"QUASI EXPERIMENTAL STUDY TO EVALUATE THE EFFECTIVENESS OF VIDEO ASSISTED TEACHING PROGRAMME ON KNOWLEDGE REGARDING BREAST SELF EXAMINATION AMONG FEMALE STUDENTS STUDYING AT COLLEGE OF NURSING, ADESH UNIVERSITY BATHINDA PUNJAB."

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ABSTRACT

"Quasi experimental study to evaluate the effectiveness of video assisted teaching programme on knowledge regarding breast self- examination among female students studying at College of Nursing, Adesh University Bathinda Punjab."

Methodology: The research approach used for this study is the quantitative educative and evaluative approach was considered to be most appropriate. The research design was "Quasi experimental research design- pre experimental research design. The present study was conducted on 60 female students in College of Nursing, Adesh University, Bathinda, Punjab. Stratified random sampling technique was used for the sample selection. The tools used for the data collection was self administered Multiple choice questionnaire which consist of two parts, part one was demographic data and part two was knowledge of breast self examination questionnaire. Descriptive statistics (frequency, percentage, mean, and standard Deviation) and inferential statistics (Chi square, paired-t" test) were used to analyze the data and to test hypotheses. **Result and interpretation:** The following were the results of this study: The frequency and percentage of pre test level of knowledge regarding breast self examination shows Majority of female students had inadequate knowledge and the frequency and percentage of post test level of knowledge regarding breast self examination shows Majority of female students had adequate knowledge. Overall comparison of mean values between pre test 15.5 and post test 16.8 of knowledge regarding breast self examination and t" value 0.147 obtained was found to be significant at 0.05 level. This was conducted through video assisted teaching programme highly effective in improving awareness regarding breast self examination. **Conclusion:** The study showed highly significant result of video assisting teaching on knowledge regarding breast self examination among female students studying at College of Nursing, Adesh University Bathinda Punjab.

Keywords: Female Students, Knowledge, Breast self –examination (BSE)

INTRODUCTION:

Female play a significant role in society a wife, a mother, a sister, a caretaker, a nurse etc. Breast is secondary organ its physiological function is milk secretion to feed infants.[1] Although most breast pain are benign in nature, in a life time there are chances that she willbe diagnosed with breast cancer. It is critical that breast disorders can be detected early, diagnosed accurately and treated promptly. The American Cancer Society guidelines for early detection of breast cancer for females are, Breast Self Examination, Females at increased risk should talk withtheir doctor about the benefits and limitations of starting the mammography screening earlier and having additional test and examination.[2] Providing education and encouraging females to perform Breast Self Examination are recommended to decrease the mortality risk of females due to breast disorders.[3] Breast Self Examination is an early detection method to prevent breast disorders among women and is a method of breast cancer screening that can be done easily at home. Breast Self Examination is an inexpensive, risk method to detect cancer. A variety of methods and patterns are used in Breast Self Examination, usually repeated in position. A female palpate her breast with pads or her fingers to feel for lumps. Some guidelines suggest mentally dividing breast into four quadrants and checking each quadrant separately. The most recommended time is just after the end of menstruation, because the breasts are least likely to be swollen at that time. Breast Self Examination normally takes seven to ten minutes.[4] Breast self Examination is one of the early noting way of breast cancer which involves the female herself looking at and feeling each breast for possible mass, discharge, swelling, dimpling and other abnormalities. Breast Self Examination is useful for female awareness of warning signs and symptoms of breast cancer like hard lump, dimples, puckers, ridges or bulges, inverted nipples, redness warmth and bloody nipple discharge.[5] Therefore, this study attempted to assess the Breast Self Examination knowledge and associated factors using input from different works of literature on Breast self Examination. Screening methods such as mammography, clinical breast examination, and breast self examination (BSE) are described as health improvement activities and play important roles in the early diagnosis of breast cancer. Breast self-examination is recommended to be performed routinely on a monthly basis in all the women aged above 20 years and the importance of raising awareness on breast cancer via Breast self-examination is noted. Breast self examination, is an easy-to-apply, economical, safe, non-invasive procedure with no special material/tool requirements; and it is an effective diagnostic method for breast cancer which only takes five minutes.[6]

Objectives of the study

1. To assess the knowledge regarding breast self examination, before and after video assisted teaching programme among III year female students
2. To educate & evaluate the effectiveness of video assisted teaching programme on knowledge regarding breast self examination among female student
3. To find out the association between knowledge score among III year female & with their selected demographic variables such as course, age, religion, residence, type of family, marital status, socio economic status, family history , source of information

Hypotheses

H1; There will be significant increase in knowledge regarding breast self examination after Video assisted teaching programme among female students.

