



## EFFECTIVENESS OF SELF INSTRUCTIONAL MODULE ON AWARENESS OF EARLY DETECTION OF BREAST CANCER AMONG CAREGIVERS IN GURU HOSPITAL AT MADURAI.

### Nursing

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### ABSTRACT

A quantitative study was conducted to evaluate the Effectiveness Of Self Instructional Module On Awareness Of Early Detection Of Breast Cancer Among Caregivers In Guru Hospital At Madurai on October 2016. Analysis revealed that majority of the samples had (87.05%) inadequate level of knowledge and 8(13.3%) had moderate knowledge in pre-test assessment. In post assessment, Most of them had (92%) adequate knowledge and 5(8%) had moderate level of knowledge. The obtained 't' value (37.25) was significant at 0.05 level, indicating a difference in the pre and post level of knowledge. The researcher interfered that SIM was effective in improving the knowledge regarding Early Detection of Breast Cancer.

### KEYWORDS

Breast cancer, Self instructional module, awareness, early detection, caregivers.

### INTRODUCTION :

Woman is a synonym of a sacrifice. "A woman is the most beautiful creation of God, not only on physical aspects, but certainly on every aspect". From time immemorial breast has been a symbol of womanhood and ultimate fertility. It has been beautifully depicted in our art and culture and even in modern times that women maintain the sanctity of this organ which symbolizes femininity. As a result any danger to the breast evokes fear of loss of femininity and hence fertility. (Sumit Mehta-2011).

"BREAST CANCER" is the top cancer in women both in the developed and developing countries. The incidence of breast cancer is increasing in the developing world due to increased life expectancy, increase urbanization and adoption of western life. (WHO-2016). "Breast Cancer" in men is rare, but it does happen. Less than 1% of all breast cancers occur in men. For men, the life time risk of being diagnosed with breast cancer is about 1 in 1000. (Breast cancer-2016). Breast cancer mostly occurs in women between the age of 50 and 69. The risk of developing breast cancer is higher if one or more first degree relatives such as mother, sister, or daughter had breast cancer, especially if they diagnosed before menopause. Having one first-degree relative with breast cancer approximately doubles a women's risk for developing breast cancer. (Canadian Cancer Society-2016). The investigator had more clinical experience of taking care of patients with breast cancer. She found that female caregivers have less awareness on early detection of breast cancers. So she felt that there is an urgent need to give awareness of early detection of breast cancer among caregivers of patients with breast cancer. And also, from the above mentioned studies, investigator found that there is a need to strengthen the knowledge of caregivers regarding awareness of early detection of breast cancer.

### Statement of the problem

Effectiveness of Self Instructional Module (SIM) on Awareness of early detection of breast cancer among caregivers in Guru hospitals at Madurai.

### OBJECTIVES

- To assess the pretest level of knowledge regarding awareness of early detection of breast cancer among caregivers.
- To evaluate the effectiveness of self-instructional module on knowledge regarding awareness of early detection of breast cancer among caregivers.
- To find out the association between the pretest level of knowledge and their selected demographic variables.

### Hypotheses

**H<sub>1</sub>:** There is a significant difference between pre test and post test level of knowledge regarding awareness of early detection of breast cancer among caregivers.

**H<sub>2</sub>:** There is a significant association between pretest level of

knowledge with their selected demographic variables of caregivers of the breast cancer patients.

### Assumptions

The study assumes that,

- All caregivers (female relatives of the patients) are at risk for getting breast cancer.
- Caregivers (female relatives of the patients) are not aware of early detection of breast cancer.
- Education about early detection of breast cancer will improve the knowledge of the caregivers.

### Delimitations

The delimitations of the study were

- The study focused only on caregivers (female) between the age group of 21 to 50 years.
- The caregivers who are willing to participate.
- The caregivers who are available at the time of data collection.

### Research Methodology:

Evaluatory approach and Pre-experimental one group pre-test post-test design was taken for this study. The study was conducted at Guru Hospital in Madurai. The 60 care givers were selected through the Non probability purposive sampling technique. Care givers knowledge was assessed using self structured questionnaire before and after the implementation of self instructional module. The collected data were tabulated and analyzed by descriptive and inferential statistics.

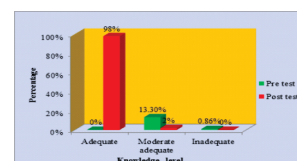
### RESULTS & CONCLUSION:

**Table:1: Description of samples according to the pre and post level of knowledge on early detection of breast cancer.**

(n=60)

Level of Knowledge	Pre assessment			Post assessment		
	F	%	Mean	F	%	Mean
Inadequate	52	87	87.05	0	0	0
Moderate	8	13	0.13	5	8	0.8
Adequate	0	0	0	55	92	.92

Table:1 illustrates the pre and post level of knowledge on early detection of breast cancer among care givers. In pre-test assessment of knowledge, no one had adequate knowledge, 8(13.3%) had moderate level of knowledge and 52(87.05%) samples had inadequate level of knowledge. In case of post-test level of knowledge, 55(92%) out of 60 samples acquired adequate level of knowledge, 5(8%) had gained moderate level of knowledge and no one had inadequate level of knowledge.



**Figure:1. Distribution of samples according to their pre-test and post-test level of knowledge**

**Table: 2: Comparison of pre-test and post-test level of knowledge among the samples.**

S.no	Level of knowledge	Mean	Mean Difference (MD)	Standard deviation (SD)	t value	Degree of freedom (df)
1.	Pre test	9	11.3	2.34	37.25*	59
2.	Post test	20.6				

\*Significant at 0.05 level

Table 2 depicts the comparison of mean pre-test and post-test level of knowledge and it also deals with mean difference (11.3) and standard deviation (SD=2.34). The obtained 't' value (37.25) was significant at 0.05 level with the degree of freedom 59. This indicates that, there is significant difference between pre and post level of knowledge on early detection of breast cancer among caregivers. The above findings reveal that the self Instructional Module had significantly improved the knowledge of caregivers. Hence, the research hypothesis  $H_1$  was accepted.

**CONCLUSION:**

The study findings provide the statistical evidence which clearly indicates that Self Instructional Module has significant effect on the level of knowledge of caregivers.

**Recommendations:**

- A comparative study may be conducted to evaluate the effectiveness of two different teaching methods.
- A similar study can be conducted on large sample to assess the knowledge and attitude regarding early detection of breast cancer.
- A study can be conducted in assessing knowledge and practice of early detection of breast cancer.

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