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“A Study To Assess The Effectiveness Of Video Assisted Teaching Programme On Knowledge Regarding Breast Self-Examination Among Non-Health Professional College Going Adolescent Girls Of Jabalpur City”

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Abstract: Breast self-exams aid in the detection of breast cancer are considered optional by the American Cancer Society. Rather, women should be familiar with the normal consistency of the breasts and underlying tissue that she can be aware of any abnormal lumps or other changes. Women should, however, get a regularly scheduled mammogram and clinical breast exam, which are recommended to help detect breast cancer. The research design used for the present study was pre-test and post-test which a Quasi experimental research design –pre experimental research design is used to measure the effectiveness of the video assisted teaching programme on knowledge regarding breast self-examination among non-health professional collage going adolescent girls .The proposed sample size is 60 adolescent girls studying in non-health professional collage of Jabalpur city. The questions related to demographic variables and Semi Structured questions related to knowledge of breast self- examination . In the pre-test and post-test level of knowledge regarding breast self-examination majority 59 of them (98.33%) had inadequate knowledge, remaining 1 of them (1.6%) had moderate knowledge and none of them had adequate knowledge regarding Breast self-examination but in post-test majority 43 of them (71.6 %) had adequate knowledge remaining 17of them (28.33%) of them had moderate knowledge and none of them had inadequate knowledge regarding Breast self-examination.

Keywords: Adolescent girls, Non health professionals, Knowledge, Breast self-examination.

INTRODUCTION

Cancer is one of the most important diseases which threaten human health. In the World, breast cancer is the most commonly seen type of cancer in woman. Cancer is ultimately 2 the result of cells that uncontrollably grow & do not die. Normal cells in the body follow an orderly path of growth, division & death. Programmed cell death is called “apoptosis” and when this process breaks down, cancer begins to form. Unlike regular cells, cancer cells do not experience programmatic death & instead continue to grow and divide. This leads to a mass of abnormal cells that grows out of control. NATIONAL CANCER INSTITUTE (NCI) estimates that endometrial, or uterine, cancer will be diagnosed in an estimated 39,080 American women this year, more than twice the number of women who will be diagnosed with cervical (lower part of the uterus) and ovarian (female reproductive glands) cancers combined. However, in

terms of 2010 deaths, ovarian cancer is forecasted to kill 15,280 women, while deaths caused by uterine (7,400) and cervical (3,670) cancers are fewer than half that number. That is a combined 26,350 deaths in this country this year from cancers of the female reproductive system. To avoid these cancers, it's important to understand them.

OBJECTIVES

1. To assess the pre-test knowledge regarding breast self examination among non-health professional collage going adolescent girls of Jabalpur city
2. To assess the post test knowledge regarding breast self examination among non-health professional collage going adolescent girls of Jabalpur city
3. To determine the effectiveness of video-assisted teaching programme on knowledge regarding breast



self examination among non-health professional collage going adolescent girls of Jabalpur city

- To find out the association between the post -test and selected socio demographic variables

Hypothesis

H1: There will be a significant increase in knowledge regarding BSE after video assisted teaching programme among student

H2: There will be significant association between knowledge score of female students and with their selected demographic variable age, religion, education, type of family, place of living and marital status

OPERATIONAL DEFINITION

- ❖ **EFFECTIVENESS:** The degree to which objectives are achieved and the extent to which targeted problems are solved.
- ❖ **ASSESS:** Assess means evaluate the BSE knowledge of adolescent girls
- ❖ **KNOWLEDGE:** Knowledge is familiarity with someone or something, which can include facts, information description, or skills acquired through experience or education
- ❖ **BREAST SELF EXAMINATION:** A breast self-examination is an inspection by women of her breast to detect breast cancer early
- ❖ **VIDEO ASSISSTED TEACHING PROGAMME,;**It's a process of showing set of pictures and information using laptop.

DELIMITATIONS

This study is limited to

- Who are studying in non-medical collage of Jabalpur
- Sample size limited to 60 female students only
- This data collection period limited for 15 days only

METHODOLOGY

RESEARCH APPROACH

The research approach selected to accomplish the objectives of the study was Quantitative educative and evaluative approach. Since the purpose of the study was to find out the effectiveness of video assisted teaching programme on knowledge regarding breast self-examination among non-professional collage going female students, the Quantitative educative and evaluative approach was found to be suitable for this research study.

RESEARCH DESIGN

The research design used for the present study was pre-test and post-test which a Quasi experimental research design – pre experimental research design is used to measure the effectiveness of the video assisted teaching programme on knowledge regarding breast self-examination among non-health professional collage going adolescent girls The research design used in the study was pre experimental design to determine the Effectiveness of the video assisted teaching programme on knowledge regarding breast self-examination.

