

A Study to Assess Awareness on Breast Self-examination Among College Going Girls in Bangalore

Maheshwari Madhava¹ and S.V. Divakar²

¹Post Graduate, Dept of Community Medicine, Dr.B.R. Ambedkar Medical College, Bangalore

E-mail: ¹maheshwari.madhava@gmail.com

²Dept of Community Medicine, Dr. B.R. Ambedkar Medical College, Bangalore

Abstract—Breast cancer is a global health concern and a leading cause of morbidity and mortality among women. high incidence-prevalence, over-burdened health system and direct medical expenditure it is identified as public health problem. Breast self-examination (BSE) seems to be a important viable optional substitute for early detection of cancer. A cross sectional study among the college students in Bangalore showed only 36.25% were aware about Breast self examination. About 18.75% got information regarding BSE from mass media. Among students with family history of breast cancer 63.15% were aware about breast self examination. In this study majority of the young women had fair knowledge on BSE.

1. INTRODUCTION

Breast cancer accounts for 19-34% of all cancer cases among women in India.[1] There is high mortality due to late stage diagnosis as patients usually present at an advanced stage because of lack of awareness and non existent breast cancer screening programs.[2] Early In this study majority of the young women had good knowledge on BSE. detection and prompt treatment offer the greatest chance of long-term survival and breast self-examination (BSE) seems to be a important viable optional substitute for early detection of cancer. breast self-examination is considered an important tool in early detection of breast cancer, multiple barriers have been identified viz. awareness about breast cancer and education of women were major. [3-6]

2. OBJECTIVE

To assess the level of knowledge of degree college female students on BSE.

3. METHODOLOGY

A cross-sectional descriptive study was conducted on degree students at Lal Bhahadur shastri degree college, Sulthanpalya, semi urban part of Bangalore. Data collection instruments Data was collected by using structured and validated questionnaire. The questionnaire had three parts.

Part 1

Demographic proforma consisted of age, stream of study, education and occupation of parents, income of parents and sources of information on BSE.

Part 2

A structured questionnaire consisted of 25 Multiple Choice Questions (MCQ) was developed to assess the knowledge on BSE. Each correct response carried one mark. Total score was 25. Knowledge scores were categorized into high >13 and low <=13. Data were analysed using SPSS package version 16.

4. RESULTS

The data analysed showed that majority (51.25%) of them was in the age group of 18-19 years. 46.25% were Hindus, 45% were with commerce stream. Only 36.25% were aware about Breast self examination. About 18.75% got information regarding BSE from mass media. Among students with family history of breast cancer 63.15% were aware about breast self examination. Statistical significance was seen with age and stream of studies students were into and awareness regarding BSE. History of breast cancer in family was statistically significant with awareness about BSE among the students.

Table 1: Sociodemographic variables

Demographic variables	N=80	Frequency	%
Age	18-20yrs	41	51.2
	21-23yrs	39	48.7
Religion	Hindu	37	46.2
	Muslim	32	40
	Christian	11	13.7
Education	B.sc	20	25
	B.com	36	45
	BA	24	30
Have you ever heard of BSE	Yes	29	36.2
	No	51	63.7

Source of information	Mass media	15	18.7
	Internet	8	10
	Friend	6	7.5
History of breast cancer in family	Yes	19	23.7
	No	61	76.2

Table 2: Demographic variables with knowledge about BSE

Variables	Knowledge score		Chi-square value	Significance
	High	Low		
AGE				
18-20yrs	24	17	5.172	0.023*
21-23yrs	13	26		
EDUCATION				
B.sc	14	23	5.192	0.024*
B.com	9	23		
BA	6	5		
H/o breast cancer in family	12	7	6.532	0.006*

5. DISCUSSION

Al-Naggar, R.A., et al, in malayasia, and Koşgeroglu, A., et al, studies have indicated that major proportion of the women are not aware of what they need to do to protect themselves from breast cancer or even how to check themselves [7,8]. In a study done in Turkey, women with a positive family history of breast cancer had a better knowledge as well as higher frequency of BSE than those with a negative family history [8]. The importance of education in the adoption of BSE practice has been reported repeatedly [5, 9, 10].

