OPEN ACCESS

Original Research Article

Assess the Knowledge on Breast Self Examination among 3rd Year B.Sc Nursing Students

Mrs. Perumalla Keerthi Sudha[1*], Prof. Devi Nanjappan[2], Mrs. Nirmala Reddy[3], Mrs. Snehalatha Reddy[4], Mr. Syam Mohan Lal[1], Mr. Durga Prasad[3]

[1]Associate Professor, Department of Medical Surgical Nursing, Smt. Nagarathnamma College of Nursing, Rajiv Gandhi University, Bengaluru, India

[2]Principal & HOD, Department of Medical Surgical Nursing, Smt. Nagarathnamma College of Nursing, Rajiv Gandhi University, Bengaluru, India

[3]Assistant Professor, Department of Medical Surgical Nursing, Smt. Nagarathnamma College of Nursing, Rajiv Gandhi University, Bengaluru, India

[4]Professor, Department of Medical Surgical Nursing, Smt. Nagarathnamma College of Nursing, Rajiv Gandhi University, Bengaluru, India

Abstract: Breast Self-Examination (BSE) is a critical, non-invasive method for early detection of breast abnormalities and plays a vital role in breast cancer awareness. This study aims to assess the knowledge and awareness of Breast Self Examination among third-year B.Sc nursing students. As future healthcare providers, nursing students are in a strategic position to promote BSE education and practices among the general public. The study utilizes a structured questionnaire covering essential aspects of BSE, including its importance, recommended techniques, and frequency. By evaluating the students understanding of BSE, and aims to identify knowledge gaps. Descriptive approach was used to collect the data from 30 subjects selected by convenient sampling technique through non probability sampling approach consisting 2 sections. The results of the study shows that the majority of respondents had adequate knowledge on breast self-examination and How-ever, continuous reinforcement of this knowledge through practical sessions and ongoing education can further enhance their proficiency. This above-average knowledge places them in a strong position to educate and for BSE awareness, contributing to early detection efforts and improved breast health outcomes. overall mean percentage of knowledge score is 10%.

Keywords: Breast Self-Examination, Knowledge, Students, Assess.

INTRODUCTION

Human sexuality is an intrinsic part of being human and women are more concerned with emotions and feelings that occur in course of activity. Breast plays an important role in sexuality and feminity. The size and shape of the breast are often viewed as a measure of one's sexuality. Feminity and attractions. The female breast has been regarded as a symbol of bodily, sexually and motherhood. The potential loss of a breast may be devastating for many women because of the significant psychological, social, sexual and body image implications associated with it. A breast exam is a self-inspection of the breasts. During a breast exam, eyes used to see and hands to observe the appearance and feel the breast. Breast exams allow becoming more familiar with girls' breasts. This may give a greater awareness of

the condition of breasts. Breast exams may help identify potential breast problems. Breast exams, once thought essential for early breast cancer detection, are now considered optional. While other breast cancer screening tests have been proved to save lives. Breast self-examination (BSE) is a screening method used in an attempt to detect early breast cancer. Breast cancer is the most common cancer in women all over India and accounts for 25% to 31% of all cancers in women in Indian cities. The Indian Council of Medical Research showed that 10 out of every 100,000 women living in Delhi, Mumbai, Chennai, and Bangalore were diagnosed with breast cancer about 1 year ago, compared with 23 women per every 100,000 today. With an increasing number of younger women becoming susceptible to the disease, India faces a growing breast cancer epidemic. A

*Corresponding Author: Mrs. Perumalla Keerthi Sudha

Associate Professor, Department of Medical Surgical Nursing, Smt. Nagarathnamma College of Nursing, Rajiv Gandhi University, Bengaluru, India

118

new global study estimates that by year 2030, the number of new cases of breast cancer in India will increase from the current 1,15,000 around 2,00,000 per year.

Statement of the Problem: Due to lack of awareness and nonexistent breast cancer screening programs the present study was an assessment of knowledge on breast self-examination among 3rd-year B.Sc. Nursing students as health care workers they plays a main role in controlling the cases of breast cancer.

Review of Literature: Hazel Thornton, Raghu Ram Pillarisetti, which was published in European Journal of cancer 44 (15), 2118-: The terms 'breast self-examination' and 'breast awareness' are often used loosely, causing general confusion, with potential to cause women harm. To explore this confusion, we begin by defining their current meaning. We caution that uncertainty exists about the value of practicing breast awareness: evidence is currently lacking to determine whether the benefits outweigh the harms globally-aware research is needed. One more literature review which wsa conducted in port Harcourt, Nigeria reported that 73.3% of the studied population had heard about breast self examination. 26.6% of the respondents in the study first heard of breast self examination from television while 18.6% and 18.2% first heard of breast self-examination from health workers and on radio programes respectively. About what to look for on breast self examination, majority of the respondents who had heard of breast self examination in the study knew that lump (63.8%), changes in size (37.45%), changes in the nipple (38.9%) and color (38.1%) will be checked during breast self examination. Thus the investigators felt that the students knowledge to be assessed on breast self examination among 3rd year B.Sc nursing students.

