

A Study to Assess the Knowledge Regarding Breast Cancer among B.Sc. Nursing Students of Selected Nursing Colleges at Gurugram, Haryana

Sanjay Joshi*¹, Dr. Rahul Sharma²

¹ Ph.D. Scholar (Nursing), Jaipur National University, Jaipur, India.

² Associate Professor, Seedling school of Nursing, JNU Jaipur, India.

Email- ¹ sanju.joshi78@gmail.com

ABSTRACT:

Introduction: Breast cancer refers to cancer occurring in breast in which the cells grow abnormally as they grow and divide in nature uncontrolled way. This type is the second most common cancer in the whole world affecting the female population leading to death. The aim of the study was to assess the knowledge regarding breast cancer among Nursing students of selected nursing college at Gurugram. **Methodology:** A quantitative research approach adopted for this study and descriptive research design was used. This study was conducted on 60 nursing students of selected nursing college at Gurugram, nonprobability convenient sampling technique was used. The data of the study were collected by use of valid tool which comprise of demographic variables and self-structured knowledge questionnaires. The data analysis process was done with SPSS 20 **Result:** The result of the study revealed that the large portion of the participants 54 (90%) had moderate level of knowledge and 6(10%) had inadequate level of knowledge and no one had adequate knowledge. In terms of association, no association were found between knowledge score and demographic variables. **Conclusion:** This study highlighted that nursing students have moderate level of knowledge regarding breast cancer. A structured teaching program or wide skill based curriculum is needed for positive outcomes on prevention of breast cancer.

Key words: Breast Cancer, knowledge, awareness, Nursing students.

INTRODUCTION:

Breast cancer refers to cancer occurring in breast in which the cells grow abnormally as they started to grow and they divide uncontrolled. It is the most common type of cancer and affecting the female population worldwide which lead to death. Breast cancer starts in breast tissue most commonly in the cells that line milk ducts of the breast. ^[2] Over time, cancer cells can invade nearby healthy tissue of breast and can make their way into underarm lymph nodes and in to small organs that filter out the foreign bodies in the host. If these cancer cells enter into the lymph nodes than they have a pathway in to the different parts of the body. ^[1] there are only 5-10% types of cancer are because of the abnormality inherited from their parents. Around 90% of the breast cancers are due abnormalities in gens and it happen as

results of the aging process and also due to the “wear and tear” of life process in general. [3] this type of incidence is expected to enhance to 2 million in 2030 because of there is rapidly growing population in different developing countries. Around 25% of the cases are diagnosed in the Asia region. Best approach for decreasing the burden of breast cancer is to prevent cancer. [3] Breast cancer is one of the common and global problem, nearly 2.3 million cases occurring each year and 1 in 12 women is expected to develop breast cancer in their lifetime. The breast cancer is also a leading cause of deaths from cancer in women. Approximately 6, 85,000 women died from the disease in 2020. [4] The incidence, mortality and survival rates for breast cancer vary across the globe because of underlying differences in known risk factors, availability of organized screening programs and access to effective and affordable treatment modalities. [5]

METHODOLOGY:

The present study was conducted with an aim to assess the knowledge regarding breast cancer among Nursing students in selected Nursing College at Gurugram. A descriptive approach adopted for the study and it was conducted among 60 nursing students of selected Nursing college at Gurugram. Non – probability convenient sampling technique was used and the data were collected by valid tool which comprise of sociodemographic variables and self-structured knowledge questionnaires. Score were categorised as adequate (21-30), moderate (11-20) and inadequate (0-10) Data collection is a process of acquiring participants and collecting information needed for the study. Formal administrative permission was obtained. In order to obtain true response, the selected participants were explained the purpose and usefulness of the study and assured for the confidentiality of their responses. Informed consent in written form was also obtained from each of the participant of study. The analyses of data done by using of SPSS Version 20.