6. CONCLUSION

In this study majority of the young women had fair knowledge on BSE. BSE plays a major role in early detection and prevention or prompt treatment of breast cancer. Breast self-examination has been the only feasible and reasonable approach in early detection of breast cancer especially in developing countries. There is an urgent need for interventions to implement and reinforce BSE in the existing cancer awareness and screening programs. Health education and awareness campaigns should be organized to empower the public on the causes, risk factors and prevention of breast cancer.

7. RECOMMENDATIONS

Healthcare professionals have been found to be an important source of dissemination of breast cancer knowledge to the women.

Training nonmedical personnel's such as Accredited Social Health Activist (ASHA), which would be trained for providing BSE training to women at their door step.

Mass awareness programme on BSE.

BSE as curriculum activity among high school girls.

8. ACKNOWLEDGEMENTS:

Dr.K.N.Prasad,

Prof & HOD dept of community medicine

Dr.B.R.Ambedkar medical college,Bangalore

Dr.Puttaswamy.M

Asst Professor in Biostatistics,

Dr.B.R.Ambedkar medical college,Bangalore.

To all the female degree students at Lal Bhahadur shastri First grade college

REFERENCES

- [1] Shalini, Varghese D, Nayak M. "Awareness and impact of education on breast self examination among college going girls". *Indian J Palliat Care*. 2011 May;17(2):150-4.
- [2] Shrivastava SR, Shrivastava PS, Ramasamy J. "Self Breast Examination: A Tool for Early Diagnosis of Breast Cancer" *American Journal of Public Health Research*. **2013**, 1(6), 135-139 *Indian J Med Paediatr Oncol*. 2015 Oct-Dec;36(4):207-9
- [3] Dundar, P.E., Ozmen, D., Ozturk, B., Haspolat, G., Akyildiz, F., Çoban, S. Cakiroglu, G, "The knowledge and attitudes of breast self-examination and mammography in a group of women in a rural area in western Turkey," *BMC Cancer*, 6, 43, 2006
- [4] Austoker, J, "Breast self-examination," *BMJ*, 326, 1-2, 2003.
- [5] Rasu, R.S., Rianon, N.J., Shahidullah, S.M., Faisel, A.J. and Selwyn, B.J, "Effect of educational level on knowledge and use of breast cancer screening practices in Bangladeshi women," *Health Care Women Int*, 32 (3), 177-189, 2011.
- [6] Alwan, N.A., Al-Attar, W.M., Eliessa, R.A., Madfaie, Z.A. and Tawfeeq, F.N, "Knowledge, attitude and practice regarding breast cancer and breast self-examination among a sample of the educated population in Iraq," *East Mediterr Health J*, 18 (4), 337- 345, 2012.
- [7] Al-Naggar, R.A., Al-Naggar, D.H., Bobryshev, Y.V., Chen, R. and Assabri, A, "Practice and barriers toward breast selfexamination among young Malaysian women," *Asian Pac J Cancer Prev*, 12 (5), 1173-1178, 2011.
- [8] Koşgeroglu, A., Ayrancı, U. and Ozerdogan, N, "Knowledge of women on early diagnosis methods and risk factors for breast cancer in a province of Western Turkey: a descriptive study," *Pak J Med Sci*, 27, 646-650, 2011.
- [9] Ravichandran, K., Al-Hamdan, N.A. and Mohamed, G, "Knowledge, attitude, and behavior among Saudis toward cancer preventive practice," *J Family Community Med*, 18 (3), 135-142, 2011.
- [10] Ceber, E., Turk, M. and Ciceklioglu, M, "The effects of an educational program on knowledge of breast cancer, early detection practices and health beliefs of nurses and midwives," *J Clin Nurs*, 19(15-16), 2363-2371, 2010