A STUDY ON THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAM ON KNOWLEDGE REGARDING PREVENTION OF CERVICAL CANCER AMONG WOMEN OF HIMACHAL PRAESH

Author Name: Mrs. Riji Geevarghese

Affiliation: M.Sc. (N) OBG, Principal, Mata Padmawati college of Nursing, Nahan (H.P), India

E-Mail: rijiashish@gmail.com

Abstract

Cervical cancer-related deaths among women in India are often due to late diagnosis of disease. Knowledge about disease and early screening is the most effective measure for cervical cancer prevention. Lack of awareness, negative attitude, and poor practice about cervical cancer and screening are the major causes to increase the incidence of disease1. This study was aimed to assess the knowledge regarding prevention of cervical cancer among women of age group (15-44) years. A pre-experimental one group pre-test and post-test research design was used in the study. The study was conducted is a selected village of District Sirmour (H.P.) convenience sampling technique was used to select the study objects. Data was collected from 60 women by using structured knowledge questionnaire. The major findings of the study revealed that the main post-test knowledge score (27%) was higher than the mean pre-test knowledge score which was found statistically significant at 0.05 level of significance. Significant association was found between knowledge and age, marital status, occupational status, education, annual income, number of children, previous knowledge of cervical cancer, source of information, closely associated with post-test knowledge. Majority of respondents (85%) had adequate knowledge regarding cervical cancer after administered structured teaching program. Hence the study concluded that although women are having good knowledge, positive attitude toward cervical cancer screening and prevention still there is a gap to transform it into practice. There is a need for more educational programs to connect identified knowledge slits and uplift of regular practice of cervical cancer screening.

Keywords : Knowledge, women, reproductive age group (15-44 Year), Cervical cancer prevention, structured teaching programme

INTRODUCTION

Cervical cancer is one of the most common cancers worldwide. In India, it is one the leading causes of mortality among women accounting for 23.3% of all cancer deaths. India accounts for about 20% of cervical cancer cases reported from the world. More than three-fourth of these patients are diagnosed in advanced stages leading to poor prospects of long term survival and cure. Early detection of cervical cancer is possible with Pap smear tests. The proportion of women who undergo Pap smear testing ranges from 68% to 84% in developed countries as

compared to India where the rates range from 2.6% to 6.9% among women in communities. It has been found that in many developed countries the annual incidence and prevalence of cervical cancer has decreased by 50%-70% after introduction of population based screening. So if women in India undergo screening for cervical cancer, it is possible to detect the cancer in early stages thereby reducing mortality and morbidity.[1]

Cervical cancer is usually a slow- growing cancer that may not have symptoms but can be found with regular Pap test cervical cancer is almost always caused by human papilloma virus (HPV) infection[2]. Cervical cancer is an important women health problem in developing countries, killing over 200,000 women each year. It is the a third most common cancer overall and the leading cause of death from cancer among women in developing nations. Cervical cancer researchers are at the fore front of finding a cure for this deadly disease. The current estimate indicate approximately, 1, 32,000 new cases diagnosed and 74,000 deaths annually.[3]

Verma A, singhal A (2017) conducted a study on cervical cancer in symptomatic women using pap smear in a tertiary care hospital in rural area of Himachal Pradesh India. The study was conducted by department of obstetrics and gynecology at Dr. Rajendera Prasad government medical college Kangra at Tanda Himachal Pradesh. Sample size was 200 women in the age group of 21–65 years. Participate were screened by Pap smear testing. Result of the study revealed that none of the women had Pap smear testing in their life earlier. Only 5% women knew that the tests are available that can detect cervical cancer. All the women were married and in stable marital relationship. Mean age was 38.6 years. Vaginal discharge was the commonest complaint followed by inter-menstrual bleeding. 56% smears were reported as NILM, 32.5% inflammatory, 1.5% had other non-specific findings. ASC-US was in 1%, LSIL in 5.5% and HSIL in 2.5% women. Overall sensitivity and specificity for detection of LSIL were 76.9% and 96.2% and those for detection of HSIL were 66.6% and 97.6%.

Cervical cancer is one of the most common cancers in women with an average of 468,000 new cases per year. Out of these 80% occur in developing and underdeveloped countries. World Health Organization statistics show that Indian carries one fifths of world burden of the disease with 72,600 deaths annually[4]. Globally, nearly 1 in 6 deaths is due to cancer. Approximately 70% of deaths from cancer occur in low and middle income country.[5] Key to the success of cervical cancer screening and prevention is the knowledge and awareness possessed by women in general. This requires the honing of knowledge at an impressionable and younger age group.

STATEMENT:-

"A pre-experimental study on the effectiveness of structured teaching program on knowledge regarding prevention of cervical cancer among women of age group (15-44) years of selected rural areas of District Sirmour (HP)"

OBJECTIVES:

1. To assess the pre- test knowledge score regarding prevention of cervical cancer among the women of age group (15-44) years of selected rural areas of District Sirmour.

