

## **“A Study to Assess the Effectiveness of Structured Teaching Planning On Knowledge of Women Age Group of 30-65 Years Regarding Cervical Cancer at Chandar Nagar, Dehradun Uttarakhand.**

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**Abstract:** *his study has conducted at chandarnagar Dehradun. Statement was taken as a study to assess the effectiveness of structured teaching programme on knowledge of women of age 30-60 years regarding cervical cancer. Objective were to know the level of knowledge before and after administration of structured teaching program, Researcher used Pender health promotion model as conceptual frame work by the using of quantitative Research approach with pre experimental research design, sample size were 60. Research found in pre-test -25% women have inadequate level of knowledge and 8.33% have adequate level of knowledge. After administration of structured teaching programme level of knowledge increased as 100% adequate knowledge. Researcher found effectiveness of structured teaching program significant by the using to ‘t’ test (18.65) at level of  $P < 0.05$ .*

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### **I. Introduction**

Cervical Cancer is arising from the cervix. It is due to the abnormal growth of cells that have the ability to invade or spread to the other part of the body. Early on typically no symptoms are seen. Later symptoms may include abnormal vaginal bleeding, pelvic pain during sexual intercourse.

About 70% of cervical cancer occurs in developing countries. In low income countries it the most common cause of cancer death. Cervical cancer is the second most common cancer among women and is the primary cause of cancer related death in developing countries. There has been a regular campaign against cervical cancer for 30 years in India but this had a little impact on the morbidity and mortality from the disease.

Early detection of cervical cancer remains a dream in India even after ten years the introduction of vaccine available to prevent cervical cancer. Over 62,000 women died of cervical cancer in 2015, accounting for 24% of total cancer related death of women in India.

### **II. Need Of The Study**

**“You will come to learn a great deal if you study the insignificant in depth”**

A study conducted by the New England journal of medicine reveals that about 1.3 lakhs new cases of cervical cancer are reported every year in India and about a quarter of the 5 lakh cases globally. Experts point out that women need to be sensitized to curb the growth of the disease. Even the educated class are not aware of cervical cancer and given link it with the net. We have to explain to them that cervical cancer in the lower part of the body: says Gynaecologist- Sunita Verma.

Cancer Research foundation of India (CRFI) – a recently constituted body of actively involved in spreading awareness, Dr Siddharth Shania, Co- Founder, CRFI says, “ Awareness, prevention and Detection is what we are striving for to deal with the cancer. We need to Reach out to both grass roots and urban India” Cancer of the cervix is the most important cancer in women in India over the past two decades. It accounted for 16% of all cancer in women in the urban registries in 2005. Over 70% of population of India resides in rural areas, cervical cancer still constitute the number on cancer among female.

### **III. Objectives**

1. To assess the pre- test level of knowledge regarding cervical cancer among the women age group 30-65 years.
2. To administer structured teaching program about cervical cancer among the women age group 30-65 years.
3. To assess the effectiveness of S T P on knowledge regarding cervical cancer among Women among the women age group 30-65 years.
4. To assess the association between pre-test their related demographic variables.

#### IV. Hypothesis

H1: There will be a significant difference between pre-test & post-test levels of knowledge regarding cervical cancer among the women age group 30-65 years at Chandanagar, Dehradun.

H2:- There will be a significant association between pre-test knowledge and their demographic variables.

#### V. Review Of Literature

Peter and Navkiran (2009) Conduct a cross sectional survey on Knowledge and health benefit regarding cervical cancer screening among college students of Ghana, Thus samples comprise of 140 women aged 20-35 years which revealed that only 7.9% of the women were aware about the link between human papilloma Virus (Human Papilloma Virus) and cervical cancer. Only 12 women underwent pap test. The commonest barrier for not undergoing screening was not knowing where to go (24.37%), belief that the test is painful (9.4%) and that every one may think that they are sexually active (24.6%).

According to the surveillance epidemiology and report (SEER) from 2000-2004, the median age diagnosis for cancer of the cervix was 48 years of age (National Cancer Institute-2007).

