

AWARENESS ON BREAST CANCER AMONG STUDENT TEACHERS – AN ISSUE ANALYSE APPROACH

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Abstract

This study examined the level of awareness on breast cancer among the student teachers in Women's University College of Education, Kodaikanal. A structured questionnaire (which consists of knowledge on breast cancer, knowledge on risk factors of breast cancer, knowledge on screening techniques of breast cancer, knowledge on practise of self –breast examination and knowledge on cautious methods of breast cancer) was distributed among 138 samples through simple random sampling technique. The study gathered enough data to examine the awareness on a breast cancer that forms in the cells of the breast and also the study was carried out with the intention of assessing the level of awareness on breast cancer and breast self-examination (BSE) among the female students teachers.. Both I & II year students are taken for this study. The study revealed that the majority of the student teachers were not aware about prevention of breast cancer and its risk factors but a good number of student teachers were aware about the meaning of breast cancer.. The research was done using survey method. Data was collected using constructed questionnaire about awareness on breast cancer. The data was analyzed using SPSS software. The results revealed that most of them were not aware of breast carcinoma. Nearly half the percentage of the sample was with the opinion that breast cancer affects only the elderly. With regard to various dimensions under study, few had awareness about the meaning of breast cancer and few were aware of the risk factors for breast carcinoma and few others were aware about BSE and its practice. The study helped the investigators to reach at the conclusion that it is a need to promote awareness on prevalence and prevention of the breast cancer. This paper pursues an issue analyse approach on awareness on breast cancer among the student teachers. It needs to be noted that breast cancer is a cause of concern that requires the need for educative and awareness programs targeting younger members of the society, to implement early practices of breast examination. . This study concluded that the knowledge of signs and BSE was good, but the awareness on breast cancer was poor among few which is utmost important for early detection and in reduction of mortality.

Key Terms: *Breast Cancer, Awareness and Student Teacher.*

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Introduction

Women and girls in the developing world are often denied opportunities for education. Lack of education limits prospects, decreases family income, reduces health, puts women and girls at risk of trafficking, exploitation, and limits the economic advancement of entire country. It is a fact that any educated woman will definitely support the education of her children especially a girl child and provide a better guidance to her children and also an educated woman will easily imbibe an independent and progressive outlook in her children. This study tries to meet the need to address the knowledge of women health gaps on breast cancer and breast self- examination, how to diagnose it, signs and symptoms of breast cancer, treatments, its side effects, its cautious methods and dietary patterns. The main purpose of this study is that awareness can be developed among on breast cancer, breast self-examination, to assist in early breast cancer detection as well as reducing late breast cancer presentation.

Need and Significance of the Study:

According to NCRP (National Cancer Registry Program), the number of breast cancer deaths in India climbed to 1,06,124 in 2015 and to 1,23,634 in 2020. The increasing burden of disease may be associated with lifestyle factors such as marriage at late age period, age at first child birth, stop breast feeding for their children and westernized lifestyle. Millions of women are affected by breast cancer each and every year. Breast cancer awareness has become a very common term these days, as more and more women are realizing the importance of getting tested early. Every woman over the age of 18 years old should have an annual mammogram to help detect possible breast cancer. Family history should also be considered, to find out what is ill.

There are many things women can do to prevent breast cancer, and education is certainly the key to prevent it. From the above facts, it is clear that women over the age 18 can learn about preventive measures, diagnostic tools, and helpful survival tips through awareness programmes on breast cancer .It is very important that women of all ages is to be educated about the different aspects of breast cancer early in life; the investigator felt the need of such information would help them to be health conscious. Thus the investigator had

put forth the effort to educate the targeted groups by analysing the importance of health education in this technological era where the women run their life on wheels and do not mind their health and to be considered. So the investigator took over these groups in this study through which information would be easily reached to the society.

Related Study

Dina N.K. Boulous., et.al., (2013) conducted a study on “Awareness of Breast cancer among female students at in Shames University- Egypt”. This study aimed to determine the knowledge of breast cancer- risk factors, symptoms and early detection methods and to identify knowledge and practise of breast self-examination among Shams University female students. It was a descriptive cross sectional study 66.9% answered that the most widely known risk factors were smoking followed by radiation to the chest 63.7% and genetic factors 63.7% most of the students 81.6% identified breast lump as a symptom for breast cancer. Only 8.8% of students reported and identified correctly the appropriate time to perform breast self- examination and 1.3% reported performing it regularly every month. The findings of this study showed that there is a low level of knowledge on breast cancer risk factors, early warning signs and BSE among female university students and only few students practice.

