RESEARCH ARTICLE

A PRE EXPERIMENTAL STUDY TO DETERMINE THE EFFECTIVENESS OF VIDEO ASSISTED TEACHING PROGRAMME ON KNOWLEDGE REGARDING BREAST SELF EXAMINATION AMONG B.Sc NURSING STUDENTS IN A SELECTED NURSING COLLEGE OF INDORE CITY.

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Manuscript Info

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Abstract

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This study determines the level of knowledge among students on breast self examination with pre-test, post-test method. The study aimed to assess the knowledge on breast self examination among students before and after video assisted teaching programme; evaluate the effectiveness of video assisted teaching programme on breast self examination among students; and find out the association of knowledge regarding breast self examination among B.Sc Nursing students and selected demographic variables. A pre experimental study was carried out with 40 students from Bombay Hospital College of Nursing Indore. Self administered tool i.e. multiple-choice statements were used to evaluate the knowledge level on breast self examination before & after video assisted teaching programme. Data was analyzed by chi-square and t test. The result showed that there was a significant difference between pre-test and post-test knowledge scores as assessed by the paired t-test value at 10.58 (HS), $t_{(39)}=2.04$ $p\leq0.05$). There was significant association between knowledge and the selected demographic variables (age, educational status, education of mother, family history of cancer, previous knowledge about BSE and its sources) at 0.05 level of significance. Thus by this study one can conclude that video assisted teaching programme helps to improve the knowledge of students on breast self examination.

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Introduction:-

Breast cancer is a global health issue and is the leading cause of death among women internationally. In India, it is the second most common cancer among women. In the present scenario, roughly 1 in 26 womens are expected to be diagnosed with the deadly breast cancer.

Breast cancer can be detected and treated at an early stage. If detected early the 5year survival rate reached to 85% whereas later detection decreased the survival rate to 56%.

The preventive techniques to reduce breast cancer mortality and morbidity include breast self-examination (BSE), clinical breast examination (CBE), and mammography. BSE is an inexpensive tool which can be carried out by women themselves at home.

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BSE helps women to detect any changes in their breasts as early as possible. 90% of the times breast cancer is first noticed by the women herself.

Even though BSE is a simple, quick, and cost-free procedure, the practice of BSE is low.

With this background, the present study was designed to determine the knowledge of B.Sc nursing students regarding Breast Self Examination.

Objectives:-
1. To assess the existing knowledge of B.Sc Nursing 2nd yr students regarding breast self examination.
2. To determine the effectiveness of video assisted teaching programme on knowledge regarding   breast self examination among B.Sc Nursing 2nd yr students.
3. To find out the association of knowledge regarding breast self examination among B.Sc Nursing 2nd yr students with selected demographic variables.

Methodology:-
Study Approach:- In this study a Quantitative approach was used.
Research Design:- In this study a Pre experimental research design was used.
Setting:- The study was conducted at Bombay Hospital College of Nursing, Indore (BHCONI).
Population:- The population for this study was B.Sc nursing 2nd yr Students of Bombay Hospital College of Nursing, Indore.
Sample:- Students who met the inclusion criteria were selected as samples i.e. students who are in the age group of 17-21years and those who were willing to participate in the study.
Sample Size:- For this study the sample size was 40.

Reliability and validity of the tool:-
Pre test was done to establish the reliability, it was assessed by using split-half method and the tool was found to be highly reliable. The experts confirmed validity of the tool..

Data collection procedure:-
Data collection was done by using multiple-choice statements on students. The tool consists of two sections, first section consists of 10 socio demographic variables and second section consists of 21 multiple choice statements related to knowledge regarding BSE. Pre test was conducted for 40 students then for 2 days video assisted teaching programme regarding Breast Self Examination was scheduled and post test was done. Then the collected data was analyzed by descriptive and inferential statistics.

Results:-
Section-i: Description of demographic variables:-
The data shows that out of 40 students, 30 (75%) belonged to age group of 17-19yrs while 9 (22.5%) belonged to age group of 20-22yrs, and 1 (2.5%) belong to 23yrs & above.

According to the educational qualification 39 (97.5%) of students came after their higher secondary, 1 (2.5%.) came after diploma. On the basis of medium of education it is obtained 39 (97.5%) are from English medium and 1(2.5%) are from Hindi medium. 22 (55%) of student's father was educated upto high school, 14(35%) are graduated, 4(10%) has done PG. 17 (42.5%) of student's mother was educated upto high school, 20(50%) are graduated, 3(7.5%) has done PG. 23 (57.5%) of students are from urban area and 17 (42.5%) are from rural area. 4 (10%) of students have family history of cancer & 36(90%) of students do not have family history of cancer. According to the type of family 35(87.5%) of students are from nuclear family and 5(12.5%) are from joint family. 29(72.5%) of students were having previous knowledge of BSE and 11(27.5%) students do not have. 23(57.5%) students got the information of BSE from health education and 17(42.5%) from media.

