

# Effectiveness of Structured Teaching Programme on Breast Self Examination Among Industrial Women Worker Between Age Group Of 30-60 Yrs

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**ABSTRACT:** assessed the quality of structured teaching programme

**KEYWORDS:** Breast self examination, structured teaching programme, Breast cancer

## I. INTRODUCTION

Prevention is better than cure, Breast self examination is one of the important steps for identifying breast tumour of an early stage. Thorough clinical examination and education of breast self examination provide a early identification of breast cancer. BSE is a feasible approach to wide population coverage as it is cheap and easy. **Yen, et, al (2012)** experienced the second most common cause of cancer death among women in breast cancer. According to **Choudry (2009)** the incidence rates in developed countries like Asia, Africa the rate increases to 34.73%. **American Cancer Society (2010)** identified the contributing factors of breast cancer include age, gender, socioeconomic status, family history, age at first pregnancy, early menarche, diets high saturated fats. **Hajji-manhood et al** found that breast pain was a symptoms of breast cancer. **American cancer society** advised BSE should be performed monthly during menstrual cycle after age of 20, mammography once a after the age of 40. **Odusanya (2012)** assessed the knowledge of breast examination among female students of Ahmadu Bello University. **Marinho (2009)** mentioned that need to increase the level of awareness regarding breast cancer.

## II. MATERIALS AND METHODS

Qualitative research design approach used, population for the study was included from selected industry women worker in Chennai, the sample comprises of 120 women, non probability sampling technique was used. The tool consists of demographic variables of the study, multiple choice questions regarding breast self examination includes steps of breast self examination, importance of breast self examination.

### Grading for Knowledge:

The maximum score is 15, minimum score is 0, score was interpreted according to  
Obtained score X 100  
Total score

### The score was interpreted as follows

Level of knowledge	Score in percentage
Inadequate	0-49%
Moderately adequate	50-74
Adequate	75-100%

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Samples who met the inclusion criteria were selected for this study ,structured teaching programme five steps of breast self examination, was given for three hour to the group,post test was conducted with the same questionnarie of the pretest.

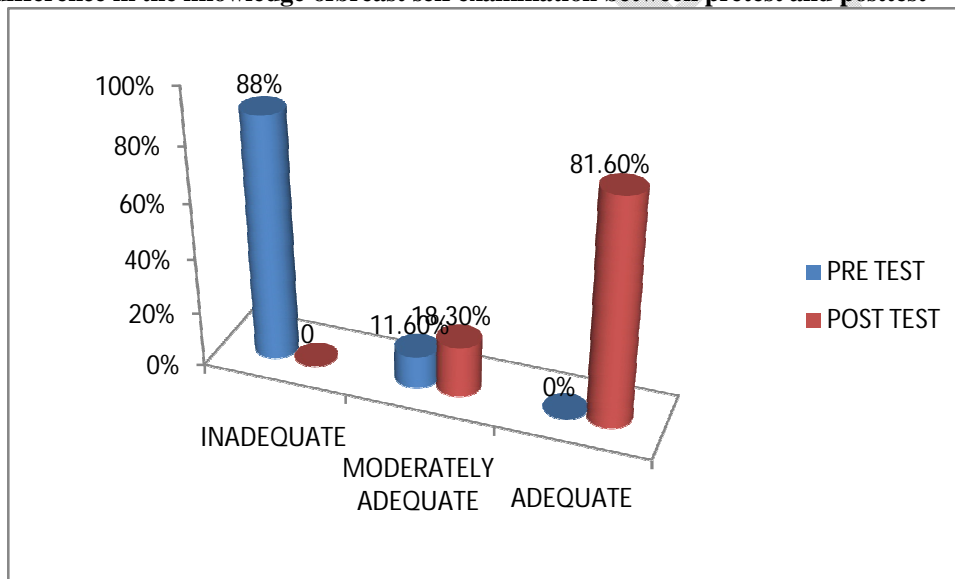
Distribution of demographic variables reveals that between the age group of 30 to40(36.6%) Were between the age group of 30to40(56.6%),41to50(33.3%) 51 to60(10.1%)majority 60(50%)the subject have one siblings ,few of them 2 siblings 24(20%),some of them have 3siblings24(20%)very few of them4siblings12(10%)72 samples residing at urban(60%)48 samples are residing at rural(40%)

Majority of them64(53.3%)belongs to Hindu,20 (16.6%)samples are muslims,36 (30%)samples are christian,majority68(56.6%)were belongs to nuclear family very few were52(43.3%)belongs to joint family.

### Effectiveness structured teaching programme on breast self examination (N=120)

Sl.no	Level of knowledge	Pre test		Post test	
		N	%	N	%
1.	Inadequate	106	88.3	0	0
2.	Moderately adequate	14	11.6	22	18.3
3.	Adequate	0	0	98	81.6

### Significance difference in the knowledge of breast self examination between pretest and posttest



In pretest majority of the samples were having inadequate knowledge(88%) where as in posttest Majority of samples were gained adequate (81%)knowledge it shows that structured teaching programme was helpful for the womens working in various industries in Chennai about breast self examination. The study shows that level of awareness and knowledge of breast examination among womens working in various industries located at Chennai,after administering the structured teching programme awareness,knowledge was improved,the study insist that nee for educational programme to create awareness regarding breast cancer screening behavior.

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