H2; There will be significant association between knowledge score and with their Selected demographic variables such as course, age, religion, residence, type of family, marital status, socio economic status, source of information, family history.

MATERIALS AND METHODS

Research approach: Quantitative educative and evaluative approach.

Research design: Pre-test and Post-test which a Quasi experimental research design –pre experimental research design is used.

Variables of the study: Variables are characters that can have more than one value. The categories of variables discussed in the present study are-

Independent variable:-The independent variable in this study was administering Video assisted teaching programme regarding breast self-examination among female students

Dependent variable: The dependent variables in this study were knowledge regarding breast self examination among students.

Research setting: The Study was conducted among female students studying In College of Nursing, Adesh University, Bathinda, Punjab.

Sample: In this study, sample was female students with who fulfilled the inclusion criteria from College of Nursing, Adesh University, Bathinda, Punjab.

Sample size: The proposed sample size is 60 female students studying at College of Nursing Adesh University, Bathinda, Punjab.

Sampling technique: In this study Stratified random sampling technique was used. Female students are selected for the data collection and met the criteria was taken as sample.

Data collection method: Self Administered Multiple choice Questionnaire used for data collection.

Data collection instrument: The structured questions were prepared by the investigator demographic variables, 38 questions related to knowledge of breast. The following steps were carried out in formulating the tools.

Description of the instrument: The questions related to demographic variables and Semi Structured questions related to knowledge of breast self examination.

Part I: Demographic variables such as course, Age, Religion, residence, Type of family, marital status, family history, source of information,

Part II: It consisted of 38 questions related to knowledge of breast self examination.

Content validity: The instruments were validated by 5 experts from the field of Nursing and Medicine. The experts suggested addition, deletion of certain items and re-organization of questions. Appropriate modifications were made and the tool was finalized.

Reliability: Reliability refers to the accuracy in the measurement of device. The reliability of tool was computed by split half method and score obtained was r=0.92. So the tool was considered to be highly reliable to proceed with the pilot study.

Pilot study: Pilot study conducted in the month of June 2023 on 6 female nursing students to determine the reliability of tool and feasibility of the study. The investigators took written permission from the concerned authority for the conduction of study. The analysis was done in accordance with the objectives of the study.

STATISTICAL ANALYSIS AND INTERPRETATION
Data have been organized under the following sections:

Section I: Distribution of samples in terms of demographic variables.

Section II: Assessment of pre-test and post-test level of knowledge regarding Breast Self Examination.

Section III: Comparison of pretest and posttest knowledge score regarding Breast Self Examination.

Section IV: Association between post-test scores of knowledge regarding Breast Self Examination with selected demographic variables.

Table:1 Frequency and Percentage distribution of sample in terms of demographic variables

N-60

S.N	VARIBALES	FREQUENCY	PERCANTAGE
1.	COURSE		
	(a)Bsc Nursing	27	45%
	(b)G N M	26	43.33%
	(c)Post Bsc nursing	5	8.33%
	(d)Other	2	3.33%
2.	AGE		
	(a)15-20	13	21.66%
	(b)20-25	36	60%
	(c)25-30	7	11.66%
	(d)Above 30 years	4	6.66%
3.	RELIGION		
	(a)Hindu	16	40%
	(b)Christian	9	15%
	(c)Muslim	9	15%
	(d)Sikhism	26	43.33%
4.	RESIDENCE		
	(a)Hostel	19	31.66%
	(b)PG	14	35%
	(c)Home	25	41.66%
	(d)others	2	3.33%
5.	TYPE OF FAMILY		
	(a)Nuclear Family	28	46.66%
	(b)Joint Family	24	40%
	(c)Extended Family	4	6.66%
	(d)Single Parent Family	4	6.66%

DOI Link:

