



**ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON  
KNOWLEDGE AND ATTITUDE REGARDING BREAST EXAMINATION AMONG  
STUDENTS OF SREE BALAJI COLLEGE OF NURSING, CHENNAI.**

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Article Received on 24/04/2018

Article Revised on 14/05/2018

Article Accepted on 04/06/2018

**ABSTRACT**

Breast cancer appears to be a disease of both the developing and developed worlds. Among Turkish women, breast cancer is the second leading cause of cancer-related deaths. The aims of this cross-sectional study were to determine levels of knowledge about breast cancer and to evaluate health beliefs concerning the model that promotes breast self-examination and mammography in a group of women aged 20–64 in a rural area of western Turkey

**KEYWORDS:** Effectiveness, Knowledge, Attitude, Breast self examination.

**INTRODUCTION**

Breast health is important to all women. However, breast is also one of the parts of Human body, which is vulnerable to cancer. Breast cancer is one of the leading causes of death in the World. In fact, it is the most common cancer found in females, and a high incidence of cases is reported among the age range of 30-50. No matter what age, sex, race and ability, the more familiar you are with breast the more likely you will notice when something has changed.

**OBJECTIVES**

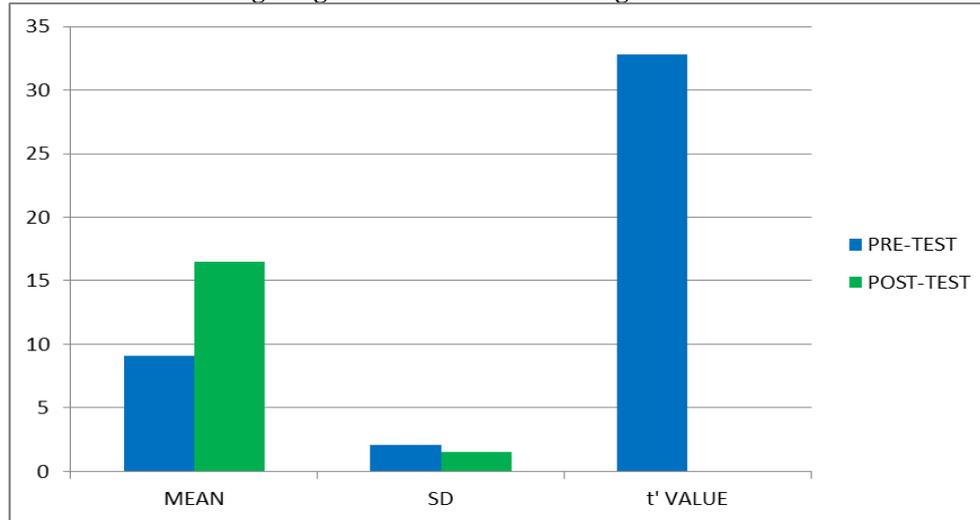
- ❖ To assess the knowledge and attitude of Breast self examination among college students.
- ❖ To evaluate the effectiveness of structured teaching programme on BSE among college students in terms of gain in knowledge and change in attitude.
- ❖ To correlate relationship between knowledge & attitude regarding Breast self examination among college students.
- ❖ To associate the selected demographic variable with knowledge and attitude.

**METHODOLOGY**

Research design was quasi experimental one group pre test and post test design, setting was Sree Balaji College of Nursing, Chennai. Sample was selected Nursing students who fulfil the inclusive criteria, 50 samples were selected in a random method.

**RESULTS**

Pre – test results showed that 44 (88%) of the total sample had inadequate knowledge, 6(12%) had moderately adequate knowledge, where as in the post-test, the results revealed that 48 (96%) had adequate knowledge, 2 (4%) had moderately adequate knowledge and none of them had inadequate knowledge. It showed that knowledge had markedly increased after structured teaching programme, so it can be implied that teaching programme had played a vital role in improving the knowledge of Nursing students regarding Breast self examination of the demographic variable with the levels of knowledge regarding Breast self examination showed that there was a significant association between the literacy level, Age, Religion, type of family and previous information of BSE service availed in the post test.

**Effectiveness of Structure Teaching Programme on Both Knowledge and Attitude Levels****Major Findings of The Study**

- ▶ Majority of students, who were in the age group of 17-20 years 44(88%), was Hindu 32(62%), type of family in nuclear 41(82%) from urban 45 (90%), 43 (86%) of them had not received information from any source.
- ▶ The mean score in post test was higher than pre-test knowledge and attitude of breast self examination was 16.5 (9.12) and 14.68 (9.22) respectively. There was significant difference between pre-test and post test in knowledge and attitude regarding BSE they are t-32 and 24.86 respectively significant at 0.05 level.

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**CONCLUSION**

The study accepts the hypothesis this proves that the knowledge regarding Breast self examination among Nursing students is increased after structured teaching programme, this shows structured teaching was effective. In this study structured teaching programme has increased the knowledge level.

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