“A QUASI EXPERIMENTAL STUDY TO ASSESS THE EFFECTIVENESS OF VIDEO ASSISTED TEACHING ON KNOWLEDGE REGARDING BREAST SELF EXAMINATION (BSE) AMONG WOMEN WORKING IN SELECTED GOVERNMENT SCHOOL AT JAIPUR”

Mrs. Akansha Sharma

Lecturer R.R. College of Nursing, Ajmer

Corresponding E-mail Id:- 1989aksharm@gmail.com

Abstract

Introduction: Breast cancer was the most common form of cancer in women. Every year 2.1 million cancers are diagnosed each year around the globe. The annual worldwide incidence of breast cancer has almost doubled since 2018. In 2018, it is estimated that 627000 women died from breast cancer that is approximately 15% of all cancer death among women. According to ICMR report 1.5 lakh new breast cancer cases in India, out of which 70,000 succumb every year. The World Health Organization (WHO) has predicted that by 2020 the number of breast cancer cases will jump to an alarming figure and one in every eight women would run the risk of developing the disease in her lifetime.

Material and Method: The quasi-experimental one group pre test post test research design was used for the study. The group consisted of 60 samples that were selected on the basis of the non probability purposive sampling technique from Government schools. Data collected by structured questionnaire and video assisted teaching program (VATP) and analysed by using descriptive & inferential statistics.

Results:- Statistically significant difference in the mean pre – test and post-test knowledge score of women regarding Breast Self Examination was found at 0.05 level of significance.

Conclusion:- Video assisted health Teaching is effective in improving the knowledge of women regarding Breast Self Examination. So there is need to update the knowledge of women through education intervention programmes.

Keywords: ICMR, Women, VATP

INTRODUCTION:

Breast cancer was the most common form of cancer in women. Every year 2.1 million cancers are diagnosed each year around the globe. The annual worldwide incidence of breast cancer has almost doubled since 2018. In 2018, it is estimated that 627000 women died from breast cancer that is approximately 15% of all cancer death among women.

According to ICMR report 1.5 lakh new breast cancer cases in India, out of which 70,000 succumb every year. Breast Cancer was the second leading cause of cancer death for women in the US approximately 40,970 women death occurred from the disease in 2006. It was the leading cause of cancer death among women between the ages of 20 and 59, worldwide.

Breast cancer affects so many lives today. The peak incidence of breast cancer is the fifth and sixth decades of life. The more familiarity with breast; the more likely

women will notice when something has changed. It is vital for the women to understand the key factors about the disease, especially risk factors and methods of early detection. Three methods of early detection of breast cancer are mammography, clinical breast examination and breast self examination. If breast self examination is practiced regularly breast disorders can be detected in early stages and treated promptly. Medical advances have shown that one-third of all cancers are preventable and a further one third, if diagnosed sufficiently early, is potentially curable. This call for the need of study among women, In fact there may be countless number of associated reasons to it. In this study the investigator has tried to find their knowledge on the topic.

STATEMENT OF THE PROBLEM

A quasi experimental study to assess the effectiveness of video assisted teaching on knowledge regarding breast self examination (BSE) among women working

in selected government school at Jaipur.

OBJECTIVES OF THE STUDY

1. To assess the knowledge of women regarding Breast Self Examination (BSE).
2. To prepare and administer Video Assisted Teaching on BSE.
3. To assess the effectiveness of Video Assisted Teaching on BSE.
4. To find out the association between the pre-test knowledge of the women with their selected demographic variables (Age, gender, place of living etc.)

MATERIAL AND METHOD

Research Approach and Research Design

Evaluative Approach and single group pre-test and post-test with the Quasi Experimental Research Design.

Dependent Variable

In the present study the dependent variable was the knowledge regarding breast self examination among women in selected government schools.

Independent Variable

In the present study the independent variable was effectiveness of the Video Assisted Teaching Program on Breast Self Examination

Setting of the Study

The study was conducted in selected government schools, at Jaipur.

Target population

The target population consists of women in selected government schools, at Jaipur.

Sample and Sampling Technique

The sample selected for the present study comprised of 60 women working in selected government schools, Jaipur during the period of data collection.

Non probability convenient sampling technique was used to those participants who are easily accessible to the researcher and meet the criteria of the study.