Naif A. Alharbi.,et.al., (2011) conducted a study on “Knowledge, awareness and practices concerning breast cancer among Kuwaiti female school teachers”. The objective of this study was to assess the breast cancer knowledge, awareness and the factors associated with the practise of breast self-examination among female teachers. It was a cross sectional survey study of which twenty schools was selected randomly by the stratified sampling method. A self -administered questionnaire was designed to investigate their knowledge. Data was collected from 421 female teachers with 87.5% response rate. This study pointed out the insufficient knowledge of female teachers about breast cancer and identified the negative influence of low knowledge on the practise of breast self-examination.

ShadiaA.Yousuf.,et.al., (2010) conducted a study on “Breast Cancer Awareness among Saudi Nursing Student”. This study was conducted to assess the effect of breast cancer of a group of 33 Saudi Nursing students. A set of questionnaires were designed for the study. Workshops were also conducted which involved the Quasi Experimental study to assess the effect of breast cancer workshop. The data showed the participant’s knowledge of breast cancer increased significantly after the workshop. Based on the findings of the study, the researcher believes that nursing schools in Saudi Arabia need to provide workshops on a

regular basis for nursing students on breast cancer and breast self- examination in order to increase their knowledge and enhance their confidence and skills to teach women about breast cancer and its early detection.

S. Ahija.N. Chakrabarthe.,et.al., (2009) conducted a study on “To Determine The Level Of Knowledge Regarding Breast Cancer And To Increase Awareness About Breast Cancer Screening Practices Among A Group Of Women In A Testing Care Hospital In Mumbai, India”. This study emphasised to determine the level of knowledge regarding breast cancer and to measure breast self-examination. A cross sectional study was conducted over a period of two months in a group of 80 women aged 40 years and above, with the means of a structured questionnaire. Breast cancer awareness was found to be 52% in this group of women even though 95% women claimed to have heard of the disease, while majority 60% stated their source of information to be family and friends, 38% of women had never heard of BSE and among those that had heard of it 15% were regular while 23% were irregular. Thus performance of BSE was found to be in adequate in this group. Not know of the connect method was the most frequently reported reason for non-performance.

Objectives of the study:

The objectives of this study is

- To find the level of awareness on breast cancer among the students teachers with respect to the dimensions meaning of breast cancer, risk factors of breast cancer, screening techniques of breast cancer, practise of breast-self examination and cautious methods on prevention of breast cancer
- To find the level of awareness on breast cancer among the students teachers with respect to various demographic variables

Hypotheses:

- There is no significant difference in the awareness of breast cancer among the student teacher with regard to the marital status. [Married&Unmarried]
- There is no significant difference in the awareness of breast cancer among the student teacher with regard to the discipline. [Science & Humanities]
- There is no significant difference in the awareness of breast cancer among the student teacher with regard to the locality. [Urban &Rural]

Methodology used:

The survey method was used and the target population was the student teachers of both I & II year in Women’s University College of Education, Kodaikanal. The total size of the samples of the present study is 138 student teachers.

Tool Construction:

The self-made questionnaire was used to find out whether there is awareness on breast cancer among the student teachers. The questionnaire had totally 88 item of closed ended types. The questionnaire included five dimensions viz., meaning of breast cancer, risk factors of breast cancer, screening techniques of breast cancer, practise of breast-self examination and cautious methods on prevention of breast cancer

Administration of the Tool:

The photocopies of the questionnaire were distributed to the student teachers. The filled in questionnaires were corrected , analysed and interpreted.

Statistical Technique Used:

In this present study the investigator used T-Test and F-test to compare the means

Delimitation of the study:

The samples were taken only from the student teachers those who were studying B.Ed I&II year in Women’s University College of Education, Kodaikanal.

