



BREAST CANCER KNOWLEDGE AND AWARENESS AMONG FEMALE COLLEGE STUDENTS IN NANDED, MAHARASHTRA

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ABSTRACT

Introduction: Breast Cancer is the most common cancer in women both in the developed countries and undeveloped one. Although Breast Cancer is thought to be a disease of developed world, almost One in 58 women are affected by Breast Cancer in the age group of 30-70 years. It is the second most prevalent cancer among Indian women. The low survival rates in less developed countries can be explained mainly by the lack of early detection programmes. This results in high proportion of women presenting with late stage disease as well as by the lack of adequate diagnosis and treatment facilities. The study investigated Breast Cancer awareness among college students in Nanded city. **Aim and Object:** To assess Breast Cancer knowledge and awareness in female college students in Nanded city, Maharashtra. **Materials and Methodology:** The study used the self administered questionnaires, regarding the perception of Breast Cancer knowledge and awareness as well as Breast Self Examination. The questionnaire used in this study had a total 10 questions. This original study replicates the scientific analysis of the feedback after the presentation about breast cancer Awareness Programme. There are total 400 students included from various institutes in Nanded. **Observations:** The masses were eager and enthusiastic to listen to awareness programme. The response was encouraging while gathering the feedback from them. **Discussion:** This results showed that most of the students (76 %) were not aware of the Breast Cancer is one of the most prevalent cancers in women. Thus, even though a significant no. of participants more than (86 %) indicated that monthly BSE might help in early detection of Breast Cancer. The students were felt that delivered presentation is useful to them and they can give information to others in society. The students were happy about the presentation and regarding the subject awareness. **Conclusion:** The results showed a general lack of knowledge of Breast Cancer among female college students in Nanded City. The study expects that this result may provide useful data that may be used by health institutions in Nanded and other districts and countries to formulate health education programmes focusing on Breast Cancer that targets students and general public. Such topics like Breast cancer awareness may be added in the syllabus. It is necessary to consider these facts while drafting a syllabus or NSS like programmes.

KEYWORDS: Breast Cancer Awareness, Knowledge, female College Students, Nanded.

INTRODUCTION

Breast cancer is by far the most common cancer diagnosed in women in the world.^[1] Published reports from different cancer registries in India indicate rising trend in breast cancer incidence and declining trends in cervical cancer.^[2-3] North eastern region recorded decline in the incidence of breast cancer is increases and incidence of cervical cancer decreases.^[4]

Breast cancer is the most common type of cancer in women worldwide. There has been a significant increase in the incidence of Breast Carcinoma. The greater mortality rate compared to high resource countries can be attributed to a lack of public awareness of the disease, absence of organized screening programmes, delayed presentation and lack of accessible and effective treatment options. As a result of late detection most

patients are diagnosed well after Breast cancer is at an advanced stage and has metastasized to other organs.

With greater awareness of Breast Cancer and proper training of Breast self examination combined with regular clinical breast examination it is possible to diagnose Breast Cancer earlier. Women who regularly perform Breast Self Examination became familiar with both the appearance and feel of their breast which often help them detect any changes early. However if improperly done, BSE has the risk of giving false health security and may actually reduce willingness to undergo mammographic screening even in place where it is readily available.

In India the average age of breast cancer has undergone a significant shift over last few decades. 25 years back out of every 100 patients, 2% were in 20-30 yrs of age

group, 7% were in 30-40 age groups and so on. But presently 4% were in 20-30 age groups and 16% are in 30-40 and 28% are in 40-50 age group. An increasing number of patients are in the 25-40 yrs of age and this is very disturbing thing.^[5]

The main purpose of this study was, therefore, to assess Breast Cancer knowledge and awareness among female college students in Nanded City.

METHODS

This original study replicates the scientific analysis of the feedback after the presentation about breast cancer Awareness Programme. This study was designed to evaluate the level of Breast Cancer Knowledge and Awareness among the female college students in Nanded city. In particular the study focused on perception about Breast Cancer, Knowledge and Awareness about Breast Self Examination as well as about presentation and regarding the subject view. Participants were from various four institutes of Nanded. A total 400 students volunteered and successfully completed the project.

