Research Article

A STUDY TO ASSESS THE EFFECTVINESS OF STRUCTURED TEACHING PROGRAMME ON BREAST SELF EXAMINATION AMONG THE TEACHERS OF LAKSHMIAMMAL MEMORIAL MATRICULATION HIGHER SECONDARY SCHOOL, CHROMPET, CHENNAI-44

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A R T I C L E   I N F O

A B S T R A C T

Cancer is the second leading cause of mortality and morbidity in both developed and developing countries. In India, cancer prevalence is estimated around 2.5 million, with over 0.8 million new cases and 0.5 million deaths occurring each year. There is an increase in the incidence of breast cancer and found to be gradually overtaking cancer of the cervix.Breast self-examination (BSE) is an important screening measure for detecting breast cancer.There is evidence that women who correctly practice.Breast self-examination monthly are more likely to detect a lump in the early stage of its development, and early diagnosis has been reported to influence early treatment, to yield a better survival rate.Thus the present study aimed at evaluating the effectiveness of structured teaching programme on breast self examination (BSE) among the teachers of Lakshiammal Memorial matriculation higher secondary school, Chrompet, Chennai-44. The purpose of the study is to assess the knowledge among school teacher before and after administering planned teaching programmeregarding breast self examination, to assess the effectiveness of planned teaching program among school teachersregarding breast self examination (BSE) and to associate the post test knowledge score with selected demographic variables of school teachers. The study method was evaluative research approach and a pre experimental one group pre test and post test research design was used. Randomized sampling technique was used to select the sample. The total samplewas 60 school teachers.Pre test and post test scores was assessed by using standardized questionnaires. The result of the study concluded that mean and standard deviation of knowledge level score in pre test was 36.1 and 2.4 and post test score was 70.6 and 5.1. the calculated 't'value was 80.2 which reveals that there was statistically highly significant difference between the pre test and post test score. It is evidenced that the planned teaching programme was significantly effective in improving knowledge regarding breast self examination (BSE) among school teachers.

INTRODUCTION

Breast cancer appears to be a disease of both the developing and developed worlds. It is the leading type of cancer in women. The second leading cause of cancer death in Turkey, breast cancer, accounted for 24% of female cancers, with a crude incidence rate of 7.2 per 100,000 women, in 1999. Breast self-examination (BSE) is an important screening measure for detecting breast cancer. There is evidence that women who correctly practice BSE monthly are more likely to detect a lump in the early stage of its development, and early diagnosis has been reported to influence early treatment, to yield a better survival rate.

Objectives of the Study

1. To assess the pre test level of knowledge regarding breast self examination (BSE) among school teachers.

2. To assess the post test knowledge regarding breast self examination (BSE) among the school teachers.

3. To evaluatethe effectiveness of structured teaching programme among the school teachers.

METHODOLOGY

Evaluative research approach and a pre experimental one group pre test and post test research design was used. Non probability convenient sampling technique was used to select the sample. The total sample was 60 school teachers.

RESULT

The pre test score knowledge mean score is 36.1 and post test mean score is 70.6.

The 't'value is 80.2m statistically significant at $p \leq 0.001^{***}$.

This indicates the mean difference of 34.5, it is hypothesized that there is significant in effectiveness of planned teaching programme among school teachers regarding breast self

examination (BSE). So, the researcher accepted the research hypothesis and it is evident that the planned teaching programme significantly effective in improving knowledge the knowledge among school teachers regarding breast self examination (BSE).

Overall knowledge	Mean	Mean Difference	Sd	't' Value	Df	'p' value
Pre test	36.1	34.5	2.4	80.2***	1	P<0.001
Post test	70.6		5.1			

CONCLUSION

Based on the findings most of the school teachers have adequate knowledge regarding breast self examination (BSE). The planned teaching programme is found to be effective in terms of gaining knowledge. So, the planned teaching programme is found to be effective in improving the knowledge of school teachers.

References

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