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RESEARCH ARTICLE

A STUDY TO ASSESS THE EFFECTIVENESS OF SELF-INSTRUCTIONAL MODULE ON PREVENTION OF CERVICAL R.R. NURSING COLLEGE BENGALURU KARNATAKA

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Abstract

The objectives of the study:

1. To assess the knowledge of women on prevention of cervical cancer.
2. To evaluate the effectiveness of structured teaching programme on prevention of cervical cancer.
3. To analyze the knowledge of women on prevention of cervical cancer with selected variables.

The study was conducted at Nursing institutes, Bengaluru. The population for the study was aged between 35 – 55 years. The size of the sample was forty. The sample was selected through the purposive sampling technique. A structured interview schedule was used to collect the required information regarding prevention of cervical cancer. The tool was given for content validity to the experts in the field of nursing and Obstetrics and gynecology. A pilot Study was conducted on 5 samples in Soldevanahalli, Bengaluru from 1ST April to 3rd April 2023 and found that the tool was feasible and appropriate. The reliability of the tool was tested by spearman's brown formula and Guttman split of method and obtained value $r = 0.892$ revealed that the tool was reliable. The data was collected from 12th April 2023 to 3rd May 2023 at Acharya institutes, Bengaluru. In view of the nature of the problem selected and objectives to be accomplished pre-experimental one group pretest and posttest design was considered most suitable for the study to evaluate the effectiveness of structured teaching programme on prevention of cervical cancer. The analysis and interpretation of data was done with the help of descriptive and inferential statistics. The result of the major findings indicated that women had inadequate knowledge in various aspects in prevention of cervical cancer. Structured teaching programme was found to be very effective method of providing information regarding prevention of cervical cancer. The mean post test knowledge is significantly higher than the mean pre test knowledge scores $t = 16.250$ $p < 0.000$ level. Modified gain knowledge scores shows maximum gain in causes, signs and symptoms and prevention of cervical cancer. The study conducted that the structured teaching programme on various aspects in prevention of cervical cancer was an effective method for providing moderate to adequate knowledge and helps women to prevent cervical cancer and enable them to live a better quality of life. On the basis of findings, it is recommended that a similar study may be replicated

using a larger number of respondents. It is also recommended that other methods of teaching along with frequent reinforcement may be implemented for improving the knowledge on prevention of cervical cancer.

Objectives

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Introduction:-

“After my diagnosis with metastatic disease I was blackly depressed. There were exactly two things that helped. One was physical exercise and the other was calling some research centre on the phone going to the library are doing anything that I believed could actually help could go from the deepest depression to actual enthusiasm in minutes just by picking up the phone.”

(Steve Donn 2000 on being diagnosed as suffering from lymphoma)

HEALTH the term which is inculcated in each and every individual is the Primary concern and Fundamental right of a person. Health status can be maintained through adaptation of preventive measures and healthy practices which are mainly concerned with knowledge.

“Health is a state of complete physical, mental and social well being and not merely an absence of disease or infirmity.

A little over hundred years ago “**FLORENCE NIGHTINGALE**” wrote ‘Do we care for the patient first and foremost’. These word some of the ethos of Nursing and now here this is more necessary to diagnose cancerous diseases than nursing of the patient.

Cancer is a taboo and the term cancer itself causes uneasiness to people who often believe it is untreatable it takes up much of a person’s time in thinking about treatment and what the future holds. Sometimes this means the rest of the life just gets squeezed out. The cancer clients reach the point of diagnosis in many ways, most clients fear death during first few months of the cancer experiences.

Weismann called this state as ‘the essential plight’ whether the client can express their fear or not, it is an underlying cause of distress during diagnosis and treatment the magnitude of the problem becomes a apparent. Which causes severe emotional and psychological problems like anxiety and depression, which are in adequately managed and at times not even recognized.

