



# EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE REGARDING CERVICAL CANCER AMONG ADOLESCENT GIRLS IN A SELECTED SCHOOL AT PERINTHALMANNA

<sup>1</sup>Ms Fazeela M F, <sup>2</sup>Mrs Fathima Safa CTP, <sup>3</sup>Ms Steena Biju, <sup>4</sup>Ms Fidha Jebin, <sup>5</sup>Dr Sheeba SAI Shifa College of Nursing, Perinthalmanna

, Kerala, India

**Abstract** : Cervical cancer is the abnormal growth of cells in the cervix that have the ability to spread to the other part of the body. Cervical cancer is the second most common cancer in the worldwide and third leading cause of death in women in the worldwide. In present study, we assessed the effectiveness of structured teaching programme on knowledge regarding cervical cancer among adolescent girls in selected school in Perinthalmanna. Quantitative pre experimental one group pretest posttest approach was used in this study. 60 samples were selected by using convenient sampling technique. Structured knowledge questionnaire including demographic variables was used for the study. Pretest result shows that 42 (70%) of adolescent girls were having poor knowledge, 18 (30%) were having average knowledge and no adolescent girls having good knowledge. Posttest result shows that 45 (75%) of adolescent girls were having good knowledge, 15 (25%) were having average knowledge and no adolescent girls having poor knowledge. The effectiveness of structure teaching programme is assessed by paired 't' test, the value is ( $t = 5.993$ ), the calculated value is greater than the table value ( $t_{59} = 2.0010$ ), it shows the structure teaching programme was effective. There is no association between pretest knowledge and their selected demographic variables such as age, religion, type of family and previous source knowledge. The mean posttest score (16) was higher than the mean pretest knowledge score (5.56). The present study revealed that the structured teaching programme was effective as it improved the knowledge level of samples in posttest.

Keywords: Asses, Knowledge, Cervical cancer, Adolescent girls

## INTRODUCTION

Cervix is a fibro muscular organ that links the uterine cavity to the vagina. Cervical cancer is the abnormal growth of cells in the cervix that have the ability to invade or spread to the other part of body. Cervical Cancer is second most common cancer in the world and third leading cause of death in women worldwide, 85% of all cervical cancer related deaths occur in developing countries. According to government data, an estimated 1,23,907 new cervical cancer cases are detected annually in India on 2010. Every year, 77,348 deaths occur from it. The causative agent in 95% of cervical cancers is the Human Papillomavirus (HPV) which is transmitted via sexual contact. Early onset of sexual activity (and early marriages), multiple partners, multiple childbirths, smoking, low hygiene standards and presence

of sexually transmitted infections are the risk factors in India. Cervical cancer is one of the few preventable human cancers, its prevention is based on the early diagnosis of precancerous lesions whose treatment generally makes the development of cancer almost impossible. However, in developing countries, cervical cancer remains the most common cause of cancer-related deaths among women. In developed countries, the incidence and mortality of this cancer have decreased significantly because of the efforts made to detect precancerous lesions increase the risk of developing the disease. Primary prevention strategies for HPV infection and cervical cancer are effective prophylactic HPV vaccines which only protect against 70% of the disease and are only effective for those not yet exposed to the virus. Besides that, several factors contribute to the high burden of diseases such as tobacco smoking, long-term use of hormonal contraceptives, promiscuity, Chlamydia trachomatis infection, herpes simplex virus type 2, HIV, immunosuppression, certain dietary deficiencies, but also poor knowledge, lack of participation in cervical cancer screenings significantly affect the attitude of women towards their own health. The screening method of the conventional cervical cytology is a secondary prevention strategy for cervical cancer which allows an early detection and treatment of cervical precancerous lesions.

## NEED OF THE STUDY

Cervical cancer has a long pre-invasive phase that lasts for 10–15 years. This provides a window of opportunity to detect and treat neoplasia in pre-invasive stages by simple outpatient treatment modalities, as well as early detection of cancers. Early symptoms are not given importance in most of India, as women are busy looking after children, looking after the household works, and sometimes working to enhance income. The first step to breakthrough for the prevention of cervical cancer is awareness about cancer and screening methodology. We need large-scale awareness programmes at the grassroots level. Several factors contribute to the high burden of disease including poor knowledge about the disease and lack of screening. The awareness of adolescent girls about the symptoms, risk factors and screening of cervical cancer has a large impact on later prevention of cervical cancer. So there is need to improve the knowledge and attitude of adolescent girls regarding cervical cancer, which is possible only by health education. Hence the investigators have decided to impart structured teaching programme on knowledge regarding cervical cancer.