Section-ii: Pre test and post test knowledge scores of students regarding breast self examination.
Table 1:- Pre test score.

Pre test score	Frequency	Percentage
Poor(0-7)	16	40%
Average (8-14)	20	50%
Good (15-21)	4	10%
TOTAL	40	100%

40% of the students had poor knowledge regarding breast self examination.

Table 2:- Post test score.

Post test score	Frequency	Percentage
Poor(0-7)	0	0%
Average (8-14)	1	2.5%
Good (15-21)	39	97.5%
TOTAL	40	100%

Majority 97.5% of the students had good knowledge regarding breast self examination.

Section- iii: Effectiveness of video assisted teaching programme.
1)Mean, standard deviation of the pre and post test knowledge score of students.

Table 3:- Mean and standard deviation of pre test and post test scores n=40

SCORE	MEAN	STANDARD DEVIATION
PRE-TEST	13.4	2.76
POST-TEST	17.05	1.82

2)Significance of video assisted teaching programme
H_1- There will be significant difference in the mean pre test and post test knowledge scores regarding breast self examination among B.Sc nursing students.
The significance of the mean difference between pre test and post test knowledge scores, was done by paired t test and the value is mentioned below-

Table 4:- Mean, standard deviation and paired 't' test value of knowledge score.

Knowledge score	Mean (n=40)	Standard deviation	't' test
PRE-TEST	13.4	2.76	10.58*
POST-TEST	17.05	1.82	

*Highly significant, $t_{(39)}$=2.04, $p \leq 0.05$ level. It is evident that the calculated t (10.58) value was greater than the table value ($t_{(39)}$=2.04) Hence the H1 was accepted at 0.05 level of significance

Section– iv: Association of the pre -test knowledge and selected demographic variables.
H2- There will be significant association of the knowledge regarding breast self examination with selected demographical variables among B.Sc nursing students.
Table 5:- Association of pre test knowledge and demographic variables n=40

S.No	Socio Demographic Variables	χ^2 calculated value	Table value	Level of Significance at 0.05
1	Age	37.56	33.92	S*
2	Educational status	39.20	33.92	S*
3	Medium of education	28.66	33.92	NS
4	Education of father	25.06	33.92	NS
5	Education of mother	27.20	19.67	S*
6	Area of living	15.14	33.92	NS
7	Type of family	23.56	33.92	NS
8	Family history of cancer	49.36	47.40	S*
9	Previous knowledge about BSE	48.31	47.40	S*
10	Source of previous knowledge	49.78	47.40	S*

S*-significant NS- not significant

The calculated Chi-square values were more than the table value at 0.05 level of significance. Hence there was significant association between pre test knowledge scores and selected socio demographic variables, at 0.05 level of significance. Thus the H2 hypothesis is accepted.

Discussion:-

Maximum of the subjects (75%) were in the age group of 17-19yrs. Maximum of the subjects (97.5%) came after their higher secondary. (87.5%) students were from English medium. (55%) of student's father were educated upto degree course. (50%) of student's mother were educated upto degree course. Maximum of the subjects that is (57.3%) were living in urban area. Majority of students (90%) were having no family history of cancer. (87.5%) were from nuclear family. (72.5%) students are aware of breast self examination. (45%) students gained information regarding BSE through health education. In pre test maximum students (50%) have average knowledge, (40%) had poor knowledge & (10%) had good knowledge. In post test majority of the students (97.5%) had good knowledge, (2.5%) were in the category of average knowledge and (0%) were in the category of poor knowledge. It shows that mean score of pre test were 13.4 and mean score of post test were 17.05 so the difference between them is assessed by paired t test. The calculated t (10.58) value was greater than the table value ($t_{(39)}$=2.04) Hence the H1 was accepted at 0.05 level of significance.

The calculated Chi-square values were more than the table value at 0.05 level of significance. Hence there was significant association between pre test knowledge scores and selected socio demographic variables such as age, educational status, education of mother, family history of cancer, previous knowledge about BSE and its sources, at 0.05 level of significance. Thus the H2 hypothesis is accepted.

Implications:-

Nursing practice:- Students can use this examination technique so as to detect breast cancer at earlier stages.
Nursing education:- Student nurses should be educated about breast self examination as it will be beneficial to them , also they can educate patients in clinical setting.
Nursing research:- It will help the student nurses to expand the scope in practice.
Nursing administration:- Student nurses posted in various wards should be trained through in service education to possess the required knowledge about BSE, for the better health of their patients.

Recommendations:-

❖ A similar study can be conducted on large sample.
❖ A similar study can be conducted among medical staffs.
❖ A study can be conducted to assess the effectiveness of self-instructional module on knowledge regarding breast self-examination.

Conclusion:-

The video assisted teaching programme was effective to increase the knowledge of students regarding breast self-examination, which will be beneficial for them as well as the patients to identify breast cancer at its earliest stages.

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