A Study to Assess the Effectiveness of Video Assisted Teaching Programme on Knowledge Regarding Breast Self-Examination among Nursing Students Studying in Selected College at Ghaziabad

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ABSTRACT

A study to assess the effectiveness of video assisted teaching programme on knowledge regarding breast self examination among nursing students studying in selected college at Ghaziabad. The study was conducted at Santosh Medical College, Ghaziabad. The objectives of the study was (1) To assess the knowledge regarding breast self examination before video assisted teaching programme among student nurses. (2) To evaluate post test knowledge on effectiveness of video assisted teaching programme regarding breast self examination among student nurses. (3) To compare pre test and post test knowledge on video assisted teaching programme regarding breast self examination among student nurses. (4) To determine the association of knowledge on video assisted teaching programme regarding breast self examination with selected demographic variables among student nurses. A quantitative research approach was used for the study with structured questionnaire. A structured questionnaire was used for the study. The conceptual framework of the present study is based on Becker's health belief model. The students who met the study inclusion criteria were selected using purposive sampling technique. Data gathered were analyzed using both descriptive and inferential statistics. The study showed that video assisted teaching programme is effective in improving knowledge regarding breast self examination among GNM 1st year female students. Based on the research findings further recommendations also given.

Keywords: - Video assisted teaching, Breast Self Examination, Knowledge, GNM 1st year female students, Malignancy, Clinical Breast Examination (CBE).

INTRODUCTION

Breast cancer, is a malignant growth of breast tissue. It can spread to nearby lymph gland, pleura, bone, pelvis and liver. It can spread to other parts of the body without invading the axillary nodes even when the primary breast tumor is small. Breast cancer is the 3rd most common cancer in the world. In India breast cancer is the 2nd leading cancer in female. The magnitude of cancer problem is increasing day by day. In the year 2007 about 5.4 million cases reported in developed countries and 6.7 million reported in developing countries. In the present scenario, roughly one in 26 women are expected to be diagnosed with breast cancer in their lifetime. The 5-year survival rate reached to 85% with early detection whereas later detection decreased the survival rate to 56%. Recommended preventive techniques to reduce breast cancer mortality and morbidity include breast self examination [BSE], clinical breast examination [CBE], and mammography. CBE and mammography require hospital visit and specialized equipment and expertise whereas BSE is an inexpensive tool that can be carried out by women themselves. In the literature, it is stated that 90% of the times breast cancer is first noticed by the person herself.

LITERATURE REVIEW

S Ahuja, N Chakrabarti (2009), conducted a study to determine the level of knowledge regarding Breast cancer and to increase awareness about breast cancer screening practices among a group of women in tertiary care hospital in Mumbai, India. The knowledge and practices of women toward breast self examination for early detection were observed to be inadequate in a study carried out among females in the age group of 35-60yrs in a semi urban area of Madhya Pradesh, India .After the intervention program, 59% women had good knowledge and among them 90.7% practiced breast self examination as compared to 0% in the pre-test. An overall increase in the awareness of 43% and 53% of breast self examination was observed in the study group after intervention.

Bala D V and Gameti Hemant (2011), conducted a educational interventional study of self breast examination in 250 women beneficiaries of urban health centres of west zone of Ahmadabad. The participants were women above the age of 20 yrs. Pre test assessment revealed that awareness about various methods of breast cancer was relatively inadequate. However, three months after the intervention, there was not only significant improvement of knowledge, improvement in breast self examination practices was also observed amongst these women.

Jacqueline A Horton (2011) conducted a quasi experimental study on teaching breast health to 310 adolescent females in high school concluded that students who used interactive learning had higher knowledge retention of breast health/cancer. Students who used interactive learning had higher perceptions of benefits of breast self-awareness. Students who used interactive learning had lower perceived barriers to breast self-examination. This research will add to the limited research in the area of breast health of adolescent females. It will provide health educators strategies to effectively teach breast health to this population and will also help facilitate the development of health education programs aimed at health promotion among adolescents.

Shalini -Jose (2016), conducted a pre-experimental study to determine the effectiveness of PTP (planned teaching programme) on BSE among GNM nursing students at Nursing college Indorecity. The study concluded that PTP helps to improve the knowledge of students on BSE as evidenced by significant difference between pre test and post-test.

