

Cancer Awareness and Prevention among Teachers in Selected Schools

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Abstract:- A descriptive study was carried out to examine teachers' awareness about cancer and prevention in Kannur District schools. The study's objectives were:

- Assess the level of Cancer Awareness and Prevention among teachers.
- Find out the association between Cancer Awareness and Prevention and selected demographic variables of teachers.

A literature review was conducted on studies that assessed knowledge of various cancers such as cervix, prostate, mouth, breast, and skin cancer.

The study used a descriptive approach. Samples were chosen using convenient sampling. The sample size was thirty teachers. The data collection tool was a self-administered questionnaire designed to assess teachers' knowledge of cancer and prevention.

The content validity of the tool was determined by three nursing experts, and changes were made based on their feedback. The study was carried out at Bakhita English Medium School in Cherukunnu. Self-administered questionnaires were used to gather data from samples, and descriptive and inferential statistics were used to analyze the data. The findings revealed that 46.6% of teachers had an average level of Cancer Awareness and Prevention. There was also a substantial association between Cancer Awareness and Prevention and specific demographic variables such as reading cancer-related articles and level of education. As a result, the study concludes that issuing pamphlets about cancer and its prevention may promote knowledge and improve public consciousness.

Keywords:- Knowledge, Cancer, Prevention, Teachers.

I. INTRODUCTION

"There is a can in cancer, because we can beat it."

The global cancer burden is increasing. There are over a hundred different types of cancer that affect humans. Between 1998 and 2002, 24.6 million people were diagnosed with cancer. In 2000, more than ten million people developed cancer. Each year, approximately 8 million people die from cancer around the world.

In 2024, approximately 1.6 million people will be diagnosed with cancer. In addition to the physical and emotional distress caused by cancer, the high costs of care place a burden on patients, their families, and the general public. Preventing cancer reduces the number of new cancer cases. Hopefully, this will reduce the cancer burden and the number of cancer-related deaths.

➤ *Statement of the Problem*

A Descriptive Study to assess Cancer Awareness and Prevention among teachers in selected schools at Kannur district.

➤ *Objectives of the Study*

- To assess the level of Cancer Awareness and Prevention among teachers.
- To find out the association between level of Cancer Awareness and Prevention and selected demographic variables of teachers.

II. METHODOLOGY

➤ *Research Approach*

Quantitative research approach was adopted to assess the Cancer Awareness and Prevention among teachers in selected school, Kannur.

➤ *Research Design*

A non-experimental research design of research category which is descriptive design was used to carry out the research study.

➤ *Variables*

• *Demographic Variables*

In this study the demographic variables are age, sex, education etc.

• *Study Variables*

In this study, Cancer Awareness and Prevention is the study variable.

➤ *Settings of the Study*

Setting means the specific place where information is gathered. The study was conducted in Bakhita English Medium School.

➤ *Accessible Population*

In this study teachers of Bakhita English Medium School were the accessible population

➤ *Sample*

Teachers of Bakhita English Medium School were selected as samples.

➤ *Sample Size*

In this study sample size was 30.

➤ *Sampling Technique*

In this study a non-probability convenience sampling technique was used.

➤ *Criteria For Sample Selection*

• *Inclusion Criteria*

- ✓ Teachers in the age group of 18 to 56 years
- ✓ Teachers who are on duty during the study period.

• *Enclusion Criteria*

- ✓ Teachers who are not able to comprehend in English.
- ✓ Teachers who are not willing to participate in the study.

➤ *Development and Description of Tool*

Structured self-administered questionnaire was used to assess Cancer Awareness and Prevention. It consists of two sections,

• *Section A-*

Demographic variables, this section sought information's like age, sex, education etc.

• *Section B-*

Questionnaire to assess Cancer Awareness and Prevention It consists of total 50 questions in three aspects.

Table 1 Cancer Awareness and Prevention

Aspects	Number of Questions
Questions regarding cancer	17
Questions regarding detection of cancer	19
Questions regarding prevention of cancer	14
Total	50

➤ *Scoring*

Table 2 Scoring

SL No	Level of Knowledge	Score	Percentage (%)
1	Poor	>25	>50
2	Average	26-37	51-70
3	Good	<38	<71

➤ *Validity*

Validity refers to how well an instrument measures what it is designed to measure. The tool was validated by three experts from the Medical Surgical Department of Nursing; their opinions and suggestions were taken into consideration, and the tool was modified based on their corrections.