Historically the term cancer meaning ‘Crab’ was given to euplastic diseases certain cancer of the breast resembled a crab and with the claw growth embedded in the normal tissue. The term might have prolonged the pain similar to that experienced by the pinch of the crab cancer of cervix usually takes many years to develop, before it does the cells in the cervix often show changes known as cervical intra – epithelial neoplasia (CIN). This precancerous cell stage is also sometimes known as Dyskariosis. If untreated cervical intra-epithelia neoplasia can develop into cervical cancer.

Major factors affecting the prevalence of carcinoma of cervix in a population are economic factors, age, multiple sex partners, hereditary and degree of effective mass screening.

To an estimated annual global incidence of 500,000 cervical cancers, India contributes 100,000 that is 1/5th of world burden. The magnitude of the problem is the thus more than evident. In September 2008, NHS launched a

vaccination programme for (HPV) Human Papilloma Virus. The vaccine provides protection against the two types of human Papilloma virus which is a main cause for 70% of cervical cancers.

It is recommended that girls who are between 12 and 13years of age should have the HPV vaccine. Catch up vaccines also available for older girls who are under 18years of age.

MSD pharmaceuticals in India announced the launch of Gasrdasil human Papilloma virus vaccine to prevent cervical cancer in Andhra Pradesh. The vaccine is recommended to begin between 9to26years.

Methodology:-

Research Approach And Design

Research approach for this study is the Quasi experimental approach of one group pretest post test method the study attempts at collecting factual information such as the women's knowledge on prevention of cervical cancer, a quasi experimental design was felt to be appropriate.

A quasi experimental design method is considered to be most suitable for finding the opinions of selected population as it provides factual information about the existing situation.

Description Of Variables

Independent variable

Structured teaching programme.

Dependent variable

Women knowledge.

Setting Of The Sample

The study was conducted at Acharya institutes, Soldevanahalli Bengaluru

Population

The Population for the present study consisted of women working at nursing Institutes Soldevanahalli, Bengaluru, Karnataka.

Sample Size

The sample consists of 40 Women.

Sample Teachnique

Convenience sampling technique was selected for selecting the sample for present study.

Criteria For Sample Selection

Women who are working at RR Nursing college, age group of 35-55years.

Data Gathering Technique

The present study interview with structured questionnaire as a method of data collection was selected. The interview method is useful where the literacy rate is lowland the respondent's cannot read & write. Interview technique provides greater opportunity to prepare and clarify questions & results obtain complete data from all subjects. Hence it was decided to select this method for data collection.

Summary

This chapter deals with analysis and interpretation of data by using descriptive and inferential statistics. Data was analyzed by chi-square test and 't' test with knowledge scores of women on prevention of cervical cancer related to frequency and percentage distribution with selected variables like age, education, marital status, religion, occupation, number of children, type of delivery, delivery conducted by and place of delivery. The result of the study found there is a significant difference between pretest scores and increased the knowledge of women after structured teaching programme.

Objectives of the study:-

1. To assess the knowledge of women on prevention of cervical Cancer.
2. To assess the effectiveness of structured teaching programme On prevention of cervical cancer.
3. To analyze the relationship between women's knowledge with Selected variables.

The study attempted to examine the following hypothesis

H₁ – There is a significant difference between the mean Pre- test knowledge scores among women.

The conceptual frame-work adapted for the study is based on general system theory developed by von Ludwig Bertalanffy. The major four aspects of this theory input, through put, output and feedback.

An extensive review of related literature of this study was done by the investigation here self which helped the investigator to development of structured teaching programme, construction of tool. The literature review also helped in determining the effectiveness of structured teaching programme and for the analysis.

The study design consisted of an evaluative approach with on group pre-test and post test design. The study population constituted 40 women who are working at Nursing institutes Soldevanahalli Bengaluru. A Non-probability convenience sampling technique was adopted.

The tool developed and used for data collection was structured interview questionnaire consisting of Part-I and Part-II, part-I consisted of nine demographic variables, part-II consisted of two sections. Section- I consisted of 11 items related to causes and signs and symptoms of cervical cancer and section –II consisted of 19 items related to prevention of cervical cancer.

