

A Study to Assess the Effectiveness of Structured Teaching Programme on Knowledge Regarding Breast Self Examination among Adult Women in Selected Area at Kanpur, U.P

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ABSTRACT

Background of the study: Breast self-examination is one of the screening procedures. Although the effectiveness of self-examination as a breast cancer screening strategy is debatable, the American Cancer Society advises women to be aware of the natural texture of their breasts and to report any changes to their doctor. Breast self-examinations on a regular basis can help discover a tumor at an early stage. Treatment is more likely to be successful if the tumor is identified early. Furthermore, self-examinations are a straightforward, low-cost approach that any woman can do at any age. According to a study “Breast Cancer is more prevalent in women worldwide” Keeping this in view the investigator conducted “A Study To Assess The “Effectiveness Of Structured Teaching Programme On Knowledge Regarding Breast Self-Examination Among Women In Selected Area At Kanpur, U.P.”

Objectives: 1.To assess the existing knowledge of adult women regarding Breast self-examination. 2. To assess the knowledge of adult women regarding Breast self-examination after the intervention.3.To evaluate the effectiveness of the structured teaching programme regarding breast self-examination 4.To find out an association between post-test knowledge with their selected socio-demographic variable.

Material and Method

Quantitative Research Approach was adopted; along with pre-experimental (one group pre-test post-test) research design was used. The non-probability convenient sampling technique was used to select the 60 adult women. Data was collected from selected rural area of Kanpur; Uttar Pradesh by self-reporting method with the socio-demographic data of adult women along with structured tool made by researcher (structured knowledge questionnaire) was used to collect the data. As data was analysed by using descriptive statistics

RESULT-

- In pre-test, out of 60 adult women 48(80%) had poor knowledge, 12(20%) had average knowledge and none of adult women had good knowledge.
- In post-test, out of 60 adult women none of them had poor knowledge, 11(17%) had average knowledge and 49(83%) had good knowledge.
- Enhancement was computed by using paired “t” test at 0.05 level of significance, it was found to be 11.60 in knowledge, indicating that there is a significant improvement in the knowledge of adult women.

KEYWORDS: Structured teaching programme, effectiveness, knowledge, Breast self-examination.

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INTRODUCTION

According to World Health Organization (WHO), non-communicable diseases, including cancer account for 75% of all deaths in the Americas, European and Western Pacific Regions, including China. In contrast, non-communicable diseases account for half of all deaths that occur in the South-East Asia and Eastern Mediterranean Regions, and less than 25% of all deaths that occur in the African Region (The World Health Report, 2000). Among cancers, breast cancer¹

Around 2.25 million estimated individuals are living with cancer and it contributes to 8.3% of total deaths in India. The incidence and mortality due to cancer doubled in India during 1990–2016, enormously contributing to overall disability-adjusted life (DALYs) and total deaths in the country.² According to GLOBOCAN (Global Cancer Incidence, Mortality and Prevalence) 2018 report, women in India were more vulnerable to cancer than men.³ In India, cervical cancer cases have dominated among all female reproductive cancer cases for a long time. The last few decades saw a rapid surge in breast cancer (BC) cases, making it the leading cancer among women in India.⁴ Although Indian women are less prone to BC than the women from Western countries, the mortality rate among them is very high compared with women from Western countries.²

Breast self-examination is one of the screening procedures. Although the effectiveness of self-examination as a breast cancer screening strategy is debatable, the American Cancer Society advises women to be aware of the natural texture of their breasts and to report any changes to their doctor. Breast self-examinations on a regular basis can help discover a tumor at an early stage. Treatment is more likely to be successful if the tumor is identified early. Furthermore, self-examinations are a straightforward, low-cost approach that any woman can do at any age. Because many Iranian women are ignorant of the common breast cancer warning symptoms 70% of new patients present with advanced or metastatic breast cancer, resulting in dismal survival rates.³

Structured knowledge questionnaire

Knowledge questionnaire consist of 30 question related to breast self-examination the score is further divided as follows-

