

Assessment of the Knowledge, Attitude, and Practice of Breast Self-Examination in Among GNM Nursing Students in Selected School of Nursing, Vrindavan, Mathura

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Abstract: Breast self-examination is a simple, very low cost, non-invasive with no special material/tool requirements; and it is an effective diagnostic method for breast cancer which only takes five minutes to apply. Women should do a breast self-exam once a month, every month. Women who are still menstruating (having a regular period) should perform a breast self-exam after their period. Monthly breast self-exams can help one to detect changes that may be signs of infection or breast cancer such as breast lumps or spots that feel different. When breast cancer is detected early, the chances for survival are much better. **Objectives** -1. To assess the knowledge, attitude and practice regarding Breast Self-Examination among GNM students. 2. To associate knowledge level of students regarding Breast Self-Examination with selected demographic variables. **Operational definitions; Breast self-examination:** Monthly examination of breasts conducted by women following the five major steps of breast self-examination which include: examining both the breasts for size, shape, colour and contour while looking in front of the mirror with their arms straight, on the hips, and over the head; to palpate or feel the breast both in standing and lying position using the three finger pads. **Knowledge:** It means the facts/condition of knowing something with familiarity gained through experience or association. In this study, knowledge refers to awareness of nursing students regarding breast self-examination as measured by a structured knowledge questionnaire on breast self-examination. **Nursing student:** Female nursing students are those females who are studying nursing in School of Nursing in selected Nursing School of Vrindavan. **Methodology:** A Descriptive Research Design was undertaken for this study. The population of the study consists of Nursing Students in selected nursing school in Vrindavan, Mathura. The knowledge, attitude and practice were assessed. The sample size of 50 were selected by using non probability convenient sampling. **Results:** The study targeted Female Nursing students at of selected School of Nursing, Vrindavan, Mathura 50 students participated in the study and the results of statistical analysis are presented into main four sections. The first section presents the assessment base line characteristics of the studied sample, the second section present the assessment of knowledge level of BSE, the third section present the assessment of the student's attitude level of BSE, and the fourth section present the relationship between the total mean knowledge of BSE and selected variables. Revealed that a highly statistically significant relation between age groups and academic level with

total mean knowledge of BSE ($P>0.00$). Also, it was revealed that no statistically significant relation between total mean knowledge of BSE and family history with breast cancer and source of information of breast BSE and residence area.

Keywords: Breast Self-Examination, Nursing Student, Knowledge

1. Introduction

Breast cancer accounts for 19-34% of all cancer cases among women in India. There is high mortality due to late-stage diagnosis as patients usually present at an advanced stage because of lack of awareness and non-existent breast cancer screening programs. Early detection and prompt treatment offer the greatest chance of long-term survival and breast self-examination (BSE) seems to be an important viable optional substitute for early detection of cancer. The following symptoms a female performing BSE should be knowing for early detection and prompt treatment.

1. Change in the look, feel or size of the breast.
2. Change in the look or feel of the nipple.
3. Dimpling or puckering of the skin.
4. Lump, hard knot or thick spot in the breast tissue.
5. Nipple discharge.
6. Nipple or other area pulling inward.
7. Pain in one spot
8. Rash on the nipple.
9. Swelling of one or both breasts.
10. Warmth, redness, or dark spots on the skin.

2. Statement of Problem

A Study to Assess the Knowledge, Attitude, And Practice of Breast Self-Examination in Among GNM Nursing Students in Selected School of Nursing, Vrindavan, Mathura.

1. **Objectives** -1. To Assess the knowledge, Attitude and Practice regarding Breast Self-Examination among GNM students.
2. To Associate knowledge level on minor ailments

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during pregnancy with demographic variables like age, education, trimester of pregnancy & parity.

1) Hypothesis

1. There is a significant difference of knowledge on breast self-examination at a level of ($\alpha=0.05$) and the selected demographic data.
2. There is a significant difference at a level of ($\alpha=0.05$) between the knowledge and practice of breast self-examination

3. Methodology

A Descriptive Research Design was undertaken for this study. The population of the study consists of Nursing Students in selected nursing school in Vrindavan, Mathura. The knowledge, attitude and practice were assessed. The sample size of 50 were selected by using non probability convenient sampling. The results of statistical analysis are presented into main four sections. The first section presents the assessment base line characteristics of the studied sample, the second section present the assessment of knowledge level of BSE, the third section present the assessment of the student's attitude level of BSE, and the fourth section present the relationship between the total mean knowledge of BSE and selected variables.