Schematic representation of the design is given below

, Pre experimental research design

TABLE NO.1 SHOWS THE PRE EXPERIMENTAL RESEARCH DESING

	Pre test	treatment	Post test
Experimental group	O1	X	O2

KEY :

- Experimental Group O1: Pre-test knowledge of breast self-examination among non- health professional collage going girls
- X: Administration of Video assisted teaching programme.
- O2: Post-test knowledge regarding breast self-examination among non- health professional collage going adolescent girls

Independent variable: -

- The independent variable is believed to cause or influence the behaviour and ideas. (Polit and Hungler, 2010)



- The variables that are used to describe or measure the factors that are assumed to cause or at least to influence the problem are called the independent variables.
(D. Elakkuvana bhaskara raj, 2010)
- The independent variable in this study was administering Video assisted teaching Programme regarding breast self-examination among non-health professional collage going adolescent girls.
- **Dependent variables** - Dependent variable is what will be measured; it's what the investigator thinks will be affected during the experiment. Dependent variables represent the effect or influence of the dependent variable. They are sometimes referred to as outcome, output, or response variables. They are "dependent" in that the outcome depends on the effects of the variables being manipulated. The dependent variables in this study were knowledge regarding breast self-Examination among non-health professional collage going adolescent girls .

RESEARCH SETTING The Study was conducted among non-health professional collage going girls in selected collage of Jabalpur city

POPULATION

Population is defined as the entire aggregation of cases that meet a designated set of criteria.(Polit and Beck, 2010) A research population refers to the entire group to which the results of the research are to apply it is all the member (or) objects of any defined group from which measurement might be taken (or) collected. The target population for the present study was adolescent girls of selected non-health professional collage of Jabalpur city

SAMPLE

A sample is the portion of the population that has been selected to represent the Population of interest (Talbot, 1991)

In this study, sample w a s adolescent girl of selected non-medical professional collage of Jabalpur city with who fulfilled the inclusion criteria from Mata Gujri collage of art and science

SAMPLE SIZE The proposed sample size is **60 adolescent girls** studying in non-health professional collage of Jabalpur city.

SAMPLING TECHNIQUE: Sampling is the process of selecting a portion of the population who represent the entire population **(Polit and Beck, 2001)** In

this study **Stratified random sampling** technique was used. Who are studying in non-health professional collage of Jabalpur city are selected for the data collection and met the criteria was taken as sample.

CRITERIA FOR SAMPLE SELECTION

The sample for the study was selected based on the following criteria,

Inclusion criteria

Who are studying in selected collage
Who are all present during data collection

Exclusion criteria:

Students who are not willing to participate

DESCRIPTION OF THE INSTRUMENT

The questions related to demographic variables and Semi Structured questions related to knowledge of breast self-examination.

Part I: Demographic variables

Part II: It consisted of 30 questions related to knowledge of breast self-examination been exposed to previous teaching programmed about breast self-examination

RELIABILITY:

Is the extent to which the experiment, test, or any measuring procedure yields the same result on repeated trials. Without the agreement of independent observers able. to replicate research procedures, or the ability to use research tools and procedures that yield consistent measurements, researchers would be unable to satisfactorily draw conclusions, formulate theories, or make claims about the generality of their research. . The reliability value of the tool is $r = 0.9$, So the tool was feasible and reliable.

The data have been organized under the following sections:

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- Section I: Distribution of samples in terms of demographic variables.



- Section II: Assessment of pre-test and post-test level of knowledge regarding breast Self-examination
- Section 3; effectiveness of video assessed programme regarding breast self examination
- Section4: Association between pre -test scores of knowledge regarding breast self-Examination with selected demographic variables.

SECTION I

- **FREQUENCY AND PERCENTAGE DISTRIBUTION OF SAMPLE IN TERMS OF DEMOGRAPHIC VARIABLES.**

TABLE SHOWS THE FREQUENCY OF SOCIODEMOGRAPHIC VARIABLES

SECTION II

- ✚ ASSESSMENT OF PRE-TEST AND POST-TEST LEVEL OF KNOWLEDGE REGARDING BREAST SELF EXAMINATION
- ✚ TABLE NO.10 SHOWS THE FREQUENCY AND PERCENTAGE OF PRE-TEST AND POST-TEST KNOWLEDGE REGARDING THE BREAST SELF EXAMINATION.

