



### Effectiveness of Video Assisted Teaching on Breast Self Examination towards knowledge among Adolescent girls studying at selected schools of Tiruttani.

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#### ABSTRACT:

A quasi experimental study was conducted to find out the effectiveness of video assisted teaching (VAT) on breast self examination (BSE) towards knowledge among 60 adolescent girls selected by convenient sampling technique at Thalapathy K.Vinayakam Mat.Hr.Sec.School, Tiruttani. One group pre and post test design adopted. Semi Structured Self administered questionnaire method followed to collect data regarding socio demographic variables and knowledge regarding BSE. Video Assisted Teaching was given after the pre test and post test was done with the same tool after two weeks. The result showed improvement in post test level of knowledge, calculated paired 't' test value 25.44 at ( $p < 0.01$ ) which was highly significant. The study concluded that Video Assisted Teaching is effective in improving knowledge regarding Breast Self Examination. **Key words:** Video Assisted Teaching, Breast Self Examination, Knowledge, Adolescent girls.

#### Introduction:

The health care facility pattern in India is heterogeneous, with several regions where the benefits of the awareness, early diagnosis, and multidisciplinary treatment programs have not reached. In order to tackle the estimated increases in cancer burden in Tamil Nadu, concerted efforts needed to assess and plan the infrastructure for cancer control and care, and also ensure sufficient allocation of resources (The National Medical Journal of India, 2011). With the rising incidence and awareness, breast cancer is the commonest cancer in urban Indian females, and also the second commonest in the rural Indian women (ICMR, 2001). Various myths and ignorance which prevail in the Indian society result in an unrealistic fear of the disease. Breast cancer awareness programs are more concentrated in the cities and have not reached the remote and rural parts of the country (Spectrum of breast cancer in Asian Women, 2007). Breast cancer is the commonest cancer in women worldwide with a widely variable incidence between countries and regions. The developed countries with a small proportion of world population account for almost 50% of breast cancer diagnosed worldwide (Global Cancer Statistics, 2000). It is expected in forthcoming decades these countries would account for majority of newly diagnosed cases of breast cancer. The lowest breast cancer incidence reported from Far Eastern and South Eastern Asian countries. In India, over 1,00,000 new breast cancer patients detected annually (Spectrum of breast cancer in Asian Women, 2007). In the developing countries of Asia the health care burden of breast cancer is steadily mounting.

Statistics from the Madras Metropolitan Tumour Registry at the Adayar Cancer Institute's hospital registry indicate that a subtle change has taken place so as to have breast cancer incidence growing at a much higher rate than cervical cancer. A comparative study between two conditions in 1982-1987 and 2009-2010 made this clear: In 1982-1987, the incidence of cervical cancer in the registry was 44.3 per 1,00,000 population. Comparatively the breast cancer incidence was 19.1. In 2009 – 2010, the cervical cancer incidence had dropped to 19.3, while that of breast cancer rose to 35.8 per 1,00,000 (The Hindu 2013). According to Spectrum of breast cancer in Asian Women, it is significant in proportion of Indian breast cancer patients are younger than 35 years of age and this proportion varies from 11% (Tata Memorial Hospital (TMH) Mumbai) to 26% (SGPGIMS Lucknow). Young age has been associated with larger tumor size, low rates of hormone receptor-positive status, poorer tumor grade, earlier and more frequent loco-regional recurrences, higher number of metastatic lymph nodes and poorer overall survival. Hence, this study focused to sensitize adolescent girls regarding breast self examination by video assisted teaching.

#### Objectives

1 To find out the effectiveness of Video Assisted Teaching on Breast Self Examination towards knowledge among adolescent girls

2 To associate the post test level of knowledge on Breast Self Examination among adolescent girls with their selected socio demographic variables

#### Materials and Methods:

Quantitative research approach is followed using quasi experimental research design (one group pre and post test design). Using convenient sampling technique 60 adolescent girls were selected. Formal permission was sought from Principal, GRT College of Nursing and from Principal, Thalapathy K.Vinayakam Mat.Hr.Sec.School, Tiruttani. Data was collected from 26.10.2015 to 07.11.2015. Inclusion criteria comprised adolescent girls between the age group of 15 – 18 years and who can understand either Tamil or English. Exclusion criteria included adolescent girls with auditory and visually challenged and who were not willing to participate in the study. After explanation and obtaining written consent from the adolescent girls, pre test data was collected in the form of semi structured self-administered questionnaire on socio demographic variables and knowledge on BSE (25 questions). Then administered Video Assisted Teaching on Breast Self Examination which included preliminaries, positions, how to perform the

self examination, frequency of procedure and early reporting of abnormal findings to the accessible health care facility. It took half an hour to display the video and two weeks later the post test was assessed using the same questionnaire.

## Results

**Effect of Video Assisted Teaching on Breast Self Examination:** In this study the post test mean value (17.93) was increased when compared with pre test mean value (15.06) shown in table 1. Table 1: Mean, Standard Deviation of pre and post test and paired 't' value. n= 60

| Sl.no | Test      | Mean  | Standard Deviation | 't' test value |
|-------|-----------|-------|--------------------|----------------|
| 1     | Pre test  | 15.06 | 0.84               | 25.44** S      |
| 2     | Post test | 17.93 | 1.32               |                |

\*p < 0.05, \*\*p < 0.01, \*\*\*p < 0.001, S –Significant.

This table depicts that post test mean score was higher (17.93) than the pre test (15.06), using paired 't' test, it is found that the score was highly significant t=25.44 at p < 0.01. Hence Video Assisted Teaching on Breast Self Examination was effective in increasing the knowledge among adolescent girls. Association of post test level of knowledge and socio demographic variables: Chi – square test was used to compute the association between knowledge and above socio demographic variables such as age, education, religion, area of living, family income per month, accessible health care facility, exposure with friend or relative with breast cancer and previous exposure to breast self examination. Based on the analysis it was evident that there was no statistically significant association between knowledge and above mentioned socio demographic variables.

## Discussion:

The present study intended to assess the effectiveness of Video Assisted Teaching on Breast Self Examination regarding knowledge among adolescent girls. The findings revealed that Video Assisted Teaching was effective in improving knowledge on breast self examination among adolescent girls. The findings was supported based on the study conducted by Jasmine (2005) Self Instructional Module on Breast Self Examination had significant improvement in level of knowledge at p<0.001.

## Conclusion

According to the results of present study it is concluded Video Assisted Teaching on Breast Self Examination regarding knowledge among adolescent girls was effective. It sensitizes them to identify the abnormalities earlier and reduces the health care burden based on the wordings, "early diagnosis, better prognosis".

## Implications for practice

Each nurse plays a pivotal role in health care team, it is essential to take part in alarming conditions especially cancer. As a Nurse Educator she can contribute in preventing and participate in early detection of breast cancer by sensitizing the young girls about breast self examination.

## Ethical Considerations of the present study

Ethical clearance was obtained from the Institution and no ethical issues identified. Informed consent was obtained from the subjects after explaining the study and anonymity also maintained due importance was given to maintain the confidentiality.

## Recommendations

Health seeking behavior and attitude on breast self examination can be assessed

Same study with large samples can be done with wider settings

## Limitations:

The present study only covered the selected school

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