The content validity of the tool was established by 6 experts the tool was found to the reliable and feasible. The reliability of the tool was established by Spearman's Brown coefficient and Guttman split-half coefficient formula, coefficient of correlation were $r_{0.829}$

The structured teaching plan consisted of various aspects on cervical cancer, definition, causes, signs and symptoms, and prevention of cervical cancer. The teaching plan was organized in sequence and in continuity. Teaching plan was prepared with a view to enhance the knowledge women on prevention of cervical cancer.

Pilot study was conducted in the month of April at Soldevanahalli, Bengaluru. The purpose of pilot study was to:

1. Evaluate the effectiveness of structured teaching programme.
2. Determine the method of statistical analysis and
3. To determine the feasibility of tool.

The final study was conducted between April and may at Nursing institutes, Bengaluru. Data of pretest was analyzed and structured teaching programme was administered to the women. Posttest was given 10 days after the structured teaching programme.

The data gathered were analyzed and interpreted according to objectives. Descriptive statistics used were mean, Median, standard deviation and graphical presentation of data. Inferential statistics used to test hypothesis at 0.05 level significance 't' test and chi-square test were applied.

Major findings of the study:-

The major findings of the study are summarized as follows:

Findings related to respondents personnel characteristics are as follows:

1. Majority of respondents 15 (37.5%) were in the age group of 35-39years and the minority of respondents 5 (12%) falls in the age group of 45-49 yrs.
2. Majority of respondents 12 (30%) were 1-5th class education and minority of respondents 6 (15%) were non-literate.
3. Majority of respondents 37 (92.7%) were 1-5th married and minority of respondents 3 (7.5%) were non-literate.
4. Majority of respondents 21 (52.5%) were Hindus and minority of respondents 6 (15%) were Christians.
5. Majority of 22 (55%) were Housewives and the minority of respondents 3 (7.5%) were others.

6. Majority of respondents 24 (60%) were having 1-2 children and the minority of 3 (7.5%) were having 5-6 children.
7. Majority of respondents 15 (37.5%) had LSCS and the minority of 11 (27.5%) had episiotomy.
8. Majority of respondents 34 (85%) had delivery by doctor and the minority 1 (2.5%) had delivery by Dias /BA and ANM.
9. Majority of respondents 15 (37.5) had delivery at Govt.hospital and the minority of 1 (2.5) had home delivery.

Findings related to effectiveness of the structured teaching programme are as follows:

Women had inadequate knowledge in causes, signs and symptoms, diagnosis, and prevention of cervical cancer. The structured teaching programme increased the knowledge of women on prevention of cervical cancer.

The structured teaching programme increased the knowledge of women on prevention of cervical cancer from pretest scores of below average 55%, average 37.5% and above average 7.5% to posttest scores of below average Nil, average 75% and above average 25% percentage.

The mean percentage of knowledge scores on prevention of cervical is increased from pretest mean of 11.1500 to posttest mean of 16.5000.

Findings related to Relationship of women's knowledge with selected variables.

In relation to women's age the chi-square value 10.933 is higher than table chi square value 7.81, Hence there is a relation between level of women's knowledge and age.

In relation to education the chi-square value is 6.000 is lower than table chi square value 9.488 so there is no relation between women's knowledge and education.

In relation to marital status the chi-square value is 1.081 is lower than table chi square value 3.841 so there is no relation between women's knowledge and marital status.

In relation religion the chi-square value is 1.006 is lower than table chi square value 5.991 so there is no relation between women's knowledge and religion.

In relation to occupation the chi-square value is 3.098 is lower than table chi square value 7.815 so there is no relation between women's knowledge and occupation.

In relation to No. of children the chi-square value is 1.248 is lower than table chi square value 5.991 so there is no relation between women's knowledge and No. of children.

In relation to type of delivery, the chi-square value 0.390 is lower than table chi square value 5.991 so there is no relation between women's knowledge and type of delivery.