LEVEL OF KNOWLEDGE	PRETEST		POST EST	
	Freq	%	Freq	%
Inadequate knowledge	59	98.33%	00	00%
Moderate knowledge	1	1.6%	17	28.33
Adequate knowledge	00	00%	43	71.6

Majority of female students in pre-test majority 59 of them (98.33%) had inadequate knowledge, remaining 1 of them (1.6%) had moderate knowledge and none of them had adequate knowledge regarding Breast self-examination but in post-test majority 43 of them (71.6 %) had adequate knowledge remaining 17 of them (28.33%) of them had moderate knowledge and none of them had inadequate knowledge regarding Breast self-examination.

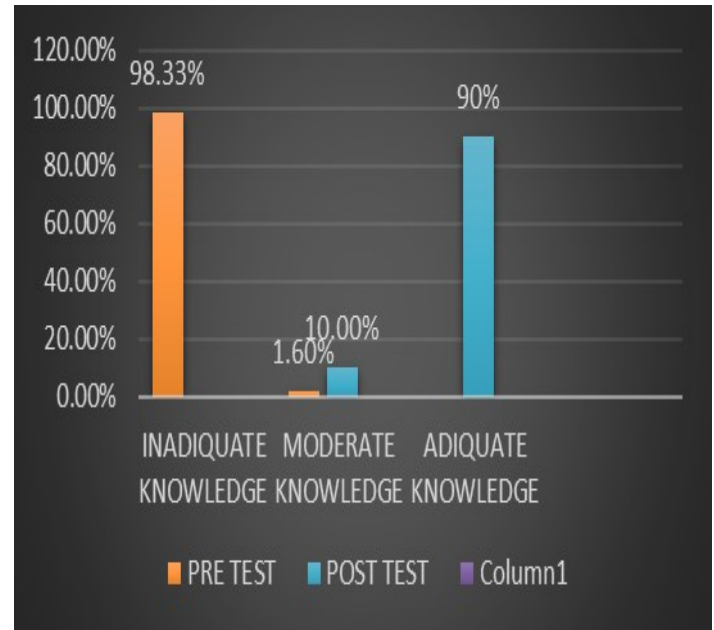


FIGURE BAR DIAGRAM SHOWING THE ASSESSMENT OF PRE-TEST AND POST TEST KNOWLEDGE REGARDING BREAST SELF EXAMINATION. Assessment of Pre-test and post-tests level of knowledge regarding breast self-examination

SECTION III

EFFECTIVENESS OF VEDIEO ASSISTED TEACHING PROGRAMME REGARDING BREAST SELF EXAMINATION

TABLE NO .11SHOWS THE MEAN PRETEST AND POST TEST SCORE KNOWLEDGE REGARDING BREAST SELF EXAMINATION

EXPERIMENTAL GROUP N=60	TEST GROUP	MEAN	SD	t-TEST
	PRE TEST	6.583	1.7499	3.1679
	POST TEST	24.37	1.9835	

Significant at 0.05 level, df = 59 (t=1.6711)



✚ the mean post test scores of knowledge regarding breast self-examination 24.37 of the group were higher than mean pre-test scores of knowledge regarding breast self-examination 6.58 The obtained Standard deviation of knowledge regarding breast self-examination during post-test was 1.973 and the pre-test standard deviation was 1.749 The obtained t value for the pre -test and post test scores of knowledge regarding breast self-examination is *2.1164 when compared to table value (1.6711) was found to be high found and significant at 0.05 level. So that the Video assisted teaching program has a significant effect in increasing the knowledge regarding breast self-examination among the female students.

✚ H1; Video assisted teaching programme will be effective in improving the knowledge regarding breast self-examination of collage going girls , so the researcher accepted H1 Hypothesis

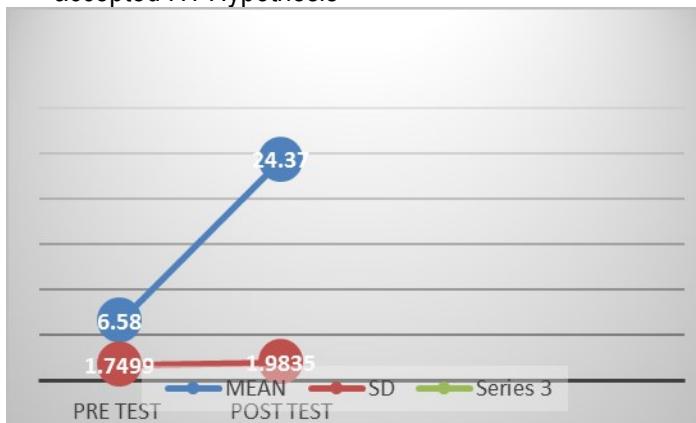


FIGURE LINE CHART SHOWING THE MEAN AND SD SCORE OF PRE-TEST AND POST TEST

SECTION V

ASSOCIATION BETWEEN POST -TEST SCORES OF KNOWLEDGES REGARDING BREAST SELF EXAMINATION WITH SELECTED DEMOGRAPHIC VARIABLES

TABLE SHOWS THE ASSOCIATION BETWEEN PRE TEST SCORE AND SOCIO DEMOGRAPHIC VARIABLES.