Table No. 1: Frequency Distribution of demographic variables (n=60)

Variables	Opts	Percentage	Frequency
Age	≤19 years	3.3%	2
	20-21 years	70.0%	42
	22-23 years	23.3%	14
	≥24 years	3.3%	2
Gender	Male	21.7%	13
	Female	78.3%	47
Education of Father	Illiterate	1.7%	1
	Primary	3.3%	2
	Secondary	33.3%	20
	Graduate	55.0%	33
	Post graduate	6.7%	4

Education of Mother	Illiterate	13.3%	8
	Primary	11.7%	7
	Secondary	36.7%	22
	Graduate	26.7%	16
	Post graduate	11.7%	7
Occupation of Father	Unemployed	5.0%	3
	Business	26.7%	16
	Private job	40.0%	24
	Government job	28.3%	17
Occupation of Mother	Unemployed	75.0%	45
	Business	5.0%	3
	Private job	6.7%	4
	Government job	13.3%	8
Annual Income	Under 1 lakhs	40.0%	24
	2-3 lakhs	33.3%	20
	4-6 lakhs	15.0%	9
	More than 6 lakhs	11.7%	7
Diet	Vegetarian	61.7%	37
	Eggetarian	23.3%	14
	Non-vegetarian	15.0%	9
Area of Residence	Urban	61.7%	37
	Rural	38.3%	23
Any Known Suffering From Breast Cancer	Yes	20.0%	12
	No	80.0%	48

Table No 2: knowledge score.

SCORE LEVEL(N= 60)	KNOWLEDGE f(%)
INADEQUATE KNOWLEDGE.(0-10)	6(10%)
MODERATE KNOWLEDGE.(11-20)	54(90%)
ADEQUATE KNOWLEDGE.(21-30)	0(0%)
Maximum Score=30 Minimum Score=0	

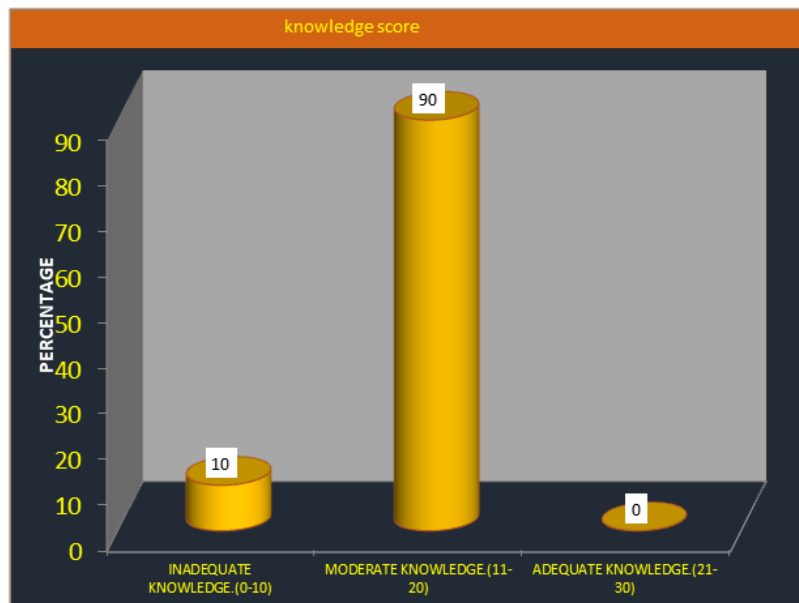


Figure No. 1: The cylinder graph showing percentage distribution of sample according to knowledge of students.

Table No: 3: Descriptive statistics of knowledge.

Descriptive Statistics	Mean	S.D.	Median Score	Maximum	Minimum	Range	Mean%
KNOWLEDGE	14.13	2.914	14	20	7	13	47.10
** Significance Level 0.05				Maximum = 30 , Minimum = 0			

