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A study to assess the effectiveness of video Based Teaching Program on knowledge and practice of adolescent girls regarding preventive measures of breast cancer

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Abstract

Adolescence is a distinct stage in human development filled with rapid physical and emotional changes. Health is a precious possession for all human being. So achievements of healthy pubertal changes have major importance in adolescent girl's life. But adolescent girls are unfamiliar to these changes because the traditional Indian society discourages open discussion on these issues. Unfortunately, the adolescent girls studying in co-educational institutions do not feel free enough to share it with their peers due to lack of adequate knowledge to identify their reproductive health problem, adoption of preventive practices. However adolescent girls require more knowledge regarding some specific diseases which may affect their later life, in which one dreaded disease which influences the health of women on worldwide is Breast cancer. The aim of the present study was to assess the effectiveness of Video Based Teaching Programme on knowledge and practice of adolescent girls regarding preventive measures of breast cancer in Govt. Higher secondary school Jammu.

Methodology: A Pre Experimental one group pre-test post-test design was adopted.

Results: The findings indicated that Video Based Teaching Programme improved knowledge and practice of adolescent girls regarding preventive measures of breast cancer.

Finding of study reveals that Implementation of Video Based Teaching Programme was effective in improving knowledge and practice of adolescent girls regarding preventive measures of breast cancer.

Keywords: Video based teaching programme, knowledge, practice, adolescent girls, breast cancer

Introduction

Adolescence is a distinct stage in human development with rapid physical and emotional changes. Adolescent girls require more knowledge regarding some specific diseases which may affect their later life, in which one dreaded disease which influences the health of women on worldwide is Breast cancer. Early identification of lump in breast through regular breast self-examination can reduce the incidence of breast cancer. So adolescent girls require knowledge regarding breast cancer as well as its preventive measures of breast cancer such as Breast self-examination [1].

Person die from various kind of cancer and 100 of them are diagnosed from India every hour. Cancer prevalence in India is estimated to be around 2.5 million, with over 8,00,000 new cases and 5,50,000 deaths occurring each year. More than 70% of cases reported for diagnostic and treatment services are in the advanced stages of diseases, which has lead to poor survival and high mortality rate, whereas the predominant cancer in the female population is breast cancer [2].

The female breast has been regarding as a symbol of beauty, sexuality and mother hood. Any actual, suspended disease or injury affecting the breast tends to reflects the prevailing societal view of the breast. The threat of mutilation and loss of breast may be devastating for the women because of psychosocial, sexual and body image are significantly associated with it [3].

About 90% breast cancers are due to genetic abnormalities that happen as a result of the aging process and the "wear and tear" of life in general, the most significant risk factor for breast cancer are gender, beings a women, age growing older.

Symptoms of breast cancer being with an abnormal lump or thickening in or near the breast or underarm area, any change in the size or shape of the breast, abnormal discharge from the nipple, change in the color or texture of the breast, areola or nipple, any dimpling or puckering of the breast [4] Breast self-examination is one of the screening method used in an attempt to detect early breast cancer. The method involves the adolescent girls herself looking at and feeling each breast for possible lumps distortion or swelling. It is important that breast self-examination are performed routinely, so that adolescent girls knows how her breast normally feels and look like resulting quicker identification of anything abnormal. Self-examination take less than five minutes, it should be perform on few days after the end of menstruation, than continue it on the same day of each month [5].

Early detection and improved treatment of breast cancer have increased the life expectancy of women who reach menopause after the diagnosis of breast cancer to near normal. Despite current treatment, there has been only a slight overall improvement in survival for breast cancer patients. Consequently, quality of life considerations have become important issues in treatment and recovery.

In 2012, an estimated 182,460 new cases of invasive breast cancer are expected to be diagnosed in women in the U.S along with 67,770 new cases of non-invasive breast cancer [5]. The incidence of breast cancer in United states is 101.1 per 100,000 population and deaths due to the same 19 per 100,000 population whereas in China it is 18.7 per 100,000 population and deaths due to the same is 5.5 per 100,000 population and in India it is 19 per 100,000 population and deaths due to the same is 14.1 per 100,000 population [6]

The number of breast cancer cases in India is about 100,000 women each year and there will be approximately 2, 50,000 new cases of breast cancer in India by 2015. Cancer rates could further increase by 50 per cent to 15 million new cases in the year 2020. The developing world is expected to account for more than half of all cancer cases in the world by 2020. The Asia's annual death rate from cancer, currently at about four million, could reach 6.4 million by 2030 if current trends continue [7].

The above facts and studies created an insight in the investigators mind that there is a need to educating the younger generation about the prevention of breast cancer, as they are more prone to be affected in the future. It is possible that the incidence of breast cancer can be reduced considerably through early diagnosis by selfbreast-examination also reaching the medical aid in time can prevent complications as well as it will contribute to the reduction of mortality rate in women due to breast cancer.

Objectives of the Study

The objectives of the study are:

1. To assess the knowledge and practice of adolescent girls regarding preventive measures of breast cancer.
2. To develop and introduce video based education program on preventive measures of breast cancer.
3. To determine the effectiveness of video based teaching program regarding preventive measures of breast cancer.
4. To find out the association among knowledge and practice with selected demographic variables.