## RESEARCH METHODOLOGY

### 3.1 Population and Sample

The population selected for present study is plus one plus two adolescent girls in a selected school at Perinthalmanna. Sample and subset population comprising those selected to participate in the study.

### 3.2 Data and Sources of Data

The study was conducted at ISS higher secondary school Perinthalmanna. The tools used for the study consists of two section. Section A: Demographic profile of adolescent girls. Items assessed the demographic data of sample Age, gender, year of study, religion, educational status of father, educational status of mother, area of residence and previous knowledge regarding cancer cervix. Section B: knowledge questionnaire regarding cancer cervix

### 3.3 Theoretical framework

The investigators adopted Ludwig Von Bertalanffy General System Theory 1986 to the present study. A system is composed of interacting parts that operate together to achieve some objective or purpose. The function of any system is to convert or

process energy, information or material in to a product or outcome for use within the system or outside the system (the environment) or both

### 3.4 Statistical tools and econometric models

The analysis and interpretation of data collected regarding knowledge level among adolescent girls about cervical cancer. The data collected through structured questionnaire where analyzed by using descriptive and inferential statistics which are necessary to provide substantive summary of the resulting relationship to the objectives.

#### OBJECTIVE OF THE STUDY

- Asses the pretest posttest level of knowledge scores of adolescents girls regarding cervical cancer.
- Evaluate the effectiveness of structured teaching programme on knowledge regarding cervical cancer among adolescent girls
- Find the association between pretest posttest knowledge score regarding cervical cancer with selected demographic variables of adolescent girls.

#### 3.4.1 Descriptive Statistics

SI No	Knowledge score	Pre test		Post test	
		Frequency (f)	Percentage(%)	Frequency (f)	Percentage(%)
1	Poor	42	70%	0	0
2	Average	18	30%	15	25%
3	Good	0	0	45	75%

It shows that distribution of sample based on the pretest and posttest knowledge score on cervical cancer. The table shows that 42 students (70%) had poor knowledge, 18(30%) had average knowledge and none of the students have (0%) had good knowledge .Where as in posttest none of the students (0%) had poor knowledge , 15 (25%) had average knowledge and 45( 75%) had good knowledge.

## IV. RESULTS AND DISCUSSION

The results are presented in four sections

Section A: Description of demographic variables of selected samples. Section B: Description of knowledge scores of adolescent girls.

Section C: Effectiveness of structured teaching programme.

Section D: Association between demographic variables and pretest knowledge

### Section A: Description of demographic variables of selected samples.

The characteristics of the study population are:

- Total number of the samples for this study were 60 adolescent girls among that 26 (43.4%) belongs to 16 years old, 24 (40%) were 17 yearsold and only 10 (16.6%) belongs to 18 years old.
- All of the samples (100%) were belonging plus one classes
- In the given 60 samples with respect to religion, 26 (43.4%) are Muslim,24 (40%) areChristian, 10(16.6%) are Hindu.
- Regarding type of family, 41 (68.4%) are belongs to nuclear family, 19 (31.6%) are belongs to joint family and 0 (0%) no one are belongs to other type of family.
- Regarding previous source of knowledge regarding cervical cancer, 23 (38.4%) had information from teacher, 18 (30%) had information fromsocial media, 19 (31.6%) had information from peer group.

### Section B: Description of knowledge scores of adolescent girls.

The pretest knowledge scores of adolescent girls on cervical cancer shows that the majority of samples, 42 (70%) had poor knowledge, 18 (30%) had average knowledge and no samples had good knowledge.The posttest knowledge score on cervical cancer shows majority of the samples45 (75%) had good knowledge, 15 (25%) had average knowledge and no samples had poor knowledge.

### Section C: Effectiveness of structured teaching programme

The mean posttest knowledge score 1(16) was higher than mean pretest knowledge score (5.56). The calculated 't' value (5.993) was higher than tablevalue ( $t_{59}=2.0010$ ) at 0.05 level of significance. Hence the research hypothesiswas accepted. This shows that structured teaching programme was effective interms of improving the knowledge of samples regarding cervical cancer.

### Section D: Association between demographic variables and pretest knowledge

The chi square value of age ( $\chi^2=6$ , table value .04688), religion of adolescent girl ( $\chi^2=7.92$ , table value = .19063), type of family ( $\chi^2=3.68$ , table value =.055069) and previous source of information ( $\chi^2 =7.84$ , table value = .019841) were less than its table value which reveals that there was no association of pretest knowledge scores with their selecteddemographic variables

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