

A Study To Evaluate The Effectiveness of Video Assisted Teaching Programme on Knowledge Regarding Breast Self Examination Among Iii Year Female Students Studying At Nandha Arts And Science College, Erode

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I. INTRODUCTION

Cancer is one of the most important diseases which threaten woman health. In the world, breast cancer is the most common type of threatening cancer in woman. Breast cancer affects so many lives today. The peak incidence of breast cancer is the fifth and sixth decades of life. The more familiarity with breast; the more likely women will notice when something has changed. It is vital for the women to understand the key factors about the disease, especially risk factors and methods of early detection. Three methods of early detection of breast cancer are mammography, clinical breast examination and breast self-examination. If breast self-examination is practiced regularly breast disorders can be detected in early stages and treated promptly.

II. NEED FOR THE STUDY

For India, for the year 2020,

- 184,937 women were newly detected with breast cancer
- 90,218 women died of breast cancer
- $184937 / 90218 = 2.04 =$ round it off to 2. So roughly, in India, for every 2
- Women newly diagnosed with breast cancer; one lady is dying of it.

A few decades back almost 65% to 70% of women suffering from breast cancer were above 50 years only 30 to 35% women were below fifty years of age. However, presently, breast cancer is more common in the younger age group and 49% of all women suffering from breast cancer in Chennai are below 50 years of age. A significant number of patients are below 30 years.

STATEMENT OF THE PROBLEM:

A STUDY TO EVALUATE THE EFFECTIVENESS OF VIDEO ASSISTED TEACHING PROGRAMME ON KNOWLEDGE REGARDING BREAST SELF EXAMINATION AMONG III YEAR FEMALE STUDENTS STUDYING AT NANDHA ARTS AND SCIENCE COLLEGE, ERODE.

OBJECTIVES OF THE STUDY

- To assess the knowledge of III-year female students regarding breast self-examination, before and after video assisted teaching programme
- To determine the effectiveness of video assisted teaching programme on knowledge regarding breast self-examination among III-year female students
- To find out the association between knowledge score among female students & their selected demographic variables.

HYPOTHESES;

- **H1;** There will be significant increase in knowledge regarding and **breast** self-examination after video assisted teaching programme among III year female students.
- **H2;** There will be significant association between knowledge score of female students and their selected demographic variables

OPERATIONAL DEFINITIONS:

1. Effectiveness

In this study effectiveness refers to the improvement in level of knowledge regarding breast self-examination among III-year female students.

2. Knowledge

In this study knowledge refers to the awareness and familiarity about breast self-examination among III-year female students.

3. Breast self-examination (BSE)

In this study Breast self-examination refers to inspect by a woman of her breasts to detect breast cancer earlier among III-year female students.

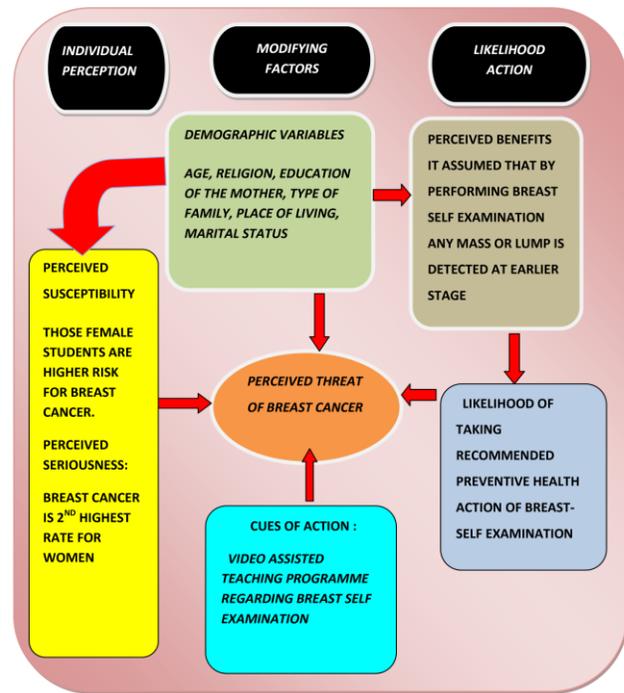
4. Video assisted teaching Programme

In this study it refers to the use of video as a medium of giving Information regarding breast self-examination among III-year female Students. Breast self-examination is the observation and palpation of breast. Using one's own hands for the purpose of detecting abnormalities. It helps to gain knowledge regarding breast self-examination techniques

ASSUMPTIONS

- Students have less knowledge about breast self-examination.
- Video assisted teaching programme will be effective in increase the knowledge regarding Breast self-examination among III-year female students studying at Nandha Arts and Science college, Erode.

CONCEPTUAL FRAMEWORK



RESEARCH METHODOLOGY

A Quantitative Educative and evaluative Approach and Quasi experimental research design -One group pretest Post-test design was used to conducted among III year female students studying in Nandha arts and science college at Erode.100 samples were selected using simple stratified random sampling techniques. The data were collected after obtaining the institutional ethical clearance and formal administrative permission. Informed consent from the subjects was obtained and the confidentiality has been assured.

The reliability of the tool was tested and Implementing the tool on III year female students studying at Nandha arts and science college ,Erode.

The questions related to demographic variables and Semi Structured questions related to knowledge of breast self-examination.