3. To assess the post-test knowledge score regarding prevention of cervical cancer among women of age group (15-44) years of selected rural areas of District Sirmour.

4. To compare the difference between pre-test knowledge score and post- test knowledge score regarding cervical cancer among women of age group (15-44) years of selected rural areas of District Sirmour.

5. To assess the association between pre-test knowledge score and selected socio demographic variables of study regarding cervical cancer among women of age group (15-44) years of selected rural areas of District Sirmour.

The conceptual framework adopted for the study was based on Modified Hildegard E.Peplau Inter Personal Theory (1991)

METHODOLOGY

Research Approach*: -* Research approach adopted for the study was quantitative approach.

Research Design*: -* The design of the study was pre-experimental (One group pre-test, post-test design)

Variables

- Dependent variable:-Knowledge of women (of age group 15-44 years) regarding prevention of cervical cancer.

- Independent variable:-Structured Teaching Program on prevention of cervical cancer.

Research Setting:-The setting of the study is selected villages: Banethi & Moginand, of District Sirmour, H.P.

Target Population- The present study population comprised of all the women of selected rural areas of District Sirmour, H.P.

Sample Population-The sample population for study consists of women of age group 15-44 years of selected villages Banethi & Moginand of District Sirmour H.P.

Sampling Technique- The sampling technique used for the present study is convenience sampling technique.

Sample Size- The sample size for study is 60 women of age group 15-44 years of selected villages of District Sirmour, H.P.

RESULT

The findings reveled that

- Majority of study subject 62% were under age group of 15-22 years with mean age, 22% under age group 23-30% year, 6% were under age group 31-38 years , 10% under age group 39-44% its involve study subjects.

- In Marital status 38% were married, 60% were unmarried, 2% were widow and no one was in study subjects.

- In Education status the majority of respondent that is 2% can read and write,12% was having Primary education, 3% Middle education, 33% Matriculation, 47% Senior Secondary or 3% Graduation or above are involve in this study.

- In Occupational Status 43% housewife, 55% Self-employment, 2% Government employee, Private employee doesn't involve in this study.

- In Annual income 50% had income <10,000, 23% had income 10,001-30, 000, 9% had annual income 30,001-50,000. 50,001- 1, 00,000 doesn't involve this study, 8% had annual income >1, 00,001.

- Majority of the cases, 60% were not having children, 8% were having 1 child, 27% were having 2 children and 5% were having 3 or more children.

- Study subject with previous knowledge regarding cervical cancer were 22% and 78% study subject had no previous knowledge regarding cervical cancer

- In relation to source of information 7% got information from family relatives and 2% got information from friends, 13% got information from health personnel's, 3% used books and journals, 3% used media and 72% used other source of information.

The overall post-test level of knowledge among women of age group 15-44 years revealed that a majority of 51 (85%) had adequate knowledge, 9 (15%) had moderately adequate knowledge, 0 (0%) had inadequate knowledge.

The main post-test knowledge score (27%) was higher than the mean pre-test knowledge score which was found statistically significant at 0.05 level of significance. Significant association was found between knowledge and age, marital status, occupational status, education, annual income, number of children, previous knowledge of cervical cancer, source of information, closely associated with post-test knowledge.

CONCLUSION

The study revealed that structured teaching program is beneficial for women to acquire the knowledge regarding cervical cancer prevention among age group (15-44 years) at selected villages of District Sirmour. Current study suggests that awareness teaching programmes regarding cervical cancer should be taken up in earnest in the various community areas thus enabling the woman and the society to fight the rise of cervical cancer. We also propose the need to undertake similar studies about awareness and education interventions.

REFFRENCES-

1. http://www.indianjcancer.com/article.asp?issn=0019-509X;year=2017;volume=54;issue=2;spage=481;epage=487;aulast=Narayana

2. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4199169/#:~:text=Knowledge%20of%20cervical%20cancer,women%20who%20attended%20the%20hospitals.

3. Mandal A. History of cancer. (Serial online). 2017 (cited on 13/01/2018);Available from https://www.news-medical.net/heath/cancer-history.aspx:

4. Indus health plus cervical cancer. Causes and risk factors. (Serial online) 2017(Cited on 13/1/2018); Available from: www.indushealthplus.com/cervical-cancer-causes-risk-factorhtmc

5. https://www.msjonline.org/index.php/ijrms/article/viewFile/3853/3419

6. Kumari P (2016) A Quasi experimental study to assess the effectiveness of planned teaching program on cervical cancer, (serial online) cited on 30/01/2018. Available from: https://www.researchgate.net/profile/priyanka-kumari 39/publication