MATERIALS & METHODS

This study employs a descriptive to comprehensively investigate assessment of knowledge on breast self-examination among B.Sc nursing students.The design integrates descriptive methodologies to ensure a thorough analysis of the data. Specifically, a study will be used to collect quantitative data through surveys, while qualitative insights will be gathered through structured questionnaires. Reviewed the relevant literature to identify the knowledge and assessment of breast self examination. Hypotheses was generated based on the literature review. Sample size: A representative sample of 30 undergraduate nursing students was selected based on the inclusion criteria stratified random sampling to ensure diversity in demographic variables. A structured questionnaire will be developed based on standardized scales, the tool were constructed and validated by subject experts. The present study aimed that determine the variables influencing academic achievement among 3rd year BSC Nursing Students. Descriptive approach is used in the research study. The setting for the present study was among third year B.Sc. nursing students in Smt. Nagarathnamma College of nursing. Data Acquisition and Testing Algorithm: This algorithm will be used in the quantitative data collection process: Firstly, data was collected by the respondents by constructed tools. The collected data were interpreted and analysed by using the descriptive and inferential statistics. Descriptive statistics provided an overview of demographic traits.

Table-1: Frequency and percentage distribution of respondents according to their age group

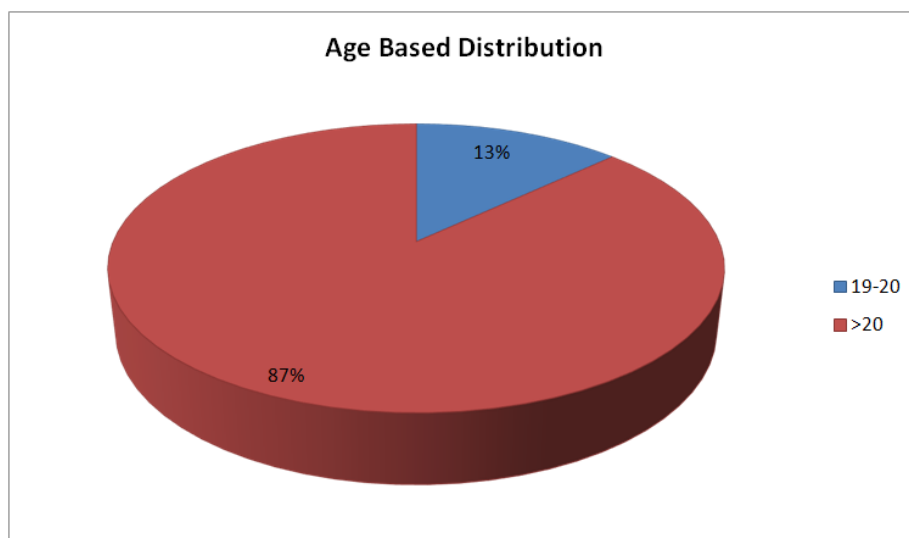| Demographic Variable	N=30	
AGE GROUP	FREQUENCY	PERCENTAGE (%)
19-20	4	13%
>20	26	87%

Figure 1: Percentage distribution of respondents according to their age group

Based on the age of respondents, it can be interpreted that more than 50% (i.e,87%) of the students are above the age group of 20(>20 years) and 13% of the students are between the age group of 19-20 year.

Table-2: Frequency and percentage distribution of respondents according to their Locality

