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EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON BREAST SELF EXAMINATION REGARDING KNOWLEDGE AMONG ADOLESCENT GIRLS

R. Usha Esther*¹ and R. Abirami¹

¹*Department of Medical-Surgical Nursing, Ganga College of Nursing, Coimbatore, Tamilnadu, India.

ABSTRACT

Quantitative approach was used for this study. Pre-Experimental one group research design was adopted for this study. The conceptual framework was based on Input, Throughput, Output model. The Study was done at Holy Redeemer's Girls Higher Secondary School. 30 samples were selected through Systemic random sampling technique. The tool used were a questionnaire examining demographic and structured knowledge questionnaire. The study findings showed that there is a significant association between the level of knowledge and demographic variables.

KEYWORDS

Effectiveness, Knowledge, Breast self-examination and Adolescent girls.

Author for Correspondence:

Usha Esther R,
Department of Medical-Surgical Nursing,
Ganga College of Nursing,
Coimbatore, Tamilnadu, India.

Email: ushaesther13@gmail.com

INTRODUCTION

Breast is the beauty of the women. Every women familiar with their own breast and early to note the development of breast changes early. Breast self-examination applies equally to women of all ages, breast self-examination is especially important for younger women. Adolescent who correctly perform regular monthly Breast self - Examination are more likely to find a breast lump in early stages. For adolescent with inadequate access to health care Breast Self- Examination is the only breast screening technique available.

Breast Self-examination is easy to perform and to detect breast problems such as lump; any changes in an appearance. It may include breast cancer or other breast condition that may require medical attention.

Regular Breast Self-Examination can help to early detection and to start prompt treatment and to save the life of the women.

Statement

A study to assess the effectiveness of structured teaching programme on Breast self-examination regarding knowledge among adolescent girls in selected schools.

Objectives

To assess the pre-test and post-test level of knowledge regarding BSE among adolescents

To assess the effectiveness of structured teaching programme on BSE

To find out the association of knowledge with their selected demographic variables

Hypothesis

H₁: There will be significant knowledge on BSE

H₂: There will be a significant association of knowledge with their demographic variables.

METHODOLOGY

Research design

Pre-experimental one group research design

Population

The Adolescent girls who are studying 11th standard

Sample Size

30

Sampling Technique

Systemic random sampling technique

Inclusion Criteria

Adolescents who were

Age group between 15-18 years

Willing to participate in this study

Able to read the Tamil or English

Exclusion Criteria

Adolescents who were

Not willing to participate in this study

Absent at the time of data collection

Description of the tool

The tool was developed by the investigator with the guidance of the expert's opinion. The tool used for the present study is a questionnaire to assess the knowledge.

Part- I

Demographic variables

Part-II

Self-structured Questionnaire to assess the knowledge

Method of data collection

The data was collected among adolescents who were studying 11th std at Holy Redeemer's School. Written permission was sought and obtained from the authorities concerned.

RESULTS AND DISCUSSION

The first objective of the study was to assess the pre-test and post-test knowledge regarding BSE

The results of this study showed that 21(70%) of the adolescents had inadequate knowledge and 9(30%) of the adolescents had moderate knowledge.

After the intervention 76.7% of adolescents had adequate knowledge on BSE.

The second objective of the study was to find out the difference between pre and post- test knowledge of BSE

The result of this study showed that there was significant difference between pre-test (16.8) and post-test knowledge score (34.73) significant

The third objective of the study was to find out the association of knowledge with selected demographic variables.

There is a significant association between level of knowledge with their demographic variables.

Implications

Implications in nursing education

In addition to specialty Nursing care, it is equally important to prepare student nurses and other nursing personnel working in various health settings to be potential enough, to provide effective BSE programmed among women and prevention of breast cancer.

Implications in nursing practice

BSE improves the life span of women and help them to lead a disease free life.

Implications in nursing research

Nursing research initiate step to publish effective teaching programme, journals, supporting research studies and mass media regarding BSE.

Implications in nursing administration

The Nurse administrator should be a initiator for in-service education programmed for Nurse to provide

a comprehensive knowledge to the Nurses regarding BSE.

CONCLUSION

The main conclusion of this study shows that health education plays an important role in bringing changes in knowledge among adolescents. The investigator assures that every student who has been taking part in this study will have adequate knowledge regarding Breast Self Examination.

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CONFLICT OF INTEREST

We declare that we have no conflict of interest.

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