

A Quasi Experimental Study to Evaluate the Effectiveness of Demonstration on Practice Regarding Breast Self-Examination among Girls of Selected Arts Colleges of Jalandhar, Punjab

Ramandeep Kaur

Professor cum Vice Principal, PhD Scholar, Himalayan University, Arunachal Pradesh, Lala Lajpat Rai Institute of Nursing Education, Gulab Devi Hospital, Jalandhar

Abstract

Breast budding in girls-their first sign of puberty starts at age 10 on average, with some girls starting as early as 8 and other not starting until 13. Breast cancer is the most commonly occurring cancer in women and the second most common cancer overall. The rates are increasing in nearly every region globally. Breast self-examination is a cost-effective and easy method that the every women can perform their own basis. So investigator thought that demonstration is a good method to give education with the help of teaching aids to make the topic more interesting and understandable. So decided to organize demonstration for creating awareness and to enhances practice of the girls regarding breast self-examination. The study was conducted on the girls of selected arts-colleges of Jalandhar i.e. take a sample of 100 girls belongs to arts colleges from three different villages i.e. Lyallpur Khalsa college, St. Solider group of institute, Banarsi Dass Arya college, Kanya Maha vidyalaya, Apeejay college of Arts, Government sports and arts college, D.A.V college and Doaba college, Jalandhar, Punjab. Non probability technique i.e. convenience sampling technique was used to select the sample. The sample was comprised of 100 girls' i.e. 50 in control group and 50 in experimental group. To obtain necessary data for the study, the tool was developed and for data collection self-structured checklist was used. The result of the present study revealed that the pre-test mean practice score of control group was 9.34 and the pre-test practice score of experimental group was 9.12, whereas the post test mean practice score of control group was 9.78 and post test mean practice score of experimental group was 17.16. The research hypothesis of the study was accepted, as the post test mean practice score regarding practice of breast self-examination among girls in experimental group was significantly higher than the post test mean practice score in control group so there was effectiveness of demonstration regarding practice of breast self-examination among girls in experimental group. There is no any association of practice regarding breast self-examination with their selected socio demographic variable among girls.

Keywords- *Demonstration, practice, breast self-examination, girls, arts colleges.*

Background of Study

Adolescence is a transitional stage in life when an individual is no longer a child, but not yet an adult. It is a period in which an individual undergoes enormous-physical and psychological changes, that brings transformation from childhood to adulthood.¹ Breast

budding in girls-their first sign of puberty starts at age 10 on average, with some girls starting as early as 8 and other not starting until 13². Breast development in the adolescent brings change in their body image. According to researchers, in today's scenario of modernization some women are exposed to use of alcohol, tobacco, cigarette smoking and some are using new technology equipment's of comfort like mobile phones and laptops which produce certain radiations which lead to development of cancer. Environmental factors and genetic factors also lead to the occurrence of cancer. Sometimes due to environmental changes our body cells are not able to adapt to the new

Corresponding author:

Ramandeep Kaur

Professor cum Vice Principal, PhD Scholar, Himalayan University, Arunachal Pradesh

environment which lead to accumulation of cells which later on converted into cancerous cells. So, there is need of providing knowledge to the women regarding breast self-examination. So, that they can detect and screen out any of the abnormality in breast in advance to get treatment in early stage.³ Breast cancer is the most commonly occurring cancer in women and the second most common cancer overall⁴. There were over 2 million new cases in 2018. The rates are increasing in nearly every region globally. Various methods have been evaluated as breast cancer screening tools, including mammography clinical breast examination. Breast self-examination is a cost-effective and easy method that the every women can perform their own basis.⁵ As many studies indicated the practices of breast self-examination are low among University students. A study conducted in Cameroon among female undergraduate students in the university of Buea indicated that only 90% in the university of Buea knew to how to perform breast self-examination, only 13.9% knew what to look for while performing breast self-examination, and only 3% had perform breast self-examination regularly.⁶ As a breast cancer is a current issue which people should be aware of breast examination. So they can diagnose the problem of breast cancer at early stage. So researcher wanted to conduct a research study on breast self- examination by giving demonstration to the girls of Arts college of Jalandhar Punjab, to spread awareness regarding importance of practice on breast self- examination. As no study was conducted on demonstration regarding breast self- examination in India and if done it is not published. So investigation thought that demonstration is a good method to give education with the help of teaching aids to make the topic more interesting and understandable. So decided to organize demonstration for creating awareness and to enhance practice of the girls regarding breast self- examination.

Objectives

1. To assess the pre-test practice regarding breast self-examination among the girls in control and experimental group
2. To plan and implement demonstration on breast self-examination among the girls in experimental group.
3. To assess the post-test practice regarding breast self-examination among the girls in control &

experimental group.