➤ *Data Collection Procedure*

The authorities of the study location provided formal permission. The researcher introduced herself and explained the study's purpose to the samples. The samples gave their consent orally. The self-administered questionnaire was distributed and collected 30 minutes later.

➤ *Data Analysis*

Based on the goals and hypothesis, the subject data were revised and subjected to both descriptive and inferential statistics analysis. Frequency and percentage were used to examine the demographic variables, and chi-square was used to examine the association.

➤ *Ethical Consideration*

Canossa College of Nursing's research committee granted ethical clearance, and samples provided verbal consent. Each subject was informed and clarified about the study's purpose, and confidentiality was promised and guaranteed. As a result, the study addressed ethical concerns.

III. FINDINGS

➤ *Objective 1*

The study's findings show that the majority of 17 (56.6%) were between the ages of 36 and 55. The majority of samples 20(66.6%) were educated up to the degree . The majority of samples 23 (76.6%) had prior Cancer Awareness and Prevention, 26 (86.6%) had no family history of cancer, 19 (63.3%) had read cancer-related articles, and 27 (90%) had not participated in any cancer screening programs.

➤ *Objective 2*

According to the study's findings, 14 teachers (46.6%) had an average level of Cancer Awareness and Prevention.

➤ *Objective 3*

The calculated values of chi-square 9.964 for level of education and chi-square 10.25 for reading cancer-related articles are higher than the table value at p<0.05. As a result, the hypothesis is accepted for these variables, and there is a significant Association between teachers' education level, reading articles, and Cancer Awareness and Prevention

IV. DISCUSSION

The average teacher's knowledge about cancer prevention and awareness can be explained by the fact that teachers are generally healthier individuals who are therefore less likely to seek medical advice or interact with health care providers on a daily basis. The results of this study are corroborated by a study done in 2013 by Shodan et al. to evaluate school teachers' awareness of gum disease and oral cancer prevention in Dharwad, India. Data were gathered for

this cross-sectional study via a self-administered questionnaire. The study comprised 184 educators in total. There was a recorded response rate of 96.7% (n=178). Of the respondents, 36.5% (n=65) reported having poor knowledge and 27.5% reporting having good knowledge regarding gum disease and oral cancer prevention.

This study shows a relationship between certain demographic factors, such as reading articles about cancer and education level, and cancer knowledge and prevention. Therefore, one effective way to increase your knowledge about health is to read articles and magazines.

V. IMPLICATIONS

➤ Nursing Education

Nursing students today will become staff nurses, educators, administrators, and supervisors in the future. This study has important implications for nursing education. Nursing teaches the standard emphasis on health education as an effective method of imparting education during the student training period. Information about cancer and its prevention can be widely disseminated by nursing students who are dedicated to the advancement of the profession.

➤ Nursing Administration

The concept of a nurse's extended and expanded role opens up numerous opportunities for nurse administrators. The nurse administrator coordinates work in conjunction with preventive, curative, and rehabilitative aspects of care. Nursing administrators can concentrate their efforts on increasing public awareness about cancer and its prevention at different levels of the health care delivery system and standards.

➤ Nursing Practice

In clinical settings, nurses can promote cancer awareness and prevention, as well as encourage healthy lifestyle practices, because cancer is considered a lifestyle disease

VI. RECOMMENDATIONS

- A larger sample size is possible for a similar study.
- Conduct a similar study among adults in selected communities.
- Research can evaluate understanding of specific cancers and their treatment options.

VII. CONCLUSION

Cancer is one of the most serious public health concerns today. Cancer is unquestionably a serious and potentially life-threatening illness that can be avoided. Several measures can be taken to raise awareness about cancer and its prevention. This study demonstrates that the majority of qualified teachers lack adequate Cancer Awareness and Prevention To raise awareness about this disease, a Continuing Medical Education program should be implemented at the school level.

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