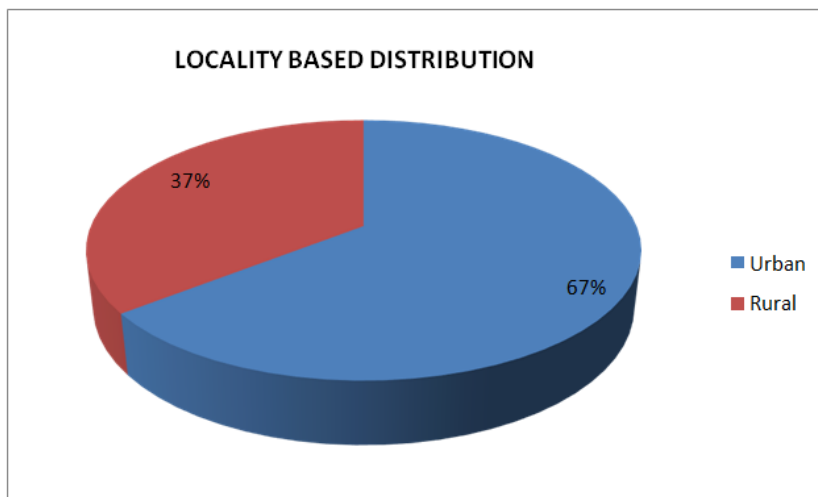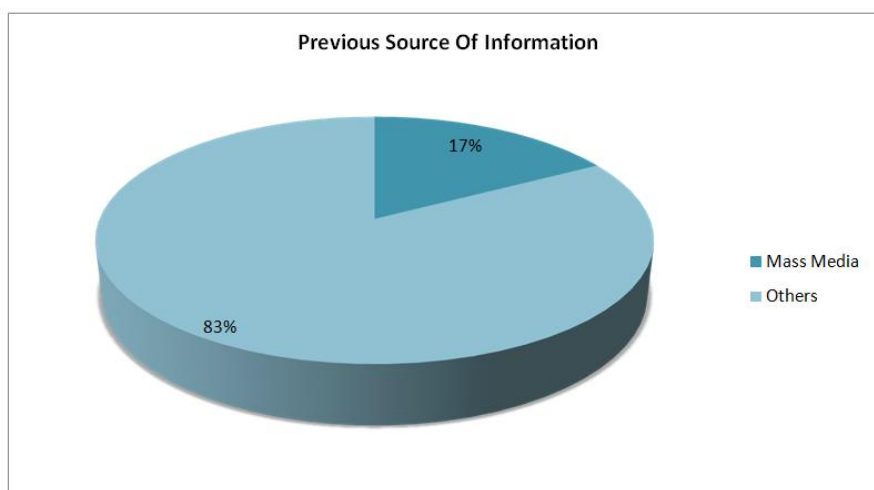| Demographic Variable	N=30	
LOCALITY	FREQUENCY	PERCENTAGE
Urban	19	63%
Rural	11	37%

Figure 2: Frequency and percentage distribution of respondents according to their Locality

INTERPRETATION:

Based on the response collected, it can be understood the maximum respondents, 63% were from Urban area and 37% were from Rural area.

Table-3: Frequency and percentage distribution of respondents according to their marital status

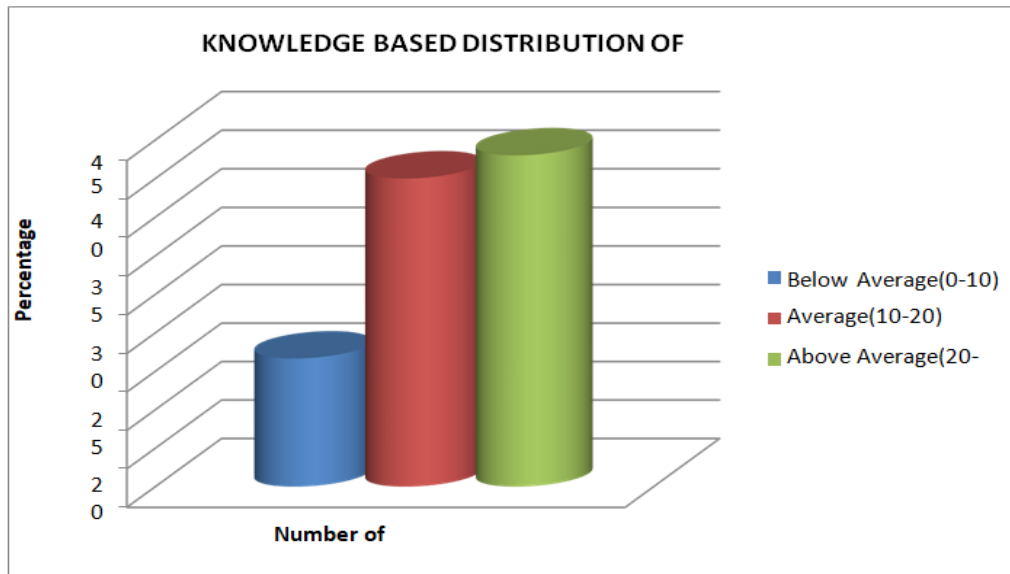| Demographic Variable	N=30	
PREVIOUS SOURCE OF INFORMATION	FREQUENCY	PERCENTAGE
Mass Media	5	17%
Others	25	83%

Frequency and percentage distribution of respondents according to their marital status

INTERPRETATION: It is from the above table that the maximum respondents, 25(83%) had the previous source of information about breast self examination from other sources and 5(17%) had previous source of information about breast self examination from mass media.

SECTION -B:

Table-4: Knowledge Based Distribution of Respondents

N=30		
PARAMETERS	**FREQUENCY**	**PERCENTAGE**
BELOW AVERAGE (0-10)	5	16.66%
AVERAGE (10-20)	12	40%
ABOVE AVERAGE (20-30)	13	43%

INTERPRETATION:

Based on the response collected from 3rd Year B.Sc Nursing Students through the questionnaire method, it can be inetrpreted that the maximum number of students have a knowledge about Breast Self Examination. According to the test, that have been conducted to assess the knowledge level of students,43% of students have above average,40% of students have average and 17% of the students are having low average level of knowledge about Breast Self Examination.