Philomena-Fernandes (2017) conducted a preexperimental study to PTP (planned teaching programme) on Breast self examination among nursing students at Karnataka medical college. The study concluded that nursing students are the key group to deliver health information and training. Their attitude towards promotion of BSE practice will attain a high degree contribution towards giving awareness to the general population regarding BSE.

The research approach used for this study is quantitative research approach.

Sampling Technique- Purposive sampling technique.

Research Design

Research design adopted for this study was pre test or post test only design with intervention.

Inclusion Criteria

- Female students who are studying in GNM 1st year.
- Female students of GNM 1st year who are willing to participate
- Students who are present at the time of data collection.

Exclusion Criteria

- Students who have attended similar teaching programme in last six months.
- Students who are not present at the time of data collection.

Selection and Preparation of Tool Were Based On

An extensive literature review:

- Related to demographic data of nursing students
- Related to knowledge about breast self examination
- Related to effectiveness of video assisted teaching programme on knowledge regarding breast self-examination.

Steps of Development of The Tools

The following steps were involved in development of tool:

- Review of literature
- Developing demographic data tool through expert opinion and validation
- Video assisted teaching programme on Breast Self Examination

Description Of Tool

Part 1- Demographic data

Part 2- Knowledge about breast self examinaton

Part 1 Demographic data- The demographic data consists of age, medium of study, family's occupation, family income and type of family.

Part 2 Knowledge about breast self examination- It consists of 20 questions related to knowledge on breast self examination.

Scoring key

CRITERIA	SCORING KEY
Inadequate Knowledge	<60%
Moderate Knowledge	60-79%
Adequate Knowledge	80-100%

Analysis and Interpretation of Data

S.No	SAMPLE CHARACTERISTICS	FREQUENCY (F)	PERCENTAGE(%)
1.	Age		
	17-20	19	63.33%
	21-24	10	33.33%
	25-28	1	3.33%
	Above 28 years	-	-
2.	Medium of study		
	English	14	46.67%
	Hindi	16	53.33%
3.	Course Studying		

|			
	GNM 1st year	30	100%
	Any other graduation or diploma	-	-
4.	Family Occupation		
	Unemployed	1	3.33%
	Self employed	7	23.33%
	Private sector	19	63.33%
	Government sector	3	10%
5.	Family income		
	< Rs. 10000/ month	20	66.67%
	Rs. 10000-20000/ month	5	16.67%
	> Rs. 20000/ month	5	16.67%
6.	Type of family		
	Nuclear family	15	50%
	Joint family	13	43.33%
	Separated family	2	6.67%
	Extended family	-	-
7.	Previous knowledge on breast self examination		
	Yes	2	6.67%
	No	28	93.33%
8.	Practiced breast self examination previously by self.		
	Yes	1	3.33%
	No	29	96.67%