In relation to delivery conducted by, the chi-square value 2.353 is lower than table chi square value 7.815 so there is no relation between women's knowledge and delivery conducted by.

In relation to place of delivery, the chi-square value 8.533 is lower than table chi square value 9.488 so there is no relation between women's knowledge and place of delivery.

This difference in mean pretest and posttest score is found that the present study is statistically significant.

Discussion:-

Cancer of the cervix is a neoplasm of the uterine cervix that can be detected in the early curable stage by the papanicolaou test, cervical cancer is the first fore most frequent cancer among women. Hence it is essential to know about the prevention of cervical cancer.

The study was aimed at evaluating the effectiveness of a structured teaching programme on prevention of cervical cancer at Acharya institutes Bengaluru In the present study the mean posttest knowledge scores of women were significantly higher than the mean pretest scores of women exposed to structured teaching programme.

This finding was supported by the study conducted by Jajamohanraj (2008) in which he found that the 't' test computed on the difference between the posttest and the pretest regarding early detection and prevention of cervical cancer was statistically significant indicating that the structured teaching programme was effective in increasing the knowledge of women.

KILEWO(2001) conducted a study to find out the effectiveness of planned teaching programme on prevention of cervical cancer the findings revealed that the mean post test scores were significantly higher than the mean pretest scores . This indicated that the planned teaching programme was effective.

Implications

The study about effectiveness of structured teaching programme on prevention of cervical cancer has the following implications

1. Nursing education
2. Nursing practice
3. Nursing Research
4. Nursing administration

Nursing education

A basic education of the nursing professional should include the theory aspects of cervical cancer. It should be give up to date knowledge of prevention of cervical cancer. This can be achieved only through the health education to the women and family members regarding prevention of cervical cancer.

Nursing practice

Prevention is the key step in maintenance of good health. So it is a primary responsibility of a nurse to educate the women on prevention of cervical cancer. Every nurse practitioner must possess a prepared self-learning module, to teach the women regarding several aspects of prevention of cervical cancer in community and hospital. Different A. V aids can be used in imparting knowledge to various categories of people. Nurses should conduct training programmes and plan health education to promote the well being of women. From the present study, the investigator as a nurse felt the need that nurse should act as a facilitator to educate women regarding prevention of cervical cancer.

Nursing Research

More resources should be located to do research women regarding prevention of cervical cancer. Prevention of cervical cancer needs extended and intensive need for research about the women's knowledge regarding prevention of cervical cancer. So the investigator felt the need for conducting the study regarding the effectiveness of structured teaching programme on prevention of cervical cancer.

Nursing administration

In service education to be provided to the nursing personnel at various levels to make them aware of prevalence of cervical cancer. Time should be allotted for giving health education to the women regarding prevention of cervical cancer by providing health education pamphlets or by mass media programme. Health education programs should include as a part of job description at all levels of nursing personnel. Nursing administration should implement outreach programmes to make the people aware about malignant diseases and prevention of untoward effect within and outside the hospital. They should make the society aware about the prevailing health problems.

Conclusions:-

The following conclusions were drawn on the basis of the findings of the study.

1. The mean post test percentage scores in all areas that is causes, signs and symptoms and prevention of cervical cancer is found to be high.
2. The 't' test which was computed between pretest and post-test knowledge scores indicate the actual gain in the knowledge. Hence it was concluded that structured teaching programme was effective as teaching method to improve knowledge.

Limitations

1. The study was limited to assess the effectiveness of structured on prevention of cervical cancer.
2. The study did not use any control group.

- The study was limited to 40 samples only.

Recommendations:-

Based on the findings of the study the following recommendations are made.

- A similar study may be replicated on a larger sample for wider generalization.
- A similar study may be replicated with a control group.
- A survey can be done to determine the amount of interest among nurses in educating cancer patients on prevention of cervical cancer.
- Manuals, information booklets may be developed in other areas like risk factors, life style modifications among general public.
- A comparative study may be conducted in different types of cancers, relating it with risk factors.

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