EQUATIONS

Mean	$\bar{x} = \sum x \, n$	x = Observations given n = Total number of observations
Standard Deviation	$S = \sigma = \sum (x - x) 2 \, n$	x = Observations given $\bar{x}$ = Mean n = Total number of observations

DISCUSSION

The present study was conducted to assess the knowledge regarding breast self examination among 3rd year BSc nursing students by using questionnaire. The findings of the study are discussed with reference to the objectives

Objectives

- To assess the knowledge of 3rd year BSc nursing students regarding breast self examination
- To find out association between knowledge scores with selected demographic variables like age, education, family

Findings of the study:

1. To assess the knowledge of 3rd year bsc nursing students regarding breast self examination.

The study is attempt to know about the knowledge of 3rd year bsc nursing students regarding breast self examination. The finding of the study reveals that 74% students had inadequate knowledge and 26% students had moderate knowledge regarding breast self examination.

Thus the investigator that there is a need to improve knowledge regarding breast self examination.

2. To find out association between knowledge scores with selected demographic variables like age, education, family.

Association of knowledge with demographic variables revealed that there is statistically no significant association between knowledge scores and demographic variables such as age, education, family at 0.05 level of significance. Hence there is no significant association of knowledge regarding breast self examination with demographic variables.

The study was conducted to assess the knowledge regarding breast self examination among 3rd year BSc nursing. In this descriptive study was used by

taking 30 samples through convenient sampling technique. The data was collected by using structured self administered questionnaire. The data was analyzed and interpreted by applying descriptive statistic method

The basis of the findings of the study are as follows: Overall mean percentage of knowledge score is 10%

ACKNOWLEDGEMENT

"Gratitude can never be expressed in words but, this is only the deep appreciation, which makes words to flow from one's inner heart!"

This research here by prepared is not only the result of ours effort but of collective efforts of many around me. We have made a considerable effort to acknowledge the many persons to whom we owe ours gratitude. First of all we express my sincere thanks to the Almighty God for his grace, his kindly help and blessings throughout the study without which nothing would have been possible. His presence gave me the strength to successfully complete the study.

It is ours privilege to be a part of the institution and would like to express my sincere thanks and gratitude.

I express my sincere and heartfelt thanks to Prof. Devi Nanjappan, Principal, Librarians, Smt. Nagarathnamma College of nursing Bengaluru, for their constant support and valuable guidance, throughout the period of study.

DECLARATION

We hereby declare that the research study titled "Assessment of Knowledge on Breast Self-Examination Among 3rd Year B.Sc. Nursing Students" is a result of efforts and has been conducted.

I affirm that the findings and conclusions derived from this research are based on accurate data collected from the participants, and appropriate research methodologies have been applied.

Author Contribution:
Author 1 Mrs. Perumalla Keerthi Sudha: Introduction and Literature Review
Author 2 Prof Devi Nanjappan: Methodology
Author 3 Mrs Nirmala Reddy: Data Collection
Author 4 Mrs Snehalatha Reddy: Schematic Design
Author 5 Mr Syam Mohan Lal: Data Analysis

Author 6 Mr Durga Prasad: Conclusion

Competing Interest: We hereby declare that all the 3 authors conducted this study were interested in publishing this article.

Ethical Clearance: Ethical clearance was given by the institution.

NOMENCLATURE:
x = Observations given n = Total number of observations
x = Observations given $\bar{x}$ = Mean n = Total number of observations
BSE-Breast Self Examination

BIBLIOGRAPHY

- Joyee M, Matassarin, Jacob Easter. Luckman and Sorensons Medical Surgical Nursing-A Psychophysiological approach, Philadelphia: W.B Saunders company; 1993.
- Lewis, collier, Heitkemper. Medical Surgical Nursing. USA: MOSBY: 1996.
- Donna, D. Lgnatavicius, Marlyn varner bayne. Medical surgical Nursing. Philadelphia: W.B. Saunders; 1991.
- Arlene, L., & Suzanne, E. (1996). Luckmanns Medical Surgical Book. Philadelphia: W.B. Saundersl: 1996.
- Park, J. E., & Park. (2002). Text Book of preventive and Socia Medicine. Jabalpur: M/s Banarsides Bhanot Publishers; 2002.

WEBSITES
- http://myoclinic.com/healthy/
- www.google.com
- http://en.wikipedia.org/wiki
- https://www.nebi.nim.nih.gov/pmc/articles/pmc3401738/
- http://www.nlm.gov/medlineplus.breastcancer.html