Analyse and interpretation:

RESPONSES OF STUDENT TEACHERS WITH RESPECT TO VARIOUS DIMENSIONS

TABLE: 1 AWARENESS ABOUT THE MEANING OF BREAST CANCER

Variables Level of Awareness	MARITAL STATUS		DISCIPLINE		LOCALITY	
	Unmarried (N=86)	Married (N=52)	Science (N=78)	Humanities (N=60)	Rural (N=54)	Urban (N=84)
	%	%	%	%	%	%
Aware	71.17	69.75	70.84	68.91	59.77	72.42
Not Aware	28.82	30.25	29.16	31.09	41.22	27.58

N=138

The data in the table 1 indicates that majority of student teachers both married (69.75%) and unmarried(71.17%) were maximum aware about the meaning of breast cancer.

From the total population 28.82% of the unmarried student teachers and 30.25% of the married student teachers were unaware about the meaning of breast cancer.

With regard to the discipline of study, the student teachers from science discipline (70.84%) were more aware about the meaning of breast cancer than the student teachers from humanities (68.91%). From the total population only 29.82% of student teachers from science and 31.09% of the student teachers from humanities were unaware about the meaning of breast cancer.

The student teachers from urban background (72.42%) were more aware about the meaning of breast cancer than the student teachers from rural background (59.77%). From the total population 41.22% of student teachers from rural and 27.58% of the student teachers from urban background were unaware about the meaning of breast cancer

TABLE: 2 AWARENESS ABOUT THE RISK FACTORS OF BREAST CANCER

Variables Level of Awareness	MARITAL STATUS		DISCIPLINE		LOCALITY	
	Unmarried (N=86)	Married (N=52)	Science (N=78)	Humanities (N=60)	Rural (N=54)	Urban (N=84)
	%	%	%	%	%	%
Aware	64.71	69.11	61.43	69.58	61.11	69.21
Not Aware	33.29	30.89	39.57	30.42	38.88	30.79

N=138

The data in table 2 indicates that student teachers who were married (69.11%) had more awareness about the risk factors of breast cancer than their counterparts (64.71%). From the total population 30.89% of the married student teachers and 33.29% of the unmarried student teachers had less awareness about the risk factors of breast cancer.

The student teachers from humanities discipline (69.58%) had more awareness about the risk factors of breast cancer than the student teachers from science discipline (61.43%). From the total population only 39.57% of the student teachers from science discipline and 30.42% of student teachers from humanities discipline had less awareness about the risk factors of breast cancer.

The student teachers from urban background (69.21%) had more awareness about the risk factors of breast cancer than the student teachers from rural background (61.11%). From the total population only 30.79% of the students from urban background and 38.88% of

student teachers from rural background had less awareness about the risk factors of breast cancer.

TABLE:3 AWARENESS ABOUT SCREENING TECHNIQUES OF BREAST CANCER.

Variables Level of Awareness	MARITAL STATUS		DISCIPLINE		LOCALITY	
	Unmarried (N=86)	Married (N=52)	Science (N=78)	Humanities (N=60)	Rural (N=54)	Urban (N=84)
	%	%	%	%	%	%
Aware	70.70	67.07	66.14	62.19	57.00	69.75
Not Aware	29.30	32.93	33.86	37.81	43.00	30.25

N=138

The data in table 3 indicates that student teachers who are unmarried (70.70%) had more awareness the screening techniques of breast cancer than the married student teachers (67.07%) about. From the total population 29.30% of the unmarried and 32.93% of the married student teachers had less awareness about the screening techniques of breast cancer..

The student teachers from science discipline (66.14%) had more awareness about the screening techniques of breast cancer than the student teachers from humanities discipline (62.19%). From the total population 33.86% of the student teachers from science discipline and 37.81% of student teachers from humanities discipline had less awareness about the screening techniques of breast cancer.

The student teachers from urban background (69.75%) had more awareness about the screening techniques of breast cancer than the student teachers from rural background (57.0%). From the total population 30.25% of the student teachers from urban background and 40.0% of student teachers from rural background had less awareness about the screening techniques of breast cancer.