Percentage Distribution of Demographic Variables With Respect to Age
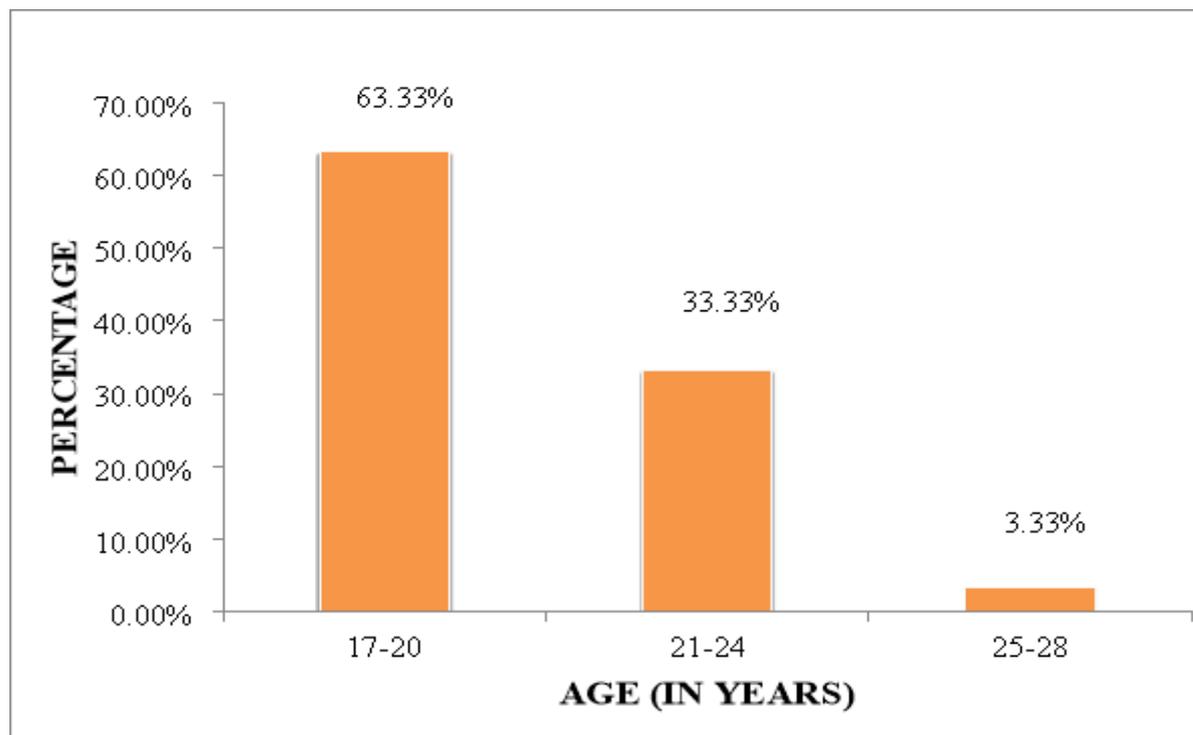
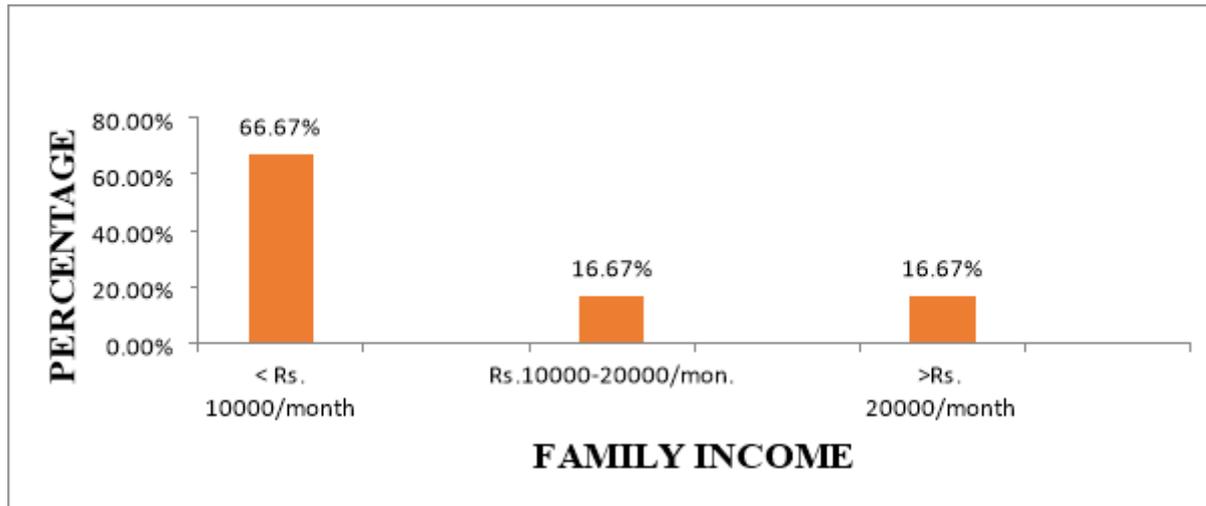**Percentage Distribution of Demographic Variables With Respect to Medium of Study**
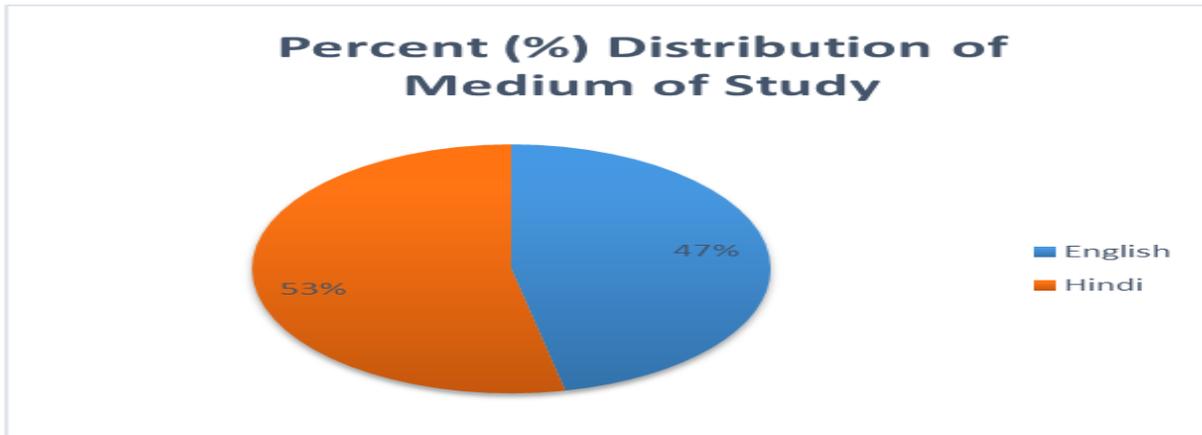
Percentage Distribution of Demographic Variables with Respect to Course Studying
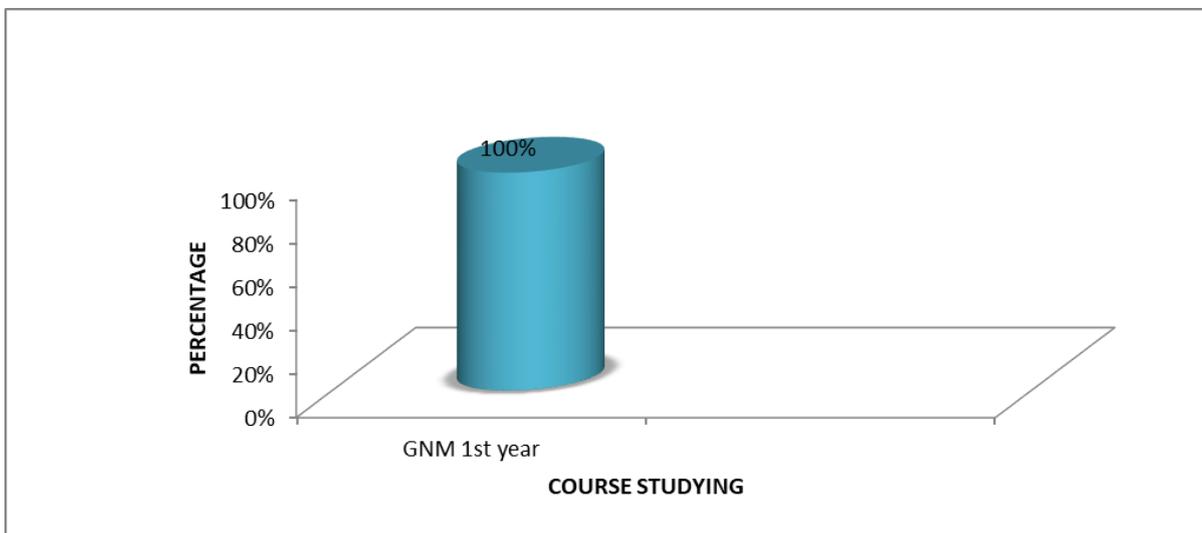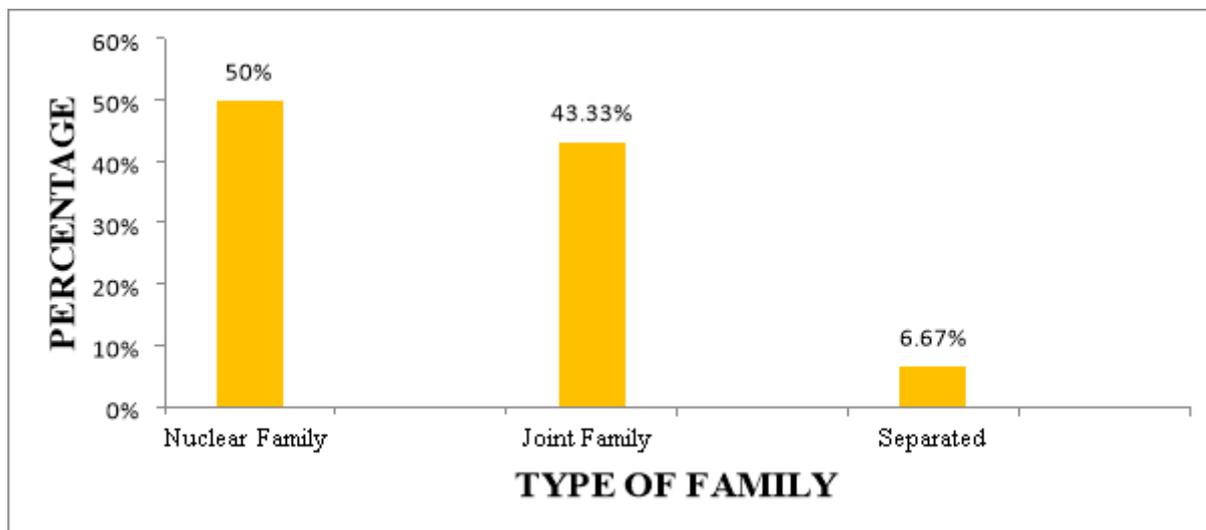