Table: 2 Pre- test and post tests level of knowledge regarding breast self examination

N-60

LEVEL OF KNOWLEDGE	Pre-Test		Post- Test	
	Frequency	%	Frequency	%
Inadequate knowledge (0-11)	42	70	10	16
Moderate (12-24)	12	26.66	12	20
Adequate knowledge (25-35)	6	10	38	63.33

Table: 3 Comparison of pre test and post test scores of knowledge regarding breast self examination.   N-60

Group	Test	Mean	SD	Paired 't'value	Df	P value
ExperimentalGroup N = 60	Pretest	15.5	40.66	0.147	59	2.66
	Post-test	16.8	42.40			

Significant at p<0.01 level, df = 59 (t=0.147)

Table: 4 Association between post-test scores of knowledge regardingbreast self examination with selected demographic variables   N-60

S.N	Variables	Above average	Average	Below average	x^2	Df	P-Value
1.	**COURSE:** (a) B.Sc. Nursing (b) G N M (c) Post B.Sc. nursing (d) Other	2 3 1 0	18 15 4 2	7 8 0 0	3.399	6	12.59[S]
2.	**AGE:** (a)15-20 (b)20-25 (c)25-30 (d)Above 30 years	2 9 2 1	9 24 4 2	2 9 2 1	1.942	6	12.59[S]
3.	**RELIGION:** (a)Hindu (b)Christian (c)Muslim (d)Sikhism	0 1 0 5	11 4 7 17	5 4 2 4	8.167	6	12.59[S]
4.	**RESIDENCE:** (a)Hostel (b)PG (c)Home (d)others	1 2 3 0	10 8 20 1	8 4 2 1	10.7	6	12.59[S]
5	**TYPE OF FAMILY** (a)Nuclear Family (b)Joint Family (c)Extended Family (d)Single Parent Family	0 4 0 2	18 16 4 1	10 4 0 1	13.37	6	12.59[S]
6.	**MARITAL STATUS** (a)Married	1	5	1			

	(b)Un-married	4	30	13	1.15	6	12.59^S
	(c)Divorced	1	4	1			
	(d)Separated	0	0	0			
7.	**SOCIO ECNOMIC STATUS:**						
	(a)Low	0	3	1			
	(b)Middle	4	35	13	8.16	4	
	(c)High	2	1	1			9.49^{NS}
8.	**DOES YOUR FAMILY HAVEHISTORY OF BREASTCANCER**						
	(a) Yes	2	11	5	1.46	2	5.99^{NS}
	(b) No	3	29	10			
9.	**SOURCE OF INFORMATION OF BSE**						
	(a)Teacher	0	17	5	8.46	6	12.59^S
	(b)Text book	3	11	7			
	(c)Mass media	2	9	3			
	(d)Others	0	3	0			

RECOMMENDATIONS

- The study can be replicated using a large sample to validate the findings on generalization.
- A similar study can be conducted by using comparative approach and comparison can be made between nurses with varying qualifications.
- A study can also be done to assess the practice and attitude of the female students regarding breast self examination.
- Study can be done with randomization for better result.
- The study can be conducted among different groups in hospital and community settings.
- The study can be conducted using various research designs.

NURSING IMPLICATIONS

The findings of the study have implications related to nursing administration, nursing practice, nursing research and nursing education regarding the increase in level of knowledge regarding breast self examination among female students.

Nursing administration: The present study showed that there is an effectiveness of video assisted teaching programme regarding breast self examination. The administrator can communicate these findings to the students and they can incorporate this in monthly practice of breast self examination. She can motivate the students to participate in in-service education program on breast self examination.

Nursing practice: Nurses in the health care setting should possess sound knowledge about breast self- examination for better clinical practice.

Nursing research: Practice emerges from research. Evidence based practice improves the quality of nursing care. This study focuses on improving the quality of nursing care in female students on breast self examination. Research adds value to the comprehensive care. The nurse involved in students care can educate the students and enrich the evidence based care which will enhance the nursing research.

DOI Link:

CONCLUSION

The post test result relevance that 66.33% of nursing student had adequate knowledge regarding breast self examination, 20% of them having moderate and 16% of them having inadequate knowledge. The study result shows that there is significant association regarding the breast self examination and social demographic variables.

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