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### A DESCRIPTIVE STUDY TO ASSESS THE KNOWLEDGE REGARDING BREAST SELF EXAMINATION AMONG ADULT WOMEN AT SELECTED RURAL AREA IN JAMMU

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#### ABSTRACT

Breast self-examination is a screening method used in an attempt to detect early breast cancer. The method involves the woman herself looking at and feeling each breast for possible lumps, distortions or swelling. A descriptive research design was used to assess the knowledge regarding breast self examination among rural women. Purposive sampling technique was used to select 100 adult women. The data was collected by using a structured questionnaire prepared by the researcher. The collected data were tabulated, analyzed and interpreted by using descriptive and inferential statistics and findings showed that 17 (17%) had good knowledge, 73 (73%) had average knowledge and 10 (10%) had poor knowledge. There was a significant association between the level of knowledge and selected sociodemographic variables such as age, education, occupation, number of children and exposure to previous information.

#### INTRODUCTION

Breast cancer is the most common cancer among women in developed and developing countries. Worldwide, over 1.15million cases of breast cancer are diagnosed every year and 502,000 women die from the disease each year[1,2]. Breast cancer screening methods include breast self-examination (BSE), clinical breast examination and mammography, and these are usually done in combination. BSE is the recommended method in developing countries because it is easy, convenient, private, safe and requires no specific equipment<sup>(4)</sup>. Its purpose is to make women familiar with both the appearance and feel of their breasts as early as possible, so that they will be able to easily detect changes in their

breast<sup>(10)</sup>. However, the evidence suggests that women do not engage in breast awareness and are frightened and confused about their role in breast health promotion[3].

#### STATEMENT OF THE PROBLEM:

A descriptive study to assess the knowledge regarding breast self examination among adult women at selected rural area in Jammu.

#### OBJECTIVES OF THE STUDY:

- To assess the knowledge regarding breast self examination among adult women at selected rural area in Jammu.
- To find the association between knowledge regarding breast self examination with selected sociodemographic variables.

#### ASSUMPTION:

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Rural women may not have adequate knowledge regarding breast self examination.

### REVIEW OF LITERATURE:

Review of literature was divided under the following headings:

- Review related to knowledge regarding breast cancer.
- Review related to knowledge regarding breast self examination[4-7].

### MATERIALS AND METHODS:

**Research approach:** Quantitative approach was used for this study.

**Research design:** Descriptive research design was adopted for this study.

**Target population:** The target population for this study was adult women.

**Research setting:** The study was conducted at Marjali, Jammu.

**Sampling technique:** Purposive sampling technique was used to select the samples. The sample size was 100.

### TOOL AND METHOD OF DATA COLLECTION:

Data was collected using the structured questionnaire. The structured questionnaire consists of 2 sections

- *Section A* : Sociodemographic data
- *Section B* : 20 questions to describe the knowledge regarding breast self examination

### Scoring procedure:

*Section B:*

Each correct answer carries one mark. The maximum mark will be 20.

16 - 20	–	Good
11 - 15	–	Average
Below 10	–	Poor

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### DATA COLLECTION PROCEDURE:

A formal approval was obtained from the Block Medical Officer and the village leader of Marjali, Jammu. Samples of the study were identified and selected using purposive sampling method. A total of 100 adult women were selected and initial rapport was established and the purpose of the study was explained to the samples[8-10].

### RESULTS AND DISCUSSION:

The first objective of the study was to assess the knowledge regarding breast self examination among adult women at selected rural area in Jammu. Out of 100 samples, 17 (17%) had good knowledge, 73 (73%) had average knowledge and 10 (10%) had poor knowledge.

The second objective was to find the association between knowledge regarding breast self examination with selected sociodemographic variables. There was a significant association between the level of knowledge and selected sociodemographic variables such as age, education, occupation, number of children and exposure to previous information.

### CONCLUSION:

The following conclusions were drawn from the study:

- Majority of the subjects had average knowledge regarding breast self examination.
- There was a significant association between the level of knowledge and selected sociodemographic variables such as age, education, occupation, number of children and exposure to previous information.

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