Instruments

In this study used the self administered questionnaires, regarding the perception of Breast Cancer knowledge and awareness as well as Breast Self Examination. The adapted items for use in this study by including response yes or no on the section on general Breast carcinoma knowledge in order to assess general knowledge about Breast Cancer awareness and BSE. The questionnaire used in this study had a total 10 questions of which 4 questions were about BC Awareness. 6 questions about my delivered presentation regarding the subject. Each correct answer was assigned a score of 1 while an incorrect answer or don't know was awarded a score of 0. A total score for each participant was computed by scoring the no. of correct answers. The questionnaire was used to acquire participants information such as gender, age, qualification, current academic class. Some questions about the understanding the subject, some were about prior information about Breast cancer, some about

other investigations like mammography, cytology, one question about either this presentation is useful or not for you, if you are now aware can you share this information to relatives, friends. etc.

Statistical Analysis: As previously stated, the knowledge indices were calculated for each student by scoring the no. of correct answers after the presentation was delivered.

RESULT

Table No.1: This study assessed Breast Cancer knowledge and awareness among female college students in Nanded.

Understanding the subject and facts

1. 76% of the students didn't have prior information of the subject before this presentation. 24% of the students did have some information regarding subject. The students were not aware of the fact that Breast Cancer is one of the most prevalent cancer.

2. 32% of the students felt that they do need more information. 68% felt that they had enough information after this presentation.

Understanding of Self Breast Examination

1. 86% of the students were not aware about Self Breast Examination. 14% of the students were aware about SBE.

2. 78% students agreed with the importance of the special investigations like mammography and Fine Needle Aspiration Cytology. 22% did not agreed.

Overall Knowledge

The results showed that overall the study is in agreement with previous studies done in other parts of the countries and the world and showed the general lack of adequate knowledge on breast cancer by the students in Nanded. Other variables such as gender, age, marital status did not have a significant influence on level of knowledge.

OBSEVATIONS

Table No. 1: Perception and Knowledge of Breast Cancer
Sample Size 400 / Females / Age Group 16 to 30 years.

Questions	Yes	No
1. Did you understood the Subject?	92%	8%
2. Was it easy to understand?	88%	12%
3. Have you acquainted with the subject before ?	24%	76%
4. Can you explain the topic to your friends ? (after presentation)	86%	14%
5. Do you feel that the topic should have illustrated more ?	32%	68%
6. Did you know about Self Breast Examination prior to This Presentation?	14%	86%
7. Did you know about importance of Mammography and FNAC?	78%	22%
8. Will you share the information to others?	90%	10%
9. Do you feel such presentation are useful for public awareness?	100%	00%
10. Was the presentation useful?	96%	04%

DISCUSSION

This results showed that most of the students (76%) were not aware of the fact that Breast Cancer is one of the most prevalent cancers in women. Thus, even though a significant no. of participants more than (86%) indicated that monthly BSE might help in early detection of Breast Cancer, most of them were not knowledge of how to perform it. Majority of students don't know the fact about investigations of mammography or FNAC and they don't heard the word also. The students were understood that delivered presentation is useful to them and they can give information to other society. (32%) The students were happy about the presentation and regarding the subject awareness.

CONCLUSION

1. This results showed a general lack of knowledge of Breast Cancer among female college students in Nanded City.

2. This contend that these findings further highlight the need for developing and implementing effective Breast Cancer education and presentation programme among these students in Nanded and also the general public in Nanded.

3. The study expects that, this results may provide useful data that may be used by health institutions in Nanded and other districts and countries to formulate health education programmes focusing on Breast Cancer that targets students and general public.

4. The study shows that the apparent lack of Breast Cancer Awareness and knowledge among female college students in this study is further evidence for widespread ignorance among the general public.

5. The students tend to be better informed on health issues than the average public persons. It is therefore crucial that health care providers and educators employ culturally appropriate strategies to increase Breast Cancer Awareness.

6. Social media, Internet, TV channel, Radio talk these are the lot of potential to exploit these online social media as a means of disseminating information on Breast Cancer.

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