COMPARISON BETWEEN PRETEST AND POST TEST LEVELS OF KNOWLEDGE AMONG ADULT WOMEN REGARDING BREAST SELF EXAMINATION (N=60)

Level of Knowledge	Grading	No. of Study Participants and Percentage of Frequency.			
		Pre-Test	Pre-Test%	Post-Test	Post Test %
Poor	1-15	48	80%	0	0%
Average	16-22	12	20%	11	17%
Good	23-30	0	0%	49	83%
TOTAL	30	60	100%	60	100%

OBJECTIVES:

1. To assess the existing knowledge of adult women regarding breast self-examination.
2. To assess the knowledge of adult women regarding breast self-examination after the intervention
3. To evaluate the effectiveness of the structured teaching program regarding breast self-examination.
4. To find out an association between post-test knowledge with their selected socio-demographic variable.

METHODOLOGY:

A quantitative research approach was adopted for the present study to assess the effectiveness of self - instruction module on knowledge regarding breast self-examination

Research variables

Independent variables

Self-instruction module to improve adult women knowledge regarding breast self was the independent variable in this study.

Dependent variables

Knowledge of adult women regarding breast self-examination was the dependent variables in the study

Inclusion criteria

1. Adult women available at the time of data collection.
2. Adult women who are willing to be a part of the study

Exclusion criteria

1. Adult women those who were not willing to participate
2. Who are under went same type of intervention

Development and description of the tools

Demographic variable Age, gender, religion, Education, residence area, family types, occupation, monthly income, knowledge, source of information.

Majority (80%) adult women poor knowledge,(20%) had average knowledge and none of the adult women had good knowledge in pre test and majority (83%) had good knowledge , (17%) had average knowledge and none of the adult women had poor knowledge score in post test

RESULT

From the above data analysis, it was found that after giving educational intervention to 60 samples of adult women, most of them 48(83%) had good knowledge, 11(17%) had average knowledge no one had poor knowledge and in pre-test 48(80%) had poor knowledge, 12 (20%) had average knowledge and no one of adult women had good knowledge and no one needed improvement after giving self-structure teaching plan. It was inferred that, most of adult women had good knowledge in post-test.

ASSOCIATION BETWEEN POST-TEST KNOWLEDGE WITH THEIR SELECTED DEMOGRAPHIC VARIABLE

EXAMINATION AMONG ADULT WOMEN WITH THEIR SELECTED SOCIO-DEMOGRAPHIC VARIABLES (N=60)

S. NO	Demographic Variables		Post-Test Level of Knowledge			Calculated 2 Value	Df
			Poor	Average	Good		
1	Age	18-26	5	16	5	10.86 (NS)	6
		27-34	1	12	6		
		35-42	3	5	1		
		43-50	1	4	1		
2	Religion	Hindu	10	35	11	2.39 (NS)	2
		Muslim	0	2	2		
		Christian	0	0	0		
		Others	0	0	0		
3	Educational Status	Non education formal	0	5	0	6.56 (NS)	6
		Primary education	5	13	8		
		High school	3	8	1		
		Graduation	2	11	4		
4	Occupational Status	Home Maker	2	15	4	3.64 (NS)	6
		Working women	0	1	0		
		Business	4	9	3		
		Agriculture	1	4	2		
5	Type of Family	Nuclear	7	28	11	0.704 (NS)	2
		Joint	3	9	2		
6	Source of Information About Breast Self Examination	Newspaper	0	2	3	9.57 (NS)	6
		Consulting family member	4	23	5		
		Socialnetwork / media / internet	3	8	2		
		Previous physician consultation	3	4	3		

LIMITATION

1. The study was confined to only 60 adult women.
2. The study was limited to one group pre-test and post-test.

RECOMMENDATIONS

1. A similar study can be carried out on a large sample for broader generalization.

2. A pre-experimental study can be conducted among adult women by giving a self-structured teaching programme

CONCLUSION

It can be concluded that **self-structured teaching programme on knowledge and regarding breast self-examination** had a great impact on improving the knowledge.

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