

A study to assess the Knowledge and Practices Regarding Prevention and Control of Breast Cancer among Bachelor of Education Students from Selected Areas of Uttarkannada Karnataka

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Abstract

➤ *Background:*

Today's world of reality, it is in the grip of various ferocious diseases and health problems. Among that one of the most prevalent and deadly disease is 'Cancer'. The disease cancer refers to a group of diseases those causes' bodies' cells to change their shapes and grow inside out of control of normal mechanism of cell development and growth. Most kinds of cancer cells at the end form a lump or mass of the cells called a tumour. Tumours are named according to the part of the body from where the tumour originates and start growing. The word cancer or malignant growth is seen as being synonymous with death, agony and distortion. It can happen in people of the considerable number of ages and every one of the ethnicities and is a significant medical issue. Malignant growth is known to be the most dreaded of the considerable number of diseases. The purpose of the study was to assess the knowledge and practices regarding prevention and control of breast cancer among bachelor of education students.

➤ *Aims and Objectives:*

The study was conducted to assess the level of knowledge and practices regarding prevention and control of breast cancer among bachelor of education students.

➤ *Materials and Methods:*

300 bachelor of education students were selected by Non probability purposive sampling technique. They were assessed for the level of knowledge and practices regarding prevention and control of breast cancer by using structured knowledge questionnaire for knowledge and structured observational checklist for practice.

➤ *Results:*

For knowledge score mean was 13.49, median was 14, mode was 14 with standard deviation 3.74 and range score of 21. For practice score mean was 3.44, median was 3, mode was 2 with standard deviation 2.97 and range score of 14.

➤ *Conclusion:*

The overall findings of the study revealed that the Majority of participant's knowledge and practice regarding prevention and control of breast cancer was moderate.

Keywords:- Assess, breast cancer, Bachelor of educational students, knowledge, practice.

I. INTRODUCTION

Cancer is the second leading cause of mortality and morbidity in both developed and developing countries. It has been reported that each year over 1.15 million are diagnosed with breast cancer all over the world and more than half million die from this disease (WHO 2008). The main reason for this escalating mortality is lack of awareness and late diagnosis of disease.

According to World Health Organization in Asia there are total number of cases are 1.15 million cases in 2002. South West Asia diagnosed with 223300, South Central Asia diagnosed 433700, and South East Asia diagnosed 72560 cases in the year 2002. According to World Health Organization, in India the total number of breast cancer cases are 1, 44,937 till 2012. Breast cancer accounts for 19-34% of all cancer cases in India. This is high mortality due to late stage diagnosis as patients usually present at an advanced stage of lack of because awareness. According to health ministry Breast cancer ranks as the number one cancer among Indian females with rate as high as 25.8 per 100,000 women and mortality of 12.7 per 100,000 women. In Karnataka the total number of cancerous are 45000 among this the 8000 were diagnosed as breast cancer.

The health of woman and girls is of particular concern because, in many societies, they are disadvantaged by discrimination rooted in socio-cultural factors. Some of the socio-cultural factors prevent woman and girls to benefit from quality health services and in attaining the best possible level of health. Thus striving to promote adherence to systematic screening guidelines should be based on informed evidence based decisions about early screening for breast cancer. Woman can help the society in various ways. They can engage in social activities and work for the

betterment of the society. They can contribute enormously in the field of health care, if women are from education sector she can contribute enormously towards the prevention and control of breast cancer.

II. MATERIALS AND METHODS

The descriptive survey approach has been used in view of accomplishing the main objectives of the study. A total of 300 bachelors of educational students studying at selected B.Ed colleges of Uttarakannada were selected by purposive sampling technique. The nature of study was explained to the subjects and written consent was obtained. They were assessed for the level of knowledge and practices regarding prevention and control of breast cancer by using structured knowledge questionnaire for knowledge and structured observational checklist for practice. The tool for data collection was divided into 3 parts which consists of demographic Profile, structured questionnaire on knowledge regarding breast cancer and structured observational checklist. The tool consists of eight questions to obtain socio demographic data, and forty structured knowledge multiple choice items related breast cancer, incidence, risk factors, treatment, prevention of breast cancer and breast self examination. Twenty five structured observational checklist items for assessing the practice. The tool was validated by experts in field of Public health nursing. The collected data was organized and analyzed based on the objectives by using descriptive statistics.

III. RESULTS

Findings related to socio demographic variables: majority of Samples 72% belonged to age group of 20-25years, 52% were Married, 54% were belongs to Hindu religion, 78% of samples don't have children, 45% of samples having monthly income between 10000-20000, 78% of participants heard the word breast cancer, 32% had knowledge about breast cancer through magazines, and majority of them 65% never practice breast self examination. Findings related to knowledge and practice scores: For knowledge score mean was 13.49, median was 14, mode was 14 with standard deviation 3.74 and range score of 21. For practice score mean was 3.44, median was 3, mode was 2 with standard deviation 2.97 and range score of 14.

IV. DISCUSSION

The present study reveals that majority of participants had moderate level of knowledge regarding prevention and control of breast cancer. For knowledge score mean was 13.49, median was 14, mode was 14 with standard deviation 3.74 and range score of 21. For practice score mean was 3.44, median was 3, mode was 2 with standard deviation 2.97 and range score of 14. Hence there is need to uplift the knowledge and practice skills which helps to prevent breast cancer.

V. CONCLUSION

The present study was undertaken to assess the knowledge and practices regarding prevention and control of breast cancer among bachelor of education students. All participants from selected areas of were willingly participated in the study. The participants had moderate level knowledge and practice regarding breast cancer. They gave free and frank responses and willingly participated in the study.

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