Percentage Distribution of Demographic Variables With Respect to Family Occupation
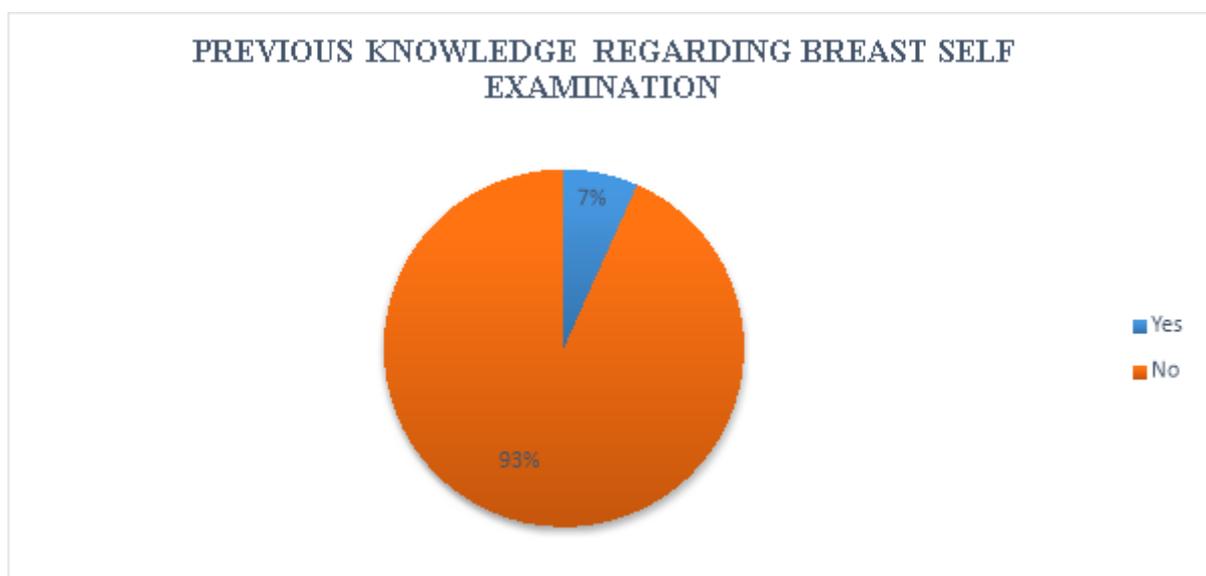
Percentage Distribution of Demographic Variables With Respect to Course Studying