Delimitations

The study was delimited to:

- 50 Adolescent girls between 13 to 19 years of age, who are studying in a selected School at Jammu.

Materials and Methods

Pre experimental single group pretest posttest research design was adopted for conducting the study. The sample consisted of 50 adolescent girls selected by simple convenient sampling technique from the selected school of Jammu. Independent variable was video based teaching programme and dependent variable was knowledge and practice of adolescent girls about preventive measures of breast cancer. Tool used for the study was structured knowledge questionnaire and observational checklist. A structural questionnaire was developed for collecting data at pre and posttest level. Educational session was given with the help of video based teaching program. The collected data was analyzed according to the objectives of the study, then tabulated and interpreted using descriptive and inferential statistics.

Results

Table 1: Frequency and percentage distribution of demographic variables of adolescent girls. N=50

Demographic variables	Frequency	Percentage (%)
Age(in year)		
13-14 year	23	46
15-16 year	08	16
17-18	15	30
19& Above	04	08
Educational status		
9 th	15	30
10 th	18	36
11 th	08	16
12 th	09	18
Family Income		
Below 10,000	14	28
10,000-15,000	11	22
15,001-20,000	17	34
Above 20,000	08	16
Religion		
Hindu	34	68
Muslim	12	24
Christian	02	04
Any other	02	04
Residential Area		
Rural	28	56
Urban	22	44
Parents education		
Illiterate	04	08
Primary	08	16
Higher secondary	20	40
Graduation	10	20
Post-graduation	08	16
Family History of breast cancer		
Yes	02	04
No	48	96

The data presented in table 1 shows that majority of participant were from age group of 13-14(46%),majority of students were studying in class 10th(36%),majority were having family income of 15001-20000/month(34%) most of participants were Hindu(68%),most of participants were from rural areas(56%), most of the participant were having parental education of higher secondary level (40%)and maximum were not having family history of breast cancer(96%).

Table 2: Mean, Median, Mean percentage and Standard Deviation of pre and posttest knowledge and practice score

Knowledge and practice score	Mean	Median	Mean percentage	Standard deviation
Pre –test	7.64	8	19.1%	2.3
Post- test	25.02	26	62.55%	2.1

Table 2 showing that the mean post-test score was (25.02) was higher than the mean pre-test score (7.64). The post-test median score was 26 whereas pre-test score was 8. Mean percentage of post-test was 62.5% whereas pre-test was 19.1%. The standard deviation of pre-test was 2.3 and post-test was 2.1.

Effectiveness of Video Based Teaching Programme

Table 3: Frequency and percentage distribution of pre and posttest knowledge and practice score.N=50

Knowledge and practice level	Pre-test		Post-test	
	Frequency	Percentage	Frequency	Percentage
Poor	43	86%	0	0%
Average	7	14%	3	6%
Good	0	0%	47	94%
Very good	0	0%	0	0%

The maximum possible score = 40

The data presented in table 3 shows that in the pre-test 86% of participant had poor knowledge and 14% had average knowledge and none of them had good or very good knowledge. Where as in the posttest 94% had good knowledge and 6% had average knowledge.

Discussion

The present study was conducted to assess the effectiveness of video based teaching program on knowledge and practice of adolescent girls regarding preventive measures of breast cancer. Adolescent girls are developmental age where various pubertal changes occur. They don't have adequate knowledge regarding the breast health and its periodical changes. They need educational session to improve their knowledge about breast health and breast self-examination.

Conclusion

- In the study the majority of subjects belong to age group of 13-14 years were 46% majority of students were studying in class 10th(36%),majority were having family income of 15001-20000/month(34%) most of participants were Hindu(68%),most of participants were from rural areas(56%), most of the participant were having parental education of higher secondary level (40%)and maximum were not having family history of breast cancer(96%).
- In the Pre-test knowledge level, maximum number of the subjects had poor knowledge regarding preventive measures of breast cancer and result shows that mean pretest score was 7.64, whereas in the Post-test, majority of subjects improved their knowledge regarding preventive measures of breast cancer with the help of video based teaching program and result shows that mean knowledge score improved from 7.64 at pretest level to 25.02 at posttest level.
- The present study shows that there was significant association between knowledge and practice with selected demographic variables such as age, class, family income, religion, residential area, parents' education, family history.

The effectiveness of video based teaching program on knowledge and practice score of adolescent girls regarding preventive measures of breast cancer. Knowledge and practice score was divide into four categories such as poor, average, good and very good. On the basis of frequency and percentage distribution at pre and posttest level score as presented in table 3.

Recommendations

On the basis of the findings of the study, the following recommendations are made:

1. A similar study can be replicated on a large scale to generalize the findings.
2. A similar study can be conducted to find the differences in the knowledge and practice of the adolescent girls on the basis of various institutional settings such as public institutions and private institutions.
3. Other teaching strategies i.e., self-instructional module (SIM), skill development programme etc. can be used to assess the knowledge and practice of the adolescent girls regarding preventive measure of breast cancer.
4. A comparative study can be conducted among the rural and urban adolescent girls.
5. A similar study can be done by using quasi and true experimental research design.

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