



ISSN Print: 2394-7500
ISSN Online: 2394-5869
Impact Factor: 5.2
IJAR 2019; 5(5): 49-51
www.allresearchjournal.com
Received: 02-03-2019
Accepted: 04-04-2019

Renu Bala

Lecturer of (community health nursing), Himalayan school of nursing kala-Amb district Sirmour, Himachal pardesh, India

Chhering

GNM Nursing, Himalayan school of nursing kala-Amb district Sirmour, Himachal pardesh, India

Dibya

GNM Nursing, Himalayan school of nursing kala-Amb district Sirmour, Himachal pardesh, India

Divya

GNM Nursing, Himalayan school of nursing kala-Amb district Sirmour, Himachal pardesh, India

Isha

GNM Nursing, Himalayan school of nursing kala-Amb district Sirmour, Himachal pardesh, India

Jaspreet kaur

GNM Nursing, Himalayan school of nursing kala-Amb district Sirmour, Himachal pardesh, India

Jyoti kumari

GNM Nursing, Himalayan school of nursing kala-Amb district Sirmour, Himachal pardesh, India

Jyoti kumari

GNM Nursing, Himalayan school of nursing kala-Amb district Sirmour, Himachal pardesh, India

Kajal

GNM Nursing, Himalayan school of nursing kala-Amb district Sirmour, Himachal pardesh, India

Kamini Narnol

GNM Nursing, Himalayan school of nursing kala-Amb district Sirmour, Himachal pardesh, India

Correspondence

Renu Bala

Lecturer of (community health nursing), Himalayan school of nursing kala-Amb district Sirmour, Himachal pardesh, India

A descriptive study to assess the knowledge of breast cancer and breast self-examination among women of rural community in Trilokpur district Sirmour, Himachal Pradesh with a view to develop information booklet

Renu Bala, Chhering, Dibya, Divya, Isha, Jaspreet kaur, Jyoti kumari, Jyoti kumari, Kajal and Kamini Narnol

Abstract

Objectives:

1. To assess the knowledge of Breast Cancer and breast self-examination among women of rural community in Trilokpur district Sirmour, Himachal Pradesh
2. To determine the association of the knowledge of Breast Cancer and breast self-examination with their demographic variables among women of rural community in Trilokpur district Sirmour, Himachal Pradesh
3. To develop and provide information booklet regarding breast cancer and breast self-examination among women of rural community in Trilokpur district Sirmour Himachal Pradesh.

Methodology: A quantitative study by using descriptive design was used, a sample size of 50 women were selected by using convenient sampling technique, Semi structured questionnaire were used to assess the level of knowledge among women on breast cancer and breast self-examination with a view to develop information booklet was provided.

Result: The study revealed that among 50 women, had below average level of knowledge 0 (0%), had average level of knowledge 41(82%), and had good level of knowledge 9 (18%).

Keywords: Breast cancer, Breast self-examination, Women, Knowledge

Introduction

An abnormal growth of cells which tends to proliferate in an uncontrolled way and in some case of metastasis. Cancer is not one disease, it is group of more than hundred different and distinctive diseases. Cancer can involve any tissue of the body and have many different forms in each body area. Most cancerous are named for the type of cell or organ in which they start if the cancer spread the new tumors bears the same name as the original tumor. It is believed that cancers arise from both genetic and environment factors that lead to aberrant growth regulation of a stem cell population. Cancer is second leading cause of death after heart disease.

Breast cancer is a cancerous growth that begins in the tissue of breast. Breast cancer is a most common cancer in women, but it also appears in men. In US it affects one in eight women. Breast is caused by development of malignant cells in the breasts. The malignant cell originates in the lining of the milk gland and duct of the breasts. Cancer cells are characterized by uncontrolled division leading to abnormal growth and ability of these cells to invade normal tissue locally or to spread throughout the body, this process is called metastasis.

Breast cancer strikes one women every 3 minutes and kills one women every twelve minutes. It is estimated that in 1998, 1000 women were diagnosed with breast cancer.

Problem statement

A descriptive study to assess the knowledge of breast cancer and breast self-examination among women of rural community in Trilokpur district Sirmour, Himachal Pradesh with a view to develop information booklet.

Objectives

1. To assess the knowledge of Breast Cancer and breast self-examination among women of rural community in Trilokpur district Sirmour, Himachal Pradesh
2. To determine the association of the knowledge of Breast Cancer and breast self-examination with their demographic variables among women of rural community in Trilokpur district Sirmour, Himachal Pradesh
3. To develop and provide information booklet regarding breast cancer and breast self-examination among women of rural community in Trilokpur district Sirmour Himachal Pradesh.

Materials methods

A descriptive research design was used to conduct the study in Trilokpur district Sirmour Himachal Pradesh. A sample size of 50 women was selected by using convenient sampling technique. Permission was obtained from the research committee of Himalayan School of Nursing Kala-Amb Himachal Pradesh and Panchayat Pardhan of Trilokpur

district Sirmour Himachal Pradesh. The informed consent was taken from the women’s who willing to participate in the study. Semi-Structured questionnaire were used to assess the level of knowledge among women’s on breast cancer and breast self-examination and an information booklet was provided.

Tools of data collection

The tool consist of 3 parts

1. Demographic data profile sheet:-demographic data profile sheet was used for assessment of demographic variables such as age, religion, education, occupation.
2. Self-structured questionnaires: - Self structured questionnaires were used to assess the knowledge of breast cancer and breast self-examination among women’s of Trilokpur district Sirmour Himachal Pradesh.
3. Information booklet on breast cancer and breast self-examination.

