

# A Study to assess the effectiveness of Video Assisted Teaching Programme Regarding Knowledge on Breast cancer and Breast Self-Examination Among Students At Selected Women's College , Karaikal.

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**Abstract-** A Study to assess the effectiveness of Video Assisted Teaching Programme Regarding Knowledge on Breast cancer and Breast Self-Examination Among Students At Selected Women's College , Karaikal. Quasi-experimental design with one group pre-test and post-test design was adopted for this study. The study was conducted in Avvaiyar Women's College , Karaikal. The population for the study was college students between the age group of 18-25 years. Sample sizes comprised of 60 students selected by simple random sampling technique. Data was collected by questionnaire method. The overall mean score of college students during pre-test was 8.71+4.2 (SD) which is 35% of the total score, whereas during post-test, it was 19.51+3.49(SD) which is 78% of the total mean score revealing gain of 43% in knowledge score. It is observed that during pre-test college students had poor overall knowledge whereas it was good after the implementation of video assisted teaching programme.

## I. INTRODUCTION

Women are the backbone of any society and health system relies on the women in almost every country. Their contribution to society and nation goes beyond the professional function and office hours. A major constraint is that women face lack of information about health. When a woman provided with supportive and enabling environment, she can improve her own health and that of her family and community.

Breast cancer is a major public health concern throughout the world. The incidence of breast cancer is increasing throughout the world, but reasons are not fully understood. In India, breast is the second leading site of cancer in females.

According to WHO, there is a raising incidence of breast cancer in India. There were 79,000 women in 2001 and over 80,000 women in 2002 affected by breast cancer. The average incidence rate varies from 22-28 per 1, 00, 000

women per year in urban settings to 6 per 1,00,000 women per year in rural areas.

Prevalence of breast cancer is high in the following metropolitan areas of India; Delhi - 29.8, Mumbai - 28.0, Chennai - 26.0, Bangalore - 20.5 per one lakh population.

## II. STATEMENT OF THE PROBLEM

A Study to assess the effectiveness of Video Assisted Teaching Programme Regarding Knowledge on Breast cancer and Breast Self-Examination Among Students At Selected Women's College , Karaikal.

## III. OBJECTIVES

1. To assess the knowledge on breast cancer and Breast Self-Examination among Students at Selected Women's College.
2. To find the effectiveness of Video Assisted Teaching Programme Regarding Knowledge on breast cancer and Breast Self-Examination Among Students At Selected Women's College.
3. To find the association between the pretest knowledge on breast cancer and breast self- examination among students at Selected Women's College with selected demographic variables.

## IV. RESEARCH METHODOLOGY

### RESEARCH DESIGN

Quasi-experimental design with one group pre-test and post-test design

### SETTING

The study was conducted in Avvaiyar Women's College , Karaikal.

**POPULATION**

The population for the study was college students between the age group of 18-25 years

**SAMPLING****SAMPLE**

The sample for the study was college students studying in Avvaiyar Women's College, Karaikal

**SAMPLE SIZE**

Sample size comprised of 60 students studying in Avvaiyar Women's College, Karaikal

**SAMPLING TECHNIQUE**

A simple random sampling technique – Lottery method was used to select the samples for the study.

**CRITERIA FOR SAMPLE SELECTION****INCLUSIONCRITERIA**

- Students who are studying in Avvaiyar Women's college.
- Age group between 18-25 years
- Students who are willing to participate in the study
- Students who are able to understand Tamil.

**EXCLUSION CRITERIA**

Students who are absent during data collection period

**DESCRIPTION OF THE INSTRUMENT**

The questionnaire consisted of two parts

**Part – I:****Demographic Data**

Demographic data consisted of age, place of residence, religion, marital status, educational status, family income, history of breast cancer among family members and source of health information about breast cancer.

**Part – II:**

Knowledge on breast cancer and breast self-examination

Multiple choice questions to assess the knowledge on breast cancer and prevention. Questions consisted of three sections.

Section 1 : Questions related to breast cancer, risk factors, signs and symptoms of breast Cancer.

Section 2 : Questions related to diagnostic measures and treatment of breast cancer.

Section 3 : Questions related to prevention of breast cancer.

