degree of freedom	P-value	Remarks
Age	30-35 years	17	29.038	8	0.00312	Not significant
	36-40 years	13				
	41-45 years	12				
	46-50 years	12				
	51-55 years	6				
Education	Primary	32	21.4	6	.001554	Not significant
	Secondary	13				
	PUC	9				
	Degree	6				
Marital status	Married	58	19.7	6	0.03131	Not significant
	Unmarried	1				
	Widow	1				
	Divorced	0				
Religion	Hindu	60	15.99	4	0.003033	Not significant
	Christian	0				
	Muslim	0				
	Others	0				
Type of family	Nuclear family	41	6.394	4	0.1716	Not

	Joint family	19				significant
	Extended family	0				
Occupation	Agriculture	5	66.42	6	0.0001	Not significant
	Teacher/Lecturer	1				
	Industrial workers	3				
	None of the above	51				
Age of menarche	8-10 years	0	0.636	4	0.9590	Not significant
	11-12 years	39				
	13-15 years	21				
History of menstrual cycle	Regular	53	0.151	2	0.9273	Not significant
	Irregular	7				
Dietary habits	Vegetarian	23	6.63	4	0.1568	Not significant
	Non-vegetarian	0				
	Mixed diet	37				
History of chronic disorder	Yes	13	3.071	2	0.2153	Not significant
	No	47				
Previous knowledge	Yes	16	17.01	2	0.000202	Not significant
	No	44				

## DISCUSSION

The results of the study are discussed under the following headings:

- To assess the level of knowledge among women of age group between 30 to 55. years.

### Findings related to socio-demographic variables of women of age group between 30 to 55 years

- Out of 60 women majority of women 17(28.33%) were between 30 to 35 years,13(21.66%) were between 36 to 40 years,12(20%) were between 41 to 45 years,12(20%) were between 46 to 50 years,6(10%) were between 51 to 55 years.
- All of the selected women were belongs to Hindu religion 60(100%).
- Majority of selected women 32(53.33%) were primary level,13(21.66%) were secondary level,9(15%) were PUC level,6(10%) were degree level.
- Majority of the selected women 58(96.66%) were married,1(1.66%) were unmarried,1(1.66%) were widow.
- Majority of women 44(73.33%) don't have prior information and 16(26.66%) were having prior information.

### Findings related to knowledge regarding breast self examination in pre-test

- In the pre-test 58.3% of the women knowledge was inadequate, 40% of the women knowledge was good and 1.6% of them are excellent.
- The analysis of mean, SD of the knowledge score revealed that the mean score that is =9.5(mean percentage 15.83%), SD=5.5.

### Findings related to knowledge regarding breast self-examination in post-test

- In the post-test 10% of the women's knowledge was inadequate, 61.6% of the women's knowledge was good and 28.3% of them are excellent.
- It shows that women had excellent knowledge due to video assisted teaching programme.
- The analysis of mean, SD of the knowledge score revealed that the mean score that is =17.3(mean percentage 28.83%),SD=6.01.

## CONCLUSION

Breast self-examination is a screening method used in an attempt to detect early breast cancer. The method involves the women herself looking at and feeling each breast for possible lumps, distortions or swelling.

### Implications

The findings have included the implication for the future in relation to nursing practice, nursing research and nursing administration.



**Nursing Education:** Integration of theory and practice is vital need and it is important in nursing profession. There for nurse educator can use the result of the study as information to the students. Nurses and nursing students have to think to contribute regarding improvement of knowledge regarding breast self-examination

**Nursing Practice:** The findings of the study can be utilized in developing improvement of knowledge regarding breast self-examination.

**Nursing Research:** Many more studies regarding breast self-examination need to be done regarding knowledge, practice and attitude should be assumed and interpretation should be done.

**Nursing Administration:** As a nurse administrator can implement the periodic assessment which helps in screening of the breast self-examination.

#### Limitations

- This study is limited to assess the knowledge of women age group between 30-55 years regarding breast self-examination.
- This study is limited only women in selected age group 30-55 years, Mysuru.

#### RECOMMENDATION

- The study can be repeated on different areas among women age group between 30-55 years.
- The study can be replicated on large number of sample.
- A comparative study can be conducted on rural and urban population.
- Study can be emphasized regarding breast self-examination can be done to develop and improve various preventive strategies.

#### SUMMARY

The research study conducted at the selected areas of Nadanahalli, Mysuru with 60 samples and researcher adopted convenient sampling technique. The present study was conducted to assess the knowledge of women of age group between 30-55 years regarding breast self-examination. Out of 60 women majority of women 17(28.33%) were between 30 to 35 years, 13(21.66%) were between 36 to 40 years, 12(20%) were between 41 to 45 years, 12(20%) were between 46 to 50 years, 6(10%) were between 51 to 55 years. All of the selected women were belongs to Hindu religion 60(100%). Majority of selected women 32(53.33%) were primary level, 13(21.66%) were secondary level, 9(15%) were PUC level, 6(10%) were degree level. Majority of the selected women 58(96.66%) were married, 1(1.66%) were unmarried, 1(1.66%) were widow. Majority of women 44(73.33%) don't have prior information and 16(26.66%) were have prior information about breast self-examination.

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