Data analysis

Sr.no	Data analysis	Method	Objectives
1	Descriptive statistics	Frequency and percentage distribution, mean, median, mode and standard deviation.	Distribution based of demographic variables To assess the level of knowledge of breast cancer and breast self-examination among women.
2	Inferential statistics	Chi- square test.	To associate level of knowledge on breast cancer and breast self-examination among women with their selected demographic variables.

Result

Table 1: Frequency and Percentage and distribution of demographic characteristics of women.

N=50

	Characteristics of women’s	Frequency	Percentage
1.	Age in year(20-35)		
a)	20-25	23	46%
b)	26-30	16	32%
c)	31-35	11	22%
		Total =50	Total =100%
2.	Religion		
a)	Christian	0	0%
b)	Muslim	3	6%
c)	Sikh	1	2%
d)	Hindu	46	92%
		Total =50	Total =100%
3.	Education		
a)	Lower primary school	0	0%
b)	High school	16	32%
c)	Secondary school	24	48%
d)	Diploma and degree	10	20%
e)	Post graduate	0	0%
		Total =50	Total =100%
4.	Occupation		
a)	Government job	2	4%
b)	Private job	5	10%
c)	House wife	28	56%
d)	Business	8	16%
e)	Student	7	14%
		Total =50	Total =100%

Table 1:- In relations to age greater number of women’s(46%) were in the age group of 20-25 years and lesser number (22%) were in the age group of 31-35. Most of women’s (92%) was Hindu or lesser number was Christian (0%) according to education most of passed secondary education (48%), post graduate (0%) and (32%) high school passed. According to occupation in which greater number of women’s was Housewife (28%) and (4%) lesser number was government job.

Table 2: Mean, Median, Mode and Standard deviation was used to assess the knowledge of breast cancer and breast self-examination among women of rural community in Trilokpur district Sirmour, Himachal Pradesh.

Knowledge score	Mean	Median	Mode	Standard deviation
Women of Trilokpur District Sirmour	21.2	21	20.6	3.68

Table 2: The data reveals that the knowledge score of women of mean was (21.2), median was (21), mode was (20.6), and standard deviation was 3.68.

Table 3: Frequency and Percentage and distributions of level of knowledge regarding breast cancer and breast self-examination among women of rural community in Trilokpur district Sirmour, Himachal Pradesh.

Level of knowledge	Frequency	Percentage
Below average (25-36)	0	0%
Average (13-24)	41	82%
Good (0-12)	9	18%

Maximum score- 36, Minimum score- 0

Table 3:- It shows the majority of women 41(82%) had average level of knowledge regarding breast cancer and

breast self examination followed by 9(18%) had good level of knowledge and below average of knowledge 0(0%)

regarding breast cancer and breast self examination.

Table 4: Chi square showing the Association of knowledge regarding breast cancer and breast self examination among women in Trilokpur District Sirmour Himachal Pradesh.

N=50

Sr.no	Demographic variables	Level of knowledge			df	Chi square	P value
		Below average	Average	good			
			Age years				
a	20-25	0	18	4	4	57.26	9.49*
b	26-30	0	16	1			
c	31-35	0	7	4			
			Religion				
a	Christian	0	0	0	6	61.405	12.59*
b	Muslim	0	1	2			
c	Sikh	0	0	1			
d	Hindu	0	40	6			
			Education				
a	Lower primary school	0	0	0	8	56.1	15.51ns
b	High school	0	15	1			
c	Secondary school	0	19	5			
d	Diploma and degree	0	7	3			
e	Post graduate	0	0	0			
			Occupation				
a	Govt. job	0	0	2	8	63.09	15.51*
b	Private job	0	4	1			
c	House wife	0	24	4			
d	Business	0	8	0			
	Student	0	5	2			

Table no 4:- Hence it was concluded from the table that the H₁ hypothesis is accepted that there was association of knowledge score of women's with selected demographic variables. The data revealed that age years (9.49), religion (12.59), and occupation (15.51) of women were found statistically significant at 0.05 level of

Conclusion

It was concluded that there was no significant association of demographic variable education of the knowledge of breast cancer and breast self-examination among women in Trilokpur District Sirmour Himachal Pradesh.

Conflict of interest: There was no such conflict and bias during the study.

Source of finding: It is self-founded research study.

Ethical clearance: No ethical issue exists.

Reference

1. Willian Lippincott. Textbook of manual of nursing practice, 9th edition. Published by Wotlers Kluwer India Pvt. Ltd, New Delhi, 63, 891-892.
2. Pery-Potter. 'Fundamental of Nursing', 6th Edition. Published by Elsevier, a division of Reed Elsevier India Private limited, 223, 683t, 735-736b.
3. Suddarth's and Brunner 'Text book of Medical – Surgical Nursing,-Edition-10th published by "SUZANNE C-Smeltzer, Brenda G. Bare, 1449-1460.
4. Basavanthappa BT. "Medical Surgical Nursing,-Edition 2nd. Published by "Jaypee Brothers Medical Publisher (P) LTD New Delhi, 7861.
5. Udwik R, Gaczkowski S. Breast self-exam by teenagers. Cancer Nurs, 2001, 315-319.

6. Doi:10.1097/00002820-2001-200108000-00013.Pubmed
7. Budden L. Young women's breast self-examination knowledge and practice. J Community health nursing. 1995L; 12:23-32. doi:10.1207/s15327655jchn1201-3.PubMed
8. www.google.com.
9. www.pubmed.com