



## **A study to assess the effectiveness of plan health teaching regarding breast cancer among women in selected area of Rajkot City**

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### **Abstract**

There is lack of knowledge among the women population regarding breast cancer in the country. This is an attempt to assess the knowledge and attitude of the women about the disease, by providing health teaching program on breast cancer, which may be used as a teaching aid for further study regarding breast cancer. This study was conducted to find the “A Study To Assess The Effectiveness Of Plan Health Teaching Regarding Breast Cancer Among Women In Selected Area of Rajkot City.”

**Keywords:** To assess, effectiveness, plan health teaching, knowledge, cancer among women

### **Introduction**

Cancer is a process in which normal cells go through stages that eventually change them to abnormal cells that multiply out of control. Cancer harms the body when Damaged cells divide uncontrollably to form lumps or masses of tissue called tumors except in the case of leukemia where cancer prohibits normal blood function by abnormal lcell division in the blood stream [4]. Tumors can grow and interfere with the digestive e,nervous, and circulatory system, and they can release hormones that alter body function. Tumors that stay in one spot and demonstrate limited growth are generally considered to be benign. When a tumor successfully spreads to other parts of the body and grows, invading and destroying other healthy tissues, it is said to have metastasized. This process itself is called metastasis. This result in a serious condition which is very difficult to treat. Cancer can be the result of a genetic predisposition that is inherited from family members. It is possible to be born with certain genetic mutations or a fault in a gene that makes one statistically more likely to develop cancer later in life.

### **Need of Study**

Many breast cancers arise from hyperplasia, atypical hyperplasia, non invasive cancer and finally, invasive cancer. Not all breast cancers necessarily follow this progressive pattern, however, the speed of progression for those that do is highly varies. It also appears that some cancers may never progress beyond in situ disease. Cancer is a Pan societal problem that affects 2/3 of the world population. Among them Breast cancer is the most common cancer diagnosed in women, both in developing and developed countries [2]. It is the 2nd leading cause of death in women worldwide, accounting for 23% of the total new cancer cases and 60% of the deaths are estimated to occur in economically developing countries. Approximately one out of eight women develops breast cancer all over the world due because of women getting a child in late age, women having fewer children and shorter duration of breast feeding. This is because Rural women are not aware of breast cancer, early detection measures like breast self-

examination, mammography. However there should be some sort of awareness programmed on breast cancer to educate rural women regarding cause, signs and symptoms and breast self-examination, treatment. So that women health seeking behavior can be improved.

### **Objectives**

1. To assess the effectiveness of pre-test knowledge score regarding breast cancer among women in selected areas of Rajkot city.
2. To assess the effectiveness of post-test knowledge score regarding breast cancer among women in selected areas of Rajkot city.
3. To find out association between level of knowledge of women in selected demographic variables.

### **Hypotheses**

All hypotheses will be tested at 0.05 level of significance.

**H1:** There will be significant difference between the mean pretest and posttest knowledge score of women regarding breast cancer.

**H2:** There will be no significant relationship between the mean pretest knowledge and scores of women regarding breast cancer.

### **Materials And Methods**

#### **Research Approache**

Quantitative research approach

#### **Research Design**

Pre -experimental (one group pre-test post-test) design

#### **Variables**

##### **Independent Variables**

effectiveness of plan health teaching on breast cancer.

##### **Dependent Variables**

knowledge on breast cancer among women.

**Research Variables**

age, marital status, number of living children if married, education, occupation and source of information (neighbour, friends, health worker, magazine, mass media) [3].

**Settings**

This study were conductin Haripar, Munjaka, Vejagam. The study were conducted among women.

**Population****Accessible Population**

population includes all the women of age group between 20-60yrs in Women.

**Target Population**

All selected area's Selected women of age group between 20- 60yrs .

**Sample Size**

60 women

**Sample Techniques**

Non-Probability sampling technique

**Data Analysis**

The response were analysed through descriptive statistics and interference statistics.

**Demographic Findings**

The Majority of 40% of the women were between the age group of 36- 45.

The Majority of marital status majority (70%) of women were married.

The Majority of number of children majority (61.7%) of the women had two Children and more.

The Majority of educational qualification of women showed that 38.3% had primary education.

The majority of (74.7%) women were skilled workers.

The Majority of (41.7%) of women had information from mass media.

The significant difference between the mean pre- test and post-test knowledge score regarding breast cancer was analyzed by using paired 't' test. The computed 't' value ( $t_{59}=17$ ) was higher than the table value ( $t= 1.67$ ) at 0.05 level of significance. Hence the null hypothesis was rejected and research hypothesis was accepted and it was inferred that the mean post- test knowledge score of women on breast cancer is significantly higher than the mean pre- test knowledge scores. This indicates that the awareness program was effective increasing the knowledge level of the women.

**Result and Discussion**

It discusses the significant findings Evaluate the effectiveness of plan health teaching on breast cancer among women in Rajkot. The study conducted with 60 sample size by using pre- experimental research design among women in selected area of Rajkot [4].

**Conclusion**

It deals with the conclusions drawn based on the findings of the present study. The findings revealed the following:

The pre-test findings revealed that the knowledge of women regarding breast cancer was low and majority of respondent had poor knowledge in all the areas.5 The pre-test findings

revealed that the attitude of women regarding breast cancer was unfavorable. The awareness program is proved to be one of the effective teaching methods for improving knowledge and attitude of women regarding breast cancer.

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