NS= not significant at 0.05 level

✚ From the above table it is evident that there is no significant association exist between post test score of

knowledge regarding breast self-examination and selected demographic variables. According to age $\chi^2 = 2.92$ were as the table value=7.815. Regarding religion $\chi^2 = 1.271$ were as the table value=5.991 is less than the calculated value at $P > 0.05$ level, related to education of mother of the female student $\chi^2 = 0.236$ were as the table value =7.81 is less than the table value at $P > 0.05$. In association to type of family $\chi^2 = 0.339$ were as the table value =3.84 is more than calculated value. According to place of living $\chi^2 = 0.416$ were as the table value =3.84 and the χ^2 of marital status =*4.17 were as the table value = 3.84 is more than the table value at $P > 0.05$ level it is evident that there is significant association exist between post test score of knowledge regarding breast self-examination and selected demographic variables such as age, religion, education of the mother, type of the family, place of living except marital status .

RESULT

As per demographic characteristic, majority of female students 32(53%) were between age group of 19-20years,47 of them (78.33%) were Hindu religion,31 of them (51%) were primary education of the mother,33 of them(55%) were joint family members,31 of them (51%) living in rural areas,57 of them (95%) were un married students.

In the pre-test and post-test level of knowledge regarding breast self-examination majority 59 of them (98.33%) had inadequate knowledge, remaining 1 of them (1.6%) had moderate knowledge and none of them had adequate knowledge regarding Breast self-examination but in post-test majority 43 of them (71.6 %) had adequate knowledge remaining 17of them (28.33%) of them had moderate knowledge and none of them had inadequate knowledge regarding Breast self-examination.

The difference between overall pre-test and post-test mean scores of knowledge regarding breast self-examination 24.37 of the group were higher than mean pre-test scores of knowledge regarding breast self-examination 6.58 The obtained Standard deviation of knowledge regarding breast self-examination during post-test was 1.973 and the pre-test standard deviation was 1.749 The obtained t value for the pre -test and post test scores of knowledge regarding breast



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self-examination is *2.1164 when compared to table value (1.6711) was found to be high found and significant at 0.05 level. So that the Video assisted teaching program has a significant effect in increasing the knowledge regarding breast self-examination among collage going adolescent girls.

There was a significant association between pre- test score of knowledge regarding breast self-examination and selected demographic variables such as age, religion, education of the mother, type of the family, place of living and marital status. According to age $\chi^2 = 2.92$ were as the table value=12.592. Regarding religion $\chi^2 = 1.271$ were as the table value=5.991 is less than the calculated value at $P > 0.05$ level, related to education of mother of the female student $\chi^2 = 0.236$ were as the table value =7.815 is less than the table value at $P > 0.05$. In association to type of family $\chi^2 = 0.339$ were as the table value =3.84 is more than calculated value. According to place of living $\chi^2 = 0.416$ were as the table value =3.84 and the χ^2 of marital status =4.17 were as the table value = *3.84 is significant at $P > 0.05$ level it is evident that there is significant association exist between post test score of knowledge regarding breast self-examination and selected demographic variables such as age, religion, education of the mother, type of the family, place of living and marital status

ETHICAL GUIDELINES

✚ This study, sample was adolescent girl of selected non-medical professional collage of Jabalpur city with who fulfilled the inclusion criteria from Mata Gujri collage of art and science

NURSING IMPLICATIONS

The findings of the study have implications related to nursing administration, nursing practice, nursing research and nursing education regarding the increase in level of knowledge regarding breast self-examination among collage going adolescent girls

CONCLUSION

The summary of the study, its findings, conclusion and the implications for nursing administration, the health care delivery system (nursing practice), nursing education and

nursing research. This study has been started with a few limitations and ends with suggestions and recommendations for research in future.

The discussion which was based on the findings obtained from the statistical analysis and its relation to the objectives of the study, the conceptual frame work and the related literature. The aim of the study was to evaluate the effectiveness of video assisted teaching programme regarding knowledge and practice of breast self-examination among the non health professional collage going adolescent girls of selected collage of Jabalpur city .

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