Percentage Distribution of Demographic Variables With Respect to Type Of Family

Percentage Distribution of Demographic Variables With Respect to Knowledge Regarding Breast Self-Examination

Percentage Distribution of Demographic Variables with Respect to Practiced Breast Self-Examination by Self

The statistical tests used are mean, standard deviation, one sample t-test and paired t-test.

MAJOR FINDINGS

- In the study, all participants were in one group only.
- According to age, more than half 63.33% (19) were in age group between 17-20 years, 33.33% (10) were in age group between 21-24 years and 3.33% (1) were in age group between 25-28 years.
- Regarding medium of study, majority 53.33% (16) were from Hindi medium and 46.67% (14) were from English medium.
- Regarding course studying, 100% (30) were in GNM 1st year only.
- Regarding family occupation, majority 63.33% (19) were employed in private sector, 23.33% (7) were self employed, 10% (3) were employed in government sector and 3.33% (1) was unemployed.
- Regarding family income, majority 66.67% (20) had less than Rs. 10000/month family income, 16.67% (5) had Rs. 10000-20000 per month and 16.67% (5) had greater than Rs. 20000 per month.
- Regarding type of family, majority 50% (15) had nuclear family, 43.33% (13) had joint family and 6.67% (2) had separated family.
- Regarding awareness of breast self examination, majority 93.33% (28) not knows about breast self examination and 6.67% (2) knows about breast self examination.
- Regarding practicing of breast self examination previously, majority 96.67% (29) students has not done breast self examination previously by self and 3.33% (1) has done breast self examination previously by self.