Table 1
Assessment of the frequency and percentage distribution of sample

Variables	Frequency	Percentage
Age		
17-19	11	22%
20-22	15	30%
23-25	24	48%
Academic Year		
Gnm First Year	15	30%
Gnm Second Year	16	32%
Gnm Third Year	19	38%
Type Of Family		
Nuclear	23	46%
Joint	27	54%
Area Of Living		
Rural	28	56%
Urban	22	44%
Information On Bse		
Yes	31	62%
No	19	38%
Source Of Information		
Books	26	52%
Internet	12	24%
Newspaper	07	14%
Other	05	10%
Menstrual Cycle		
Regular	29	58%
Irregular	21	42%
Family Income		
Less Than 50000	09	18%
50000-1lac	11	22%
1lac-2lac	12	24%
More Than 2lac	18	36%

Table 1-Table shows that around 22% are within the range of 17-19 years and 30% are within the age range of 20-22 years and 48% are around within the range of 23-25 years. 30% are in 1st year, 32% in 2nd year and 38% in 3rd year. 54% belong to joint family and 46% belongs to nuclear family. 44% are living in

urban area and 56% in rural area. 62% of samples are having information on BSE, whereas 38% have no knowledge about BSE. 52% are having information about BSE from books, 58% female students have their regular periods and 36% of students are having family income more than 2 lacs.

Table 2
Assessment of the knowledge of breast self-examination

Knowledge of breast self-examination	Frequency	Percentage
Inadequate knowledge	11	22
Moderate knowledge	21	42
Adequate knowledge	18	36

Table 2 reveals only 22% of students were having inadequate knowledge and 36% were having adequate knowledge and 42% were having moderate knowledge.

Table 3
Assessment of the knowledge level of breast self-examination with selected demographic variables

Age				
17-19	02(04%)	06 (12%)	03 (06%)	11(22%)
20-22	03 (06%)	07(14%)	05(10%)	15(30%)
23-25	06(12%)	08(16%)	10(20%)	24(48%)
Academic level				
GNM 1 st year	03(06%)	05(10%)	07(14%)	15(30%)
GNM 2 nd year	04(08%)	07(14%)	05(10%)	16(32%)
GNM 3 rd year	04(08%)	09(18%)	06(12%)	19(38%)
Type of family				
Nuclear	04(08%)	08(16%)	11(22%)	23(46%)
Joint	07(14%)	13(26%)	07(14%)	27(54%)
Area of living				
Rural	08(16%)	11(22%)	09(18%)	28(56%)
Urban	03(06%)	10(20%)	09(18%)	22(44%)
Previous information				
Yes	07(14%)	13(26%)	11(22%)	31(62%)
No	04(08%)	08(16%)	07(14%)	19(38%)
Source of information				
Books	05(10%)	12(24%)	09(18%)	26(52%)
Internet	03(06%)	04(08%)	05(10%)	12(24%)
Newspaper	02(04%)	03(06%)	02(04%)	07(14%)
Others	01(02%)	02(04%)	02(04%)	05(10%)
Menstrual cycle				
Regular	07(14%)	12(24%)	10(20%)	29(58%)
Irregular	04(08%)	09(18%)	08(16%)	21(42%)
Family income				
Less than 50000	05(10%)	03(06%)	01(02%)	09(18%)
50000-1lac	04(08%)	04(08%)	03(06%)	11(22%)
1lac-2lac	02(04%)	06(12%)	04(08%)	12(24%)
More than 2lac	00	08(16%)	10(20%)	18(36%)

Table 3 reveals the majority of students of age 17-19 4% had inadequate knowledge towards BSE while in age group 20-22 had moderate 14% knowledge and 10% were had adequate knowledge. The majority of inadequate knowledge was among first year students then the second year 6% and 8%. The students 28% belonged to rural area. Students 22% had an inadequate knowledge regarding menstrual cycle and 42% had moderate and 36% had adequate knowledge.

Table 4 shows that the majority of the participants believed that all women should do BSE 36%. However, 8% of them stated that BSE causes embarrassment and 26% feared to think about breast cancer and about 20% wasn't interested in doing BSE.

Table 4
Assessment of the student's attitude level of breast self-examination

No	Items	Strongly Disagree	Disagree	Uncertain	Agreee	Strongly Agree
1	During BSE I feel very funny	12(24%)	10(20%)	06(12%)	15(30%)	07(14%)
2	BSE will be embarrassing to me	14(08%)	12(24%)	08(16%)	12(24%)	04(08%)
3	Doing BSE is the waste of time	14(08%)	10(20%)	09(18%)	14(28%)	03(06%)
4	BSE makes me unpleasant	16(32%)	08(16%)	04(08%)	14(28%)	08(16%)
5	In case of any lump traditional healer treatment is best	14(28%)	11(22%)	07(14%)	16(32%)	02(4%)
6.	All women should do BSE	08(16%)	10(20%)	09(18%)	05(10%)	18(36%)
7.	I really care about my breast	08(16%)	07(14%)	08(16%)	11(22%)	16(32%)
8.	I am not afraid to think about breast cancer	13(26%)	10(20%)	07(14%)	16(32%)	04(08%)
9.	Avoid BSE because I worry about breast cancer	15(30%)	13(26%)	09(18%)	10(20%)	03(06%)
10.	Always interested in doing BSE	15(30%)	12(24%)	08(16%)	12(24%)	03(06%)
11	Always search for information regarding BSE from sources	11(22%)	15(30%)	10(20%)	12(24%)	02(04%)
12	Discuss with my friends about BSE	10(20%)	09(18%)	09(18%)	17(34%)	05(10%)