4. To compare the pretest and post-test practice regarding breast self- examination among girls in control group and experimental group.

5. To find out association between post-test practice regarding breast self- examination among girls and their selected socio demographic variables in control and experimental group.

Hypothesis

H₀:-There is no significant difference between pre-test and post-test practice score regarding breast self-examination among girls in control and experimental group.

H₁:-There is significant difference between pre-test and post-test practice score regarding breast self-examination among girls in control and experimental group.

Materials and Methods

A quasi experimental research design was used to accomplish the stated objectives. Non-equivalent pretest post-test Control Group Design which was carried out to evaluate the effectiveness of the demonstration on practice regarding breast self-examination among girls.

Experimental group → O1 → X → O2

Control group → O1 → O2

O1 = Pretest Practice

X = Demonstration regarding breast self-examination

O2 = Post test Practice

Tool for data collection was described into following parts:

Part 1: socio-demographic variables consists of 12 items for obtaining personal information about breast self-examination related to their age, religion, type of family, dietary pattern, educational level, regularity of menstruation, do you practice breast self-examination, knowledge and source of information regarding breast self-examination and usage of any hormonal therapy.

Part 2: It consists of procedure of breast self-examination.

Part 3: Self structured Check list consisted of 20 statement to assess the practice regarding breast self-examination among girls of Arts College. The maximum score was 20 and minimum score was 00. The response were qualified by giving score as follows:-Yes = 1 and No = 0.

Data was collected from 100 girls' i.e.50 in control group and 50 experimental group. Data was collected by using self –structured checklist related to breast self-examination among girls of selected Arts College written informed consent was taken from each study sample. The researcher introduced herself to the respondent and explained the purpose of gathering the information. They were assured that taken response would be kept confidential and used only for researcher purpose on the first day pre-test was taken from girls in control and experimental group demonstration regarding breast self-examination was given to girls in experimental group and on the seventh day posthaste was taken from girls in control and experimental group.

1. It took approximately 5 minutes to get basic information from both groups.

2.10-15 minutes were spent for pre -test.

3. One hour was spent on demonstration and clarifying doubts of experimental groups.

4. Post-test was taken after seven days.

Findings of the Study

Data was entered in master sheet for tabulation and statistical processing in order to analyzed and interpreted by using descriptive and inferential statistics. The data was represented under following heading.

SECTION 1:-Distribution of socio-demographic variables.

SECTION 2:-Analysis of pretest practice regarding breast-self-examination among girls in control and experimental group.

SECTION 3:-Analysis of post test practice regarding breast-self-examination among girls in control and

experimental group.

SECTION 4:-Analysis of comparison of pre-test and post-test practice regarding breast-self-examination among girls in control and experimental group.

SECTION 5:-(a) Analysis of association between post-test practice regarding breast-self-examination among girls and selected socio-demographic variables in control and experimental group i.e. type of family, place of living, marital status, dietary pattern, menstruation process, knowledge about breast-self-examination and taking any hormonal therapy and practice of breast-self-examination.

(b) Association between post-test practice regarding breast-self-examination among girls and selected socio-demographic variables in control and experimental group i.e. religion, education level and source of information regarding breast-self-examination.

In pretest practice findings, out of 50 girls in control group score regarding practice of breast self-examination majority 28 (56 %) girls had poor practice, minority 22 (44 %) girls had average practice and none had good practice score, in comparison the pretest practice score of experimental score out of 50girls , majority 30 (60 %) had poor practice score minority 20 (40 %) had average practice score and none had good practice score.

In Post test practice score, out of 50 girls in control group majority 27 (54 %) had poor practice score , followed by 21 (42 %) had average practice score and minority2 (4 %) had good practice score in comparison with the post-test practice score of experimental group majority 44 (88 %) had good practice score and minority 6 (12 %) had Average practice score and none had poor practice score .

In comparison, the post-test mean practice score 17.16 in experimental was higher than the post-test mean practice score 9.78 in control group and it was statically significant at $p < 0.05$ level as $t_{cal} 18.0882 > t_{tab} 1.98$ at $p < 0.05$ level of significance. It showed that the post test of control and experimental group were significantly related. Pretest and post-test of experimental group was also significantly related as $t_{cal} 32.9659 > t_{tab} 1.98$ at $p < 0.05$ level of significance. Hence H_1 was accepted and H_0 was rejected. It showed that demonstration was

effective in increasing the practice regarding breast self-examination among girls in experimental group.

Conclusion

It was concluded that the demonstration regarding Breast self-examination was found effective in enhancing the practice of Breast self-examination among girls of Arts Colleges.

Ethical Considerations

1. Ethical clearance was taken from ethical clearance committee.

2. Written informed consent was taken from subjects.

Source of Funding- Self

Conflict of Interest- Nil

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