The mean pre test score and post test score was 39.83 and 68.00 respectively. The standard deviation of pre test and post test was 14.65 and 21.76. The calculated t-value of pretest was -7.54 and post test was 2.01 at 0.05 level of significance. This finding revealed that there was significant difference exist among pre and post test score knowledge score among group.

The mean pre test score and post test score was 39.83 and 68.00 respectively. The calculated t-value was -8.92 at 0.05 level of significance. The calculated p-value is 0.000 which is smaller than 0.05. This finding revealed that there is significant relationship exist between pre and post test knowledge score.

There is significant association of post test knowledge score attending video assisted teaching programme with selected demographic variables like age, awareness about breast self examination.

Assessment of Pre Test and Post Test Knowledge Score of Students Regarding Breast Self-Examination

Comparison of Pre test and Post test by % score
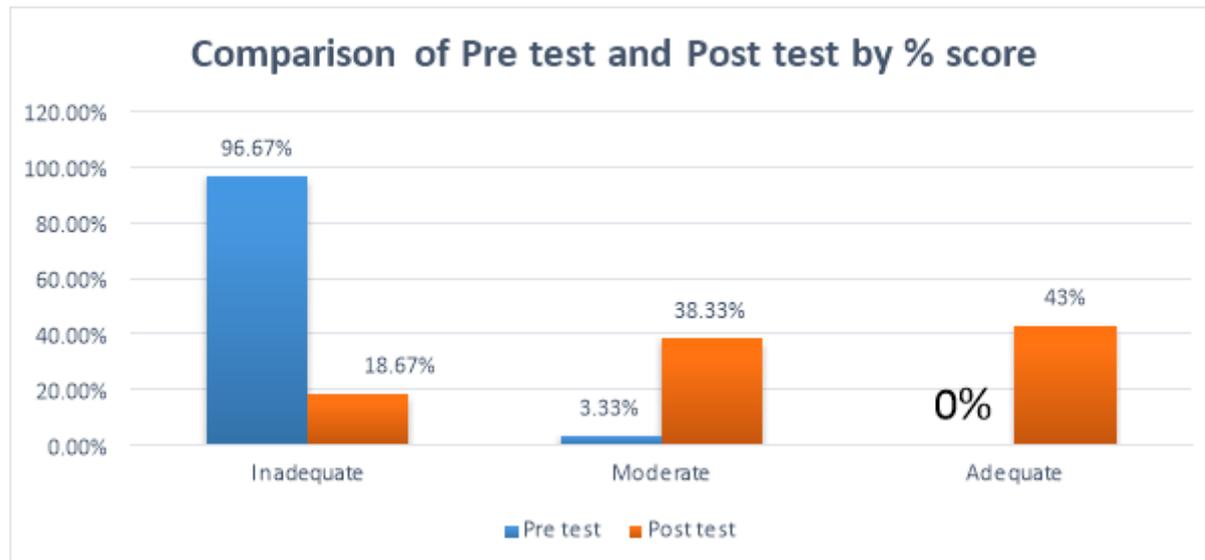
CONCLUSION

On the basis of the findings of the study, the following conclusions could be drawn:

Video assisted teaching programme on knowledge regarding breast self examination among GNM 1st year female students improves knowledge regarding breast self examination.

There was a high significance was found between pre and post test design received video assisted teaching programme on breast self examination at p<0.05. The study revealed that video assisted teaching programme on knowledge regarding breast self examination was effected.

There is significant assosciation on knowledge regarding breast self examination among GNM Ist year female students with selected demographic variables like age, awareness about breast self examination.

DISCUSSION

The study aimed to assess the effect of video assisted teaching programme on knowledge regarding breast self examination among GNM Ist year female students. Results showed that video assisted teaching programme on knowledge regarding breast self examination is effective in increasing students knowledge on breast self examination. The findings was supported based on the study conducted by Khemchand Falwaria, Dr. Nagarajaih (2005) study on effectiveness of planned teaching programme on Breast self examination to women of a selected community in Salasar (Churu).

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