Table 5
Assessment of the students practice level of Breast Self-Examination

No.	Items	Never	Sometimes	Often	Usually	Always
1	Do BSE once in month	17(34%)	10(20%)	08(16%)	10(20%)	05(10%)
2	Learning the correct method of BSE	12(24%)	12(24%)	08(16%)	09(18%)	09(18%)
3.	Parents advise me to do BSE	18(36%)	06(12%)	10(20%)	11(22%)	05(10%)
4	Advise friends to do BSE	15(30%)	09(18%)	12(24%)	07(14%)	07(14%)
5.	Discuss BSE with friends	15(30%)	08(16%)	08(16%)	10(20%)	09(18%)
6	Have been taught on BSE by health staff	14(28%)	08(16%)	09(18%)	12(24%)	07(14%)
7.	If notice any breast abnormality directly will contact doctor	10(20%)	07(14%)	09(18%)	09(18%)	15(30%)

Table 5 shows that the majority of the students that they do not perform BSE 34% and 12 % students 24 reported never do BSE and 15 students (30%) never advise to their friends to

Table 6
Relationship between mean of total knowledge and age, academic level, family history, information of BSE and source of information, living area, and menstrual cycle and income

Demographic Variables	Mean	No.	Standard deviation	Frequency	Significance
Age	0.22	11	0.46	6.59	0.001
17-19	0.3	15	0.54		
20-22	0.48	24	0.69		
23-25					
Academic Level				6.59	0.001
GNM 1 st yr	0.3	15	0.54		
GNM 2 nd yr	0.32	16	0.56		
GNM 3 rd yr	0.38	19	0.61		
Type of Family				19.00	0.021
Nuclear	0.46	23	0.67		
Joint	0.54	27	0.73		
Area of living				9.01	0.021
Rural	0.56	28	0.74		
Urban	0.44	22	0.66		
Information				19.00	0.021
Yes	0.62	31	0.78		
No	0.38	19	0.61		
Source of information				4.39	0.76
Book	0.52	26	0.72		
Internet	0.24	22	0.48		
Newspaper	0.14	07	0.37		
Other	0.1	05	0.31		
Menstrual				19.3	0.04
Regular	0.58	29	0.76		
Irregular	0.42	21	0.64		
Income				4.39	0.51
Less than 50000	0.18	09	0.42		
50000-1lac	0.22	11	0.46		
1lac-2lac	0.24	12	0.48		
More than 2la	0.36	18	0.6		

learning the correct method of BSE or have been taught it health staff 14 (28%) .15 students (30%) reported that they always if notice breast abnormality directly goes to public health care .18

do BSE or discuss the importance of it with them. Revealed that a highly statistically significant relation between age groups and academic level with total mean

knowledge of BSE ($P>0.00$). Also, it was revealed that no statistically significant relation between total mean knowledge of BSE and family history with breast cancer and source of information of breast BSE and residence area.

Table 7

Relationship between the mean of total knowledge and practice of BSE

Items	Mean	N	S.D	t	Significance
knowledge	0.38	50	0.61	2.7	0.001
Practice	0.36	50	0.6	2.7	0.001

Revealed that a highly statistical relation between knowledge and practice of BSE (0.001).

4. Results

The study targeted Female Nursing students at of selected School of Nursing, Vrindavan, Mathura 50 students participated in the study and the results of statistical analysis are presented into main four sections. The first section presents the assessment base line characteristics of the studied sample, the second section present the assessment of knowledge level of BSE, the third section present the assessment of the student's attitude level of BSE, and the fourth section present the relationship between the total mean knowledge of BSE and selected variables. Study reveals only 22% of students were having Inadequate Knowledge and 36% were having Adequate knowledge and 42% were having Moderate knowledge. Also Revealed that a highly statistically significant relation between Age groups and Academic level with Total Mean Knowledge of BSE ($P>0.00$). Also, it was revealed that No Statistically Significant Relation between Total Mean Knowledge of BSE and Family History with Breast Cancer and Source of Information of Breast BSE and Residence area.

5. Recommendation

Based on the Research conducted, it is recommended that there is a need to create awareness about the importance of Self Breast Examination amongst Female Nursing students so as to improve the practice of it.

6. Conclusion

This paper presented an overview of Assessment of the Knowledge, Attitude, and Practice of Breast Self-Examination in Among GNM Nursing Students in Selected School of Nursing, Vrindavan, Mathura.

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