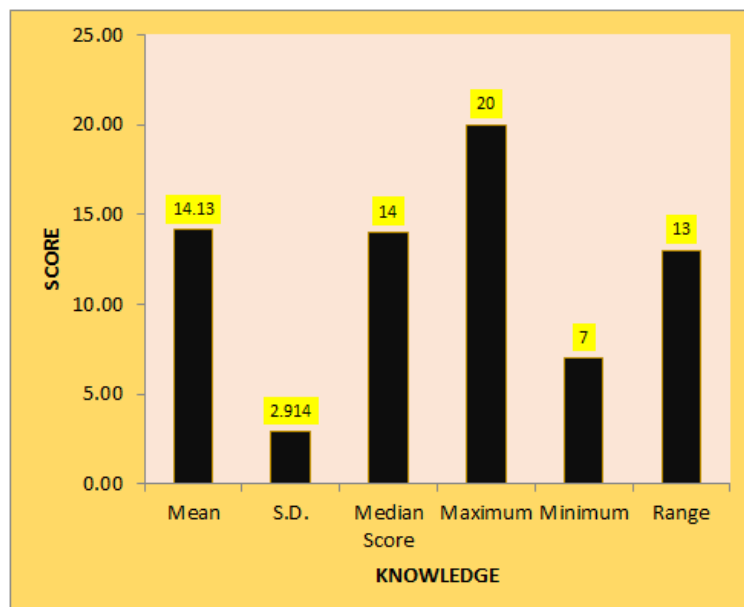


Figure No. 2: Bar graph showing the percentage distribution of knowledge score.

RESULTS:

The result revealed that 42 (70.0%) of students were in age group of 20-21 years, followed by 14 (23.3%) were in age group of 22-23 years and with regards to gender 47 (78.3%) were female and 13(21.7%) were male and with regards to education of father 33(55.0%) were graduates followed by 20(33.3%) were having secondary education, and With regards to education of mother 22(36.7%) were having secondary education, and 16(26.7%) were graduate and according to occupation of father 24(40.0%) were in private job followed by 17(28.3%) were in government job. according to occupation of mother 45(75.0%) were unemployed followed by 8(13.3%) were in government job. According to annual income 24(40.0%) were having income under one lakh and 20(33.3%) were having income of 2-3 lakhs. with regards to types of diet 37(61.7%) were vegetarian and 14 (23.3%) were eggetarian. with regards to place of domicile 37(61.7%) were belong to urban area and 23(38.3%) were belong to rural area. With regards to known suffering 48(80.0%) students known were not suffering with breast cancer and 12(20.0%) students known were sufferings with breast cancer. (Table 1) The data showed that the mean knowledge score of the respondents was 14.13 ± 2.914 (Table 3 and Figure 2) large no. of participants 54 (90%) had moderate level of knowledge and 6(10%) had inadequate level of knowledge and no one had adequate knowledge (Table 2 and Figure 1) In terms of association, no association was found in between knowledge gain score and demographic variables.

DISCUSSION:

The current study highlighted the level of knowledge among Nursing students towards breast cancer. The mean knowledge score was 14.13 ± 2.914 . A descriptive study conducted by Mishbah Naureen, et.al. reported that current knowledge about screening methods such as breast mammography and clinical breast examination of breast cancer among women 32% participant demonstrated moderate knowledge, 10% had poor knowledge, 12% had no knowledge and 46% had misconceptions about screening methods of breast cancer.^[2] Present study also concluded that majority of participants 54 (90%) had moderate knowledge, 6(10%) had inadequate knowledge. In terms of association there was no association found between knowledge score and demographic variables. A sound knowledge on prevention of breast cancer is needed among nursing students for their subject knowledge and for educating other people about Breast Cancer.

CONCLUSION:

The present study concluded that Nursing students have moderate knowledge regarding Breast Cancer. The nursing curriculum should also have wide coverage on breast cancer so nursing students should have rich knowledge on breast cancer and skills in screening the breast cancer. There should also be mass awareness program on prevention and early detection of breast cancer for females so that they can be made aware of the importance of

breast self-examination as nurses play an important role in teaching BSE and they are in the right position to teach breast cancer awareness with no extra cost.

Limitations of the study:

The present study was limited to only Nursing students of selected nursing college Gurugram Haryana.

Recommendations:

Based on the findings of the study a similar study can be conducted by using other strategies like stress and coping. An experimental study can also be done on effectiveness of structured teaching program on prevention of breast cancer. A comparative study can also be done between female health workers and female teachers of schools.

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Conflict of interest:

There are no conflicts of interest.

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