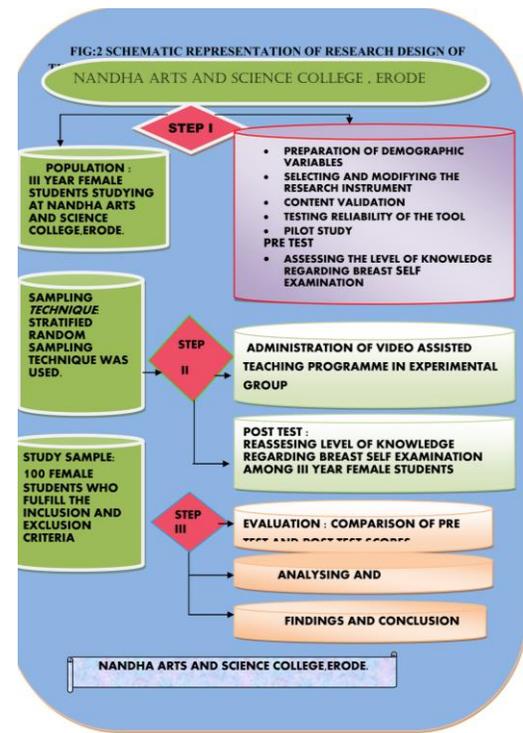
- **Part I:** Demographic variables such as Age, Religion, Education of the Mother, Type of family, Place of living, Marital status.
- **Part II:** It consisted of 40 questions related to knowledge of breast self-examination.

1. The study was conducted in Nandha arts and science college, Erode.
2. The period of data collection 4 weeks only.
3. Prior data collection, permission was obtained from the concerned authorities.

4. III-year female students who fulfilled the criteria were selected as sample by using Stratified random sampling.
5. The researcher introduced herself to the participants and established rapport with them.
6. The purpose of the study was explained to each participant.
7. The researcher assured the participants for the confidentiality of their responses
8. Oral consent was obtained from each participant in the study before starting data collection.
9. Pretest was conducted by with the help of self-administered questionnaire.
10. Question distributed and data collected from III year female students studying at Nandha arts and science college, Erode.
11. Video assisted teaching program was given for 100 III female students and after 15 days post test was conducted by the same questionnaire.

The researcher assured the participants for the confidentiality of their responses

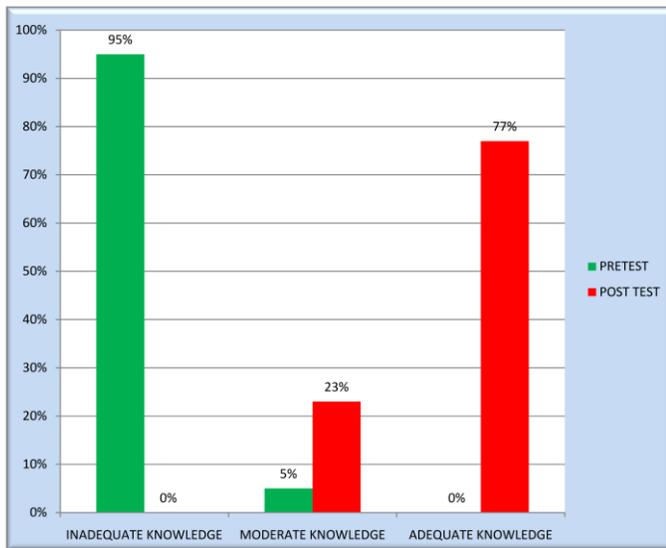
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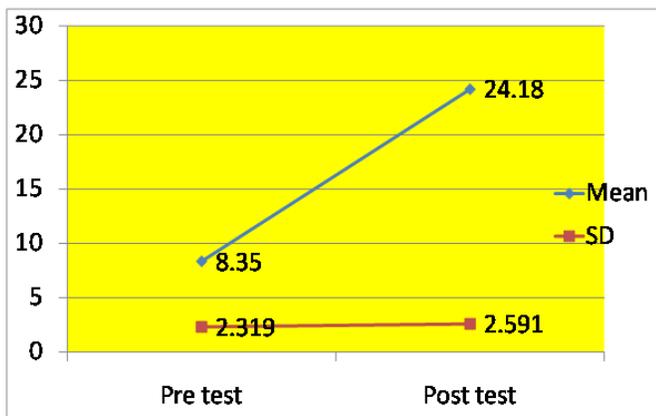
Data analysis and interpretation:

- **Section I** : Distribution of samples in terms of demographic variables.
- **Section II** : Assessment of pre-test and post-test level of knowledge regarding breast Self examination.
- **Section III** : Comparison of pre test and post test knowledge score regarding breast Self Examination
- **Section IV** : Association between post-test scores of knowledge regarding breast self Examination with selected demographic variables.

Assessment of Pre test and post tests level of knowledge regarding breast self examination



Comparison of pre test and post test scores of knowledge regarding breast self examination



III. RESULTS AND DISCUSSION

- As per demographic characteristic, majority of female students 43 (43%) were between age group of 20-25years, 47 of them (47%) were Hindu religion, 34 of them (34%) were no formal education of the mother, 60 of them (60%) were nuclear family members, 55 of them (55%) living in urban areas, 81 of them (81%) were married students.
- The frequency and percentage of pretest and post test level of knowledge regarding breast self examination shows Majority of female students in pre- test 95 of them (95%) had inadequate knowledge, remaining 5 of them (5%) had moderate knowledge and none of them had adequate knowledge regarding Breast self examination but in post test majority 77 of them (77%) had adequate knowledge, remaining 23 of them (23%) of them had moderately adequate knowledge and none of them inadequate knowledge regarding Breast self examination.

- Over all comparison of mean values between pre test 8.35 and post test 24.18 of knowledge regarding breast self examination and „t“ value 3.99 obtained was found to be significant at 0.05 level. This was conducted through video assisted teaching programme is effective in improving awareness regarding breast self examination.

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