TABLE:4 AWARENESS ON PRACTISE OF BREAST-SELF EXAMINATION

Variables Level of Awareness	MARITAL STATUS		DISCIPLINE		LOCALITY	
	Unmarried (N=86)	Married (N=52)	Science (N=78)	Humanities (N=60)	Rural (N=54)	Urban (N=84)
	%	%	%	%	%	%
Aware	77.83	71.44	73.64	71.91	69.77	76.28

Not Aware	22.17	29.56	26.36	29.09	31.22	23.72
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N=138

The data in table 4 indicates that student teachers who are unmarried (77.83%) had more awareness on practise of breast self examination than the married student teachers (71.44%). From the total population 22.17% of the unmarried and 29.56% of the married student teachers had less awareness on the practise of breast self examination.

The student teachers from science discipline (73.64%) had more awareness about the practice on breast self examination than the student teachers from humanities discipline (71.91%). From the total population only 26.36% of the student teachers from science discipline and 29.09% of student teachers from humanities discipline had less awareness on practise of breast self examination.

The student teachers from urban background (76.28%) had more awareness about the practise on breast self examination than the student teachers from rural background (69.77%). From the total population only 23.72% of the student teachers from urban background and 31.22% of student teachers from rural background had less awareness about the awareness on practise of breast self examination.

TABLE:5 AWARENESS ABOUT CAUTIOUS METHODS ON PREVENTION OF BREAST CANCER

Variables Level of Awareness	MARITAL STATUS		DISCIPLINE		LOCALITY	
	Unmarried (N=86)	Married (N=52)	Science (N=78)	Humanities (N=60)	Rural (N=54)	Urban (N=84)
	%	%	%	%	%	%
Aware	68.91	72.42	69.84	71.33	63	72.18
Not Aware	31.09	27.58	31.16	29.67	37	27.72

N=138

The data in table 5 indicates that student teachers who are married (72.42%) had more awareness about the cautious methods on prevention of breast cancer than the unmarried (68.91%). From the total population only 31.09% of the unmarried and 27.58% of the married student teachers had less awareness about the cautious methods on prevention of breast cancer.

The student teachers from humanities discipline (71.33%) had more awareness about the cautious methods on prevention of breast cancer than the student teachers from science

discipline (69.84%). From the total population only 31.16% of the student teachers from science discipline and 29.67% of student teachers from humanities discipline had less awareness about the cautious methods on prevention of breast cancer.

The student teachers from urban background (72.18%) had more awareness about the cautious methods on prevention of breast cancer than the student teachers from rural background (63.0%). From the total population 37.0% of the student teachers from rural background and 27.72% of student teachers from urban background had less awareness about the cautious methods on prevention of breast cancer.

Findings:

Findings reveal that,

1. The student teachers from urban background were more aware about the meaning of breast cancer, risk factors of breast cancer, screening techniques of breast cancer, practise of Breast Self Examination and cautious methods on prevention of breast cancer but the student teachers from rural background were not much aware about any of these dimensions, due to lack of exposures to media and other sources.

2. The unmarried student teachers were more aware about the meaning of breast cancer, screening techniques and practise of Breast Self Examination, whereas the married student teachers were more aware about the risk factors and cautious methods on prevention of breast cancer .

3. The student teachers from science discipline were more aware about the meaning of breast cancer, the risk factors of breast cancer, screening techniques of breast cancer and the practise of Breast Self Examination whereas the student teachers from humanities were aware only about the cautious methods on prevention of breast cancer.

Educational Implications:

- Health awareness must be given to women at all ages.
- The importance of health education through awareness programmes must be given to all the women and there by changing the misconceptions about breast cancer.
- Women should be made to know the prevailing health issues in women.
- The importance of mammogram and its benefit should be highly introduced to women.

- Women must be given the freedom to express their queries related to the health issues on any extent.
- The family doctors must ensure motivation to take steps to rule out the existing health issues in women.
- The government must further take initiative measures in sorting out the health related issues for women above 40 years.

Conclusion:

The present study involved about 138 of B.Ed student teachers Women's University College of Education, Kodaikanal. A frustrating fact about breast cancer is true of many forms of cancer, is that successful treatment depends heavily on early detection. . The study shows a significantly better awareness level of women who have participated in breast cancer awareness programme earlier. Participants showed poor understanding of major breast cancer risk factors.

The study highlights the need for educational programs to create awareness regarding regular breast cancer screening behaviour. Also, since this study was limited only to B.Ed student teachers the sample size is relatively small and may not be representative of all women of that age group; hence, it is recommended to conduct further studies using larger samples at various places in India.

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