Section 4 : Questions on technique of breast self - examination

**SCORE INTERPRETATION****Score interpretation for knowledge**

< 50 % - Inadequate knowledge

50 – 75 % - Moderately adequate knowledge

> 75 % - Adequate knowledge

**DATA COLLECTION PROCEDURE**

Informed consent was obtained from the Avvaiyar Women's College students. Pretest was conducted among college students studying in Avvaiyar Women's College, Karaikal by using closed ended questionnaire to assess the knowledge on breast cancer and breast self-examination before the implementation of video assisted teaching programme . Pretest was conducted among 10 students each day approximately. All the students to be gathered in one room and necessary instruction was given to the students. Pretest was completed within 10 days. Immediately after pretest, video assisted teaching programme regarding breast cancer and breast self-examination shown to the students. Evaluation was done by conducting posttest on the 7th day of the pretest by using closed ended questionnaire, which was used for pretest

**Major Findings of the Study****Findings Regarding Demographic Data**

Highest percentage 59(98%) of the students were in the age group of 18-20 years , 1 (2%) of the student in age group of 21-23 years, and none of the students were in the age group of 24-25 years .

Majority 50(83%) of the students were Hindu, 6(10%) of the students were Christian, 4(7%) of the students were Muslim. Majority 58(97%) of the students were under graduate and 2(35) of the students were postgraduate.

Highest percentage 27(45%) of the students getting information from health professionals, 10 (17%) of the

students getting information from family members, and the lowest percentage 8(13%) of the students getting information from friends.

### Findings Regarding Pre -test Knowledge on breast cancer and breast self-examination

The highest mean score  $2.95 + 0.938$  (SD) which is 49% of the total score was obtained in the area of “Knowledge on Breast cancer, risk factor and signs and symptoms “. The mean score  $(2.316 \pm 0.9396)$  (SD) which is 39% of the total score was in the area of “Knowledge on diagnosis and treatment”. The mean score  $1.433 \pm 0.641$  (SD) which is 24% of the total score was in the area of knowledge on breast self-examination. Whereas the lowest mean score,  $(1.316 \pm 0.590)$  (SD) which is 19% of the total score was in the area of “Knowledge on technique of breast self-examination”. It reveals that the students had inadequate knowledge in the area “Knowledge on Technique of breast self-examination”. It reveals that the students had inadequate knowledge in all the area.

### Findings Regarding Post -test Knowledge on breast cancer and breast self-examination

Highest mean score  $(5.85 \pm 0.792)$  (SD) which is 84% of the total score obtained in the area of “Knowledge on Technique of breast self-examination”, whereas the lowest mean score  $(4.4 \pm 0.716)$  (SD) which is 75% of the total score was in the area of “Knowledge on Breast Self- Examination”. The mean score  $(4.9 \pm 0.56)$  (SD) which is 82% of the total score was in the area of “ Knowledge on Breast Cancer ,risk factors, signs and symptoms” .The mean score  $(4.7 \pm 0.76)$  (SD) which is 82% which is 78% of the total score was in the area of “ Knowledge on Diagnosis and Treatment “. It reveals that the students had adequate knowledge in all the areas after the implementation of Video Assisted teaching programme.

### Association between post-test knowledge on breast cancer and breast self - examination among students at selected women’s college with demographic variables.

Hence, null hypothesis related to association between pre-test knowledge scores and demographic variables are accepted. It can interpret that Video assisted teaching Programme was effective for all students irrespective of their difference in demographic variables.

Table 1. Comparison of Pre-Test and Post-Test level of knowledge on breast cancer and breast self-examination among students at selected women’s college

S.NO	Level of Knowledge	Pretest Score		Post Test Score	
		Number	Percentage	Number	Percentage
1	Adequate (>76%)	-	-	49	82
2	Moderate (51-75%)	7	12	11	18
3	Inadequate (<50%)	53	88	-	-

S.No	Area	t’Value	Level of Significance
1	Knowledge on breast cancer ,risk factor and signs and symptoms	16.65	HS
2	Knowledge on diagnosis and treatment of breast cancer.	19.97	HS
3	Knowledge on breast self-examination	24.73	HS
4	Knowledge on technique of breast self-examination	33.71	HS
	<b>Over all</b>	<b>95.06</b>	<b>HS</b>

(df=59, table value=1.67,  $p < 0.05$  highly significant)

## V. CONCLUSION

Today’s breast cancer is the foremost cancer killer in women all over the world. Breast self-examination is the more economic than mammography, if it is practice systematically and proficiently on a regular basis. Breast cancer can detect earlier and survival rate of the women can improve. Appropriate teaching can help to improve the knowledge on breast cancer and breast self- examination.

## VI. RECOMMENDATIONS

- Similar study can undertake on a large sample.

- A structured teaching program with model can use in the community so that the uneducated also can understand the performance of BSE.
- A comparative study can conduct in rural and urban area.

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