Development of Tool

A structured questionnaire on the knowledge regarding breast self examination was developed for assessing the knowledge of women before and after the administration structured teaching programme. The Tool was developed after extensive Review of research

and non-research literature was conducted in the area related to breast self examination. Opinion and suggestions were taken from experts, which helped in determining the important areas to be included. This was done with the help of literature review and advice from experts.

Description of Tool

Section A: Demographic data of the study participants

Section B Structured questionnaire which consists of questions assessing knowledge about the knowledge regarding breast self examination among women in broad aspects comprising of 30 questions which were multiple choice items.

Criterion measure for classification of level of knowledge

Level of knowledge	Range of score
Poor	0-10
Average	11 -20
Good	21 -30

Data collection procedure

A formal permission was obtained from the concerned authority (selected government schools in Jaipur) to conduct the study. The investigator himself administered the demographic and knowledge questionnaire was used to obtain data from samples before showing Video Assisted Teaching Module in government school, Jaipur. for the pre-test. The duration of data collection for each sample was 15 to 20 minutes. Daily timing for the data collection was 8 am to 4 pm. The name and address of all participants were recorded by the investigator for the post-test. The main study was conducted for a period of 2 weeks in government school in Jaipur. The same pre test questionnaire was used for post test. It was conducted on the 7th day

The instruction about post-test was given to the participants of experimental group. Time taken for post-test by each sample was 15-20 minutes approximately.

Results

Pre test knowledge score was 9.52 and post test knowledge score was 19.03. Statistically there is significant difference in the mean pre test and post test knowledge score of adults (Male & Female)

on management of dog bite was found at 0.05 level of significance. The difference between pre test and post test knowledge score of adults (Male & Female) was found statistically significant at 0.05 level

of significance as shown in table 1.

Table 1 Comparison of pre-test and post-test knowledge scores of adults regarding knowledge of management of dog bite

TEST	Mean	Std. Deviation (SD)	t _{test}
Pre-test knowledge score	15.87	3.816	11.029
Post-test knowledge score	23.37	3.879	

Table 1 is showing that pre-test knowledge score of the samples is 15.87 and post test knowledge score is 23.37. To know whether this increase in the mean knowledge score is significant or not, the researcher applied paired 't' test. Since 'P' value is less than 0.05 (P value= 0.001) the researcher can conclude at 5% level of significance and 59 degree of freedom that there is significant change in mean knowledge score. It means that the video assisted teaching was effective tool to enhance the knowledge and practice of breast self examination. Conclusion: Video assisted health Teaching is effective in improving the knowledge of women regarding Breast Self Examination. So there is need to update the

knowledge of women through education intervention programmes.

References

1. R.Deepa (feb 2011), "Breast self examination for early detection of breast cancer." Nightingale nursing times. feb2011; 6(11):39-42.
2. Breast cancer statistics. www.breastcancer.org.
3. http://icmr.nic.in
4. John Molly, P.J.Mercy (2016).international journal of community medicine and public health: effectiveness of structured teaching programme on knowledge of breast cancer and skill of breast self examination.3 (10):2940-2943.
5. Breast cancer cases on the rise. www.articles.indiatimes.com
6. Breast cancer cases deaths per year in US and in world. www.imaginis.com
7. Estimated Effect of Breast Self-Examination and Routine Physician Examinations on Breast-Cancer Mortality. www.newenglandjournalofmedicine.org.
8. The knowledge and practice of breast self-examination and mammography in a group of women in a rural area in western Turkey. www.biomedcentral.com.
9. Sukhpalkaur, Indrajitwalia (2007).nursing and midwifery research journal /ICMR: "knowledge and practice of BSE among nursing students."3 (3):128-136.
10. Priyanka Yadav, D P Jaroli (2010). Asian pacific journal of cancer prevention: vol 11, "Breast Cancer: Awareness and Risk Factors in College-going Younger Age Group Women in Rajasthan"; 319-322.
11. Breast self exam. www.breastcancer.org.
12. Shreshtha Malvia, Sarangadhara Appalaraju, Uma S. Dubey, Sunita Saxena(2017)."Epidemiology of breast cancer in Indian women."Asia Pacific journal of clinical oncology;13(4):41.