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## **A study to assess the effectiveness of planned teaching programme in terms of knowledge regarding cervical cancer among under graduate female students of selected Colleges of Rajkot City, Gujarat**

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### **Abstract**

Cervical cancer is a cancer a rise from the cervix. It is due to abnormal growth of cells that have the ability to spread of another part of the body and symptoms may consist of abnormal vaginal bleeding, pelvic pain, pain during sexual intercourse, it may specify the presence of cervical cancer. Approximately 570,000 cases of cervical cancer and 311,000 deaths from the disease occurred in 2018. Cervical cancer was the fourth most common cancer in women, ranking after breast cancer (2.1 million cases), colorectal cancer (0.8 million) and lung cancer (0.7 million).

It is one of the major public health problems in India. Cervical cancer careful to preventable and curable disease because it can be prevented considers the high prevalence of cancer of cervix pap screening. Pap smear helps to reduce the frequency of cervical cancer. Inadequate knowledge is most of the reason why many women do not make use of the currently existing screening methods. Knowledge regarding prevention of cervical cancer help increasing the incidence of cervical cancer among menopausal women also help to prevent other disease in women.

**Objectives:** 1. To assess existing knowledge regarding cervical cancer among under graduate female students of selected colleges before and after planned teaching programme.

2. To assess effectiveness of plan teaching about cervical cancer among under graduate female students of selected colleges of Rajkot City, Gujarat.

3. To find out the association of pretest knowledge score on cervical Cancer with selected Demographic variables of among under graduate female students of selected college of Rajkot City Gujarat.

**Keywords:** assess, effectiveness, planned teaching programme, knowledge, cervical cancer, under graduate female students

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### **Introduction**

In India, cervical cancer is one of the most common causes of cancer-related deaths. According to National Institute of Cancer Prevention and Research, one woman dies of cervical cancer every 8 minutes in India. Cancer of cervix is a common malignancy among women especially in the lower socio-economic group. Cervical cancer occurs most commonly in women between the ages of 30 and 45 years. But it can occur as early as age 18 years. Risk factors vary from multiple sex partners to smoking to chronic cervical infection.

In May 2018 the WHO Director-General made a call to action towards the elimination of cervical cancer and engage partners and countries to increase access to and coverage of these 3 essential interventions to prevent cervical cancer: HPV vaccination, screening and treatment of pre-cancer lesions, and management of cervical cancer.

### **Need of the study**

India has disproportionately high burden of cervical cancer. Among women, it is the leading cause of cancer mortality accounting for 26 percent of all cancer deaths. According to International Agency for Research on Cancer estimates mortality from cervical cancer is expected to witness a 79 percent increase from 74,118 deaths in 2002 to 1, 32,745 deaths by 2025.

The purpose of this study was to determine the understanding of

cervical cancer prevention for Under Graduate Female Students. In this qualitative study, i will explore their general awareness of cervical cancer and its prevention, experience and attitudes towards the Pap test, and limitations and recommendations with regard to the prevention of cervical cancer.

As a first step in this direction, their current knowledge towards cervical cancer needs an assessment, so that important amendments could be made wherever needed. This was the reason why I performed this study. Besides that, their knowledge regarding cervical cancer has a bearing on their own health as well.

### **Statement of the Problem**

“A Study to Assess the Effectiveness of Planned Teaching Programme in Terms of Knowledge Regarding Cervical Cancer Among Under Graduate Female Students of Selected colleges of Rajkot City, Gujarat.”

### **Materials and Methods**

In this study Pre experimental; one group pre- test and post- test research design is used. For Selecting the sample for the Study. The sample were selected for this study by, non-probability convenience sampling technique. A total of 60 students of undergraduate female students studying in selected colleges were

selected according to fulfilled the inclusion and exclusion criteria for the study. A Structured questionnaires was prepared to assess the knowledge of students in Pre – test and then administration of Plan teaching Programme on cervical cancer and after Assessment of post-test knowledge of under graduate female students.

### Hypothesis

**H1:** The mean post- test knowledge score of college girls attending plan teaching programme on cervical cancer will be significantly higher than their mean pre- test knowledge score determined by structured questionnaire.

**H2:** There will be significant association between pretest knowledge Score of cervical Cancer and Demographic Variables of under graduate female students of selected college of Rajkot City as measured by the Structured Knowledge Questionnaire at 0.05 level of significance.

### Results

The mean post-test knowledge score (14.76) was higher than mean pre-test knowledge score 8.3. and mean difference was 6.46. Significance of the difference between pre-test and post-test knowledge were statistically tested using paired ‘t’ test and it was found significant. ‘t’ value for knowledge was -13.63. which was less than table value 2.00 with 0.05 level of significance. It means there is significant difference between pre- test and post- test level of knowledge of under graduate female students regarding the cervical cancer.

In the association there was no significance association between pretest knowledge score with demographical variables.

### Conclusion

The main conclusion from this present study is that most of college going under graduate female students had inadequate knowledge in pretest and after plan teaching programme 65% of under graduate female students gained adequate knowledge So, the level of under graduate female students will be enhanced by using plan teaching programmers.

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