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Research article

A study to evaluate the effectiveness of planned teaching programme regarding prevention of cervical cancer and its management among the female teachers from selected schools of Sangli-Miraj-Kupwad corporation

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Abstract

Aim: A study to evaluate the effectiveness of planned teaching programme regarding prevention of cervical cancer and its management among the female teachers from selected schools of Sangli-Miraj-Kupwad Corporation. **Materials and Methods:** The sample consisted of 50 female teachers according to the predetermined criteria and availability. The tool used for data collection consisted of structured questionnaires for demographic variable and structured interview schedule. Reliability of the tool was tested by using the inter-rater method. In the data gathering process, the following schedule was followed for data collection; 30 female teachers were selected for the study that was willing to participate in the data. The duration of data collection for each sample was 15-30 min. The data collected was analyzed by using the test-retest method and based on the analysis interpretation was made. **Results:** The majority of women in the pre-test had a poor knowledge that is in the age group 31-40 years (46%), 36% of the women in pre-test study had an average score and 18% of the women in pre-test had an excellent knowledge about the study, whereas in post-test majority of the women had a good knowledge that is 58%, 48% women had average knowledge and 2% women had poor knowledge, which indicates that the planned teaching was effective. Majority of the women assigned for the study were in the age group of 31-40 years. Majority of 52% of the women in pre-test had poor knowledge, whereas in post-test majority of 78% of women had good knowledge. In the study, there is 78% increase in knowledge score after health teaching program. **Conclusion:** It can be concluded that the planned teaching programme regarding prevention of cervical cancer and its management is proved to be effective in delivering the knowledge and awareness.

Keywords: cervical cancer, planned teaching programme

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1. Introduction

Cancer is the biggest threat to the world. Carcinoma of cervix continues to be the most common genital cancer encountered in clinical practice in India [1].

Living with the disease like cervical cancer is not easy. Cervical cancer patients may worry about holding their job, caring for their family, keeping up with daily activities, or starting a new relationship. Worries about

tests, treatments, hospital stays, and medical bills associated with cervical cancer treatment are