Age(In Year)	Percentage
20	01
20-34	15
35-44	26
45-54	23
55-64	15
65-74	10
75-84	07
85+years	03

Another subgroup at risk for HIV and cervical cancer in college women. College age women are all at greater risk of contracting sexually transmitted infection than the general population because of the high risk sexual behaviour in which they engaged (Ingleductal-2014)

Mishra JS, Shrivastava S, Singh U, Srivastava AN 2009 adopted an exploratory design research to assess the knowledge and practice regarding cervical cancer among 100 married women between the age 20-60 Years at Indor (M.P.) using purposive sampling. The investigation used a structured questionnaire of an item to assess the knowledge regarding early diagnosis and prevention of cervical cancer.

Reliability was calculated using split half method and the 'r' value was 0.8. This revealed that all of subjects 100 (100%) had no knowledge regarding early diagnosis and prevention of cervical cancer. 14 (14%) of them at moderate risk for developing cervical cancer. Hence the conclusion was made by saying that there is a need of creating public awareness regarding the benefits provided by the government through various health schemes and all government hospitals must make these schemes available to the population. Nurses should also be trained through in-service education to spread the health awareness to the individual and families.

Ali SF 2010A Conducted a cross sectional, interview based survey was conducted in 3 major teaching hospitals in Karachi regarding the knowledge and awareness of cervical cancer among 400 females interns and nursing staff. Convenience sampling was applied using questionnaire's method. Of all the interviewees conducted 1.8% did not know cervical cancer as a disease, 28.3% of the respondents were aware that cervical cancer is the most common disease of gynaecological cancer and 26% knew it is second in rank in mortality. 78% were aware that the virus human papilloma virus. Majority recognize that it is sexually transmitted but only a minority (41%) knew that it can be detected by PCR. Only 26% of the study population was one or more risk factors. This study serves to highlight that the majority of working health professionals are not adequately equipped with knowledge concerning cervical cancer. Continuing progress should be started at the hospital level among to conference to spread knowledge.

**According to WHO 2006**, Over the past three decades cervical cancer rates have fallen in most of the developed world. In contrast the death rate in most developing countries have risen or remain unchanged (WHO 2006)

#### VI. Conceptual Framework

Conceptual framework by using health promotion [BY PENDER]. The health promotion model [HPM] proposed by Pender [1982, revised 1996] was designed to be a "Complimentary counterpart to the models of health protection and it defines as health as a positive, dynamic state, not merely the absence of disease [Pender and Other, 2002]".

The Model focuses on the following three areas-

1. Individual characteristics and experiences
2. Behaviour, specific knowledge and affect
3. Behavioural outcome

## VII. Methodology

Methodology includes description of research approach, research design, study setting description and development of tool and plan for analysis.

### 6.1. Research Approach

Quantitative research approach was considered to be the most appropriate for present study.

### 6.2. Research Design

Pre-experimental design is adopted for the study that focuses on obtaining information regarding knowledge related to prevention and treatment of cervical cancer.

Group	Pre-assessment	Intervention	Post-assessment
Experimental	O1	X	O2

### 6.3. Sample and Sample Size

60 women who fulfil the inclusion criteria are taken as sample of this study.

### 6.4. Sampling Technique

Non-probability purposive sampling technique was used as we choose the homogenous population based on age i.e. 30-65 years.

### 6.5. Setting of the study

This study was conducted at Chandarnagar, Dehradun.

### 6.6. Variables

6.6.1. Independent Variables: Structured teaching programme.

6.6.2. Dependent variables: Knowledge of women regarding cervical cancer and its preventions.

6.6.3. Socio-demographic variables: Age, occupation, education, monthly income, source of information

### 6.7. Data collection tool

Tool 1: Contains demographic variables data.

1. Age
2. Occupation
3. Education
4. Income
5. Source of information

Tool 2: Structured knowledge questionnaire about treatment and prevention of cervical cancer. It consists of 40 questions on cervical cancer.

## VIII. Interpretation of Data

Table 1 Assessment of pre-test and post-test level of knowledge of women age group 30-65 years.

Level of knowledge	Pre-test		Post-test	
	F	%	F	%
Inadequate(<50%)(1-12)	15	25%	0	00
Moderate(50-75%)(13-24)	40	66.66%	0	00
Adequate(>75%)(25-37)	05	8.33%	60	100%

Table 2 depicts In Pre-test 25% have inadequate level of knowledge and 8.33% have adequate knowledge and in post-test 100% subject have adequate level of knowledge regarding cervical cancer.

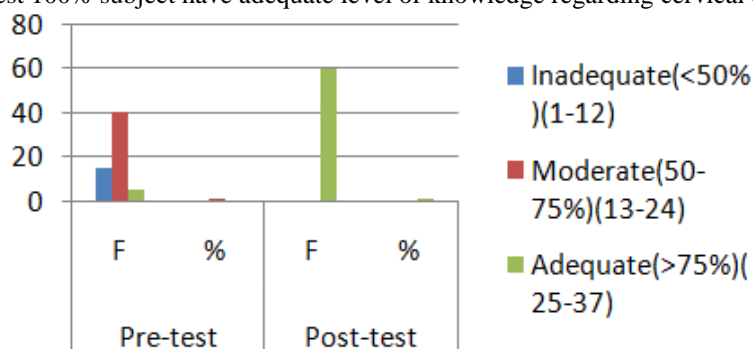


Table 2 Effectiveness of structured teaching programme on knowledge regarding cervical cancer among women age group 30-65 years in Chandarnagar, Dehradun.

OVER ALL KNOWLEDGE	Mean	SD	"t" value	Interference
Pre-test	16.98	0.122	18.65	
Post-test	32.28	0.58	*df=59	*

\*Level of significant at  $p < 0.05$

The table reveals that post-test mean for knowledge score is significantly higher than the pre-test mean score. The statistical paired “t” test for knowledge found to be 18.65 that mean intervention is highly significant

Table 3: Association between the knowledge levels of women age group 30-65 years with their socio-demographic variables

Socio-demographic variables	INADEQUATE (1-12)		MODERATE (13-24)		ADEQUATE (25-37)		Df	X <sup>2</sup>	Significant
	F	%	F	%	F	%			
Age									
30-40	11	30.55%	22	61.11%	3	8%	6	12.65	*
41-50	1	8.33%	9	75%	2	16.6%			
51-60	4	36.36%	7	63.63%	0	0%			
>60	0	0%	1	100%	0	0%			
Education									
Illiterate	7	35%	13	65%	0	0%	6	7.72	NS
Primary	5	23.8%	14	66.66%	2	9.52%			
Senior	4	36.3%	6	54.54%	1	9.09%			
Secondary	0	0%	6	75%	2	25%			
Bachelor									
Occupation									
Home maker	13	25%	33	63.46%	6	11.53%	6	10.58	NS
Dialy wages	3	100%	0	0%	0	0%			
Govt.job	0	0%	3	100%	0	0%			
Business	0	0%	2	100%	0	0%			
Income									
<5000	9	45%	10	50%	1	5%	6	11.762	NS
5000-10000	4	20%	16	80%	0	0%			
10000-15000	2	16.66%	7	58.33%	3	25%			
>15000	2	25%	4	50%	2	25%			
Source of information									
Health	3	21.42%	9	64.28%	2	14.28%	6	3.25	NS
Worker	2	16.66%	9	75%	1	8.3%			
Social Media	10	34.48%	15	51.72%	4	13.79%			
Television	1	20%	4	80%	0	0%			
News Paper									

\*Level of significant a p<0.05

NS= Non Significant

## IX. Conclusion

From the finding of present study, it is concluded that the level of knowledge regarding cervical cancer among women age group 30-65 years at Chandar Nagar, Dehradun, were moderate in experimental group during the pre-test assessment. However, the finding of the post-test in experimental group, the level of knowledge was improved and the score has indicated an adequate level of knowledge among women at Chandar Nagar, Dehradun. The improvement is due to administration of self-structured teaching programme. Therefore the knowledge of women age group 30-65 years at Chandar Nagar can be further improved by providing such teaching programme regularly.

### 8.1. Implication of the study

The finding of the study has implications related to nursing education, nursing practice, nursing research and nursing administration regarding the increase in the knowledge related to cervical cancer among women age group 30-65 years at Chandar Nagar, Dehradun.

### 8.2 Recommendation for further study

- A similar study can be undertaken with a control group design.
- The present study can be repeated in similar and different setting with larger sample to validate and generalize finding of the study.
- A similar study can be conducted among women of different community.
- A study can be conducted to assess the knowledge of the community healthworkers regarding knowledge of cervical cancer.
- Various other intervention modalities, which may vary in content and method, can be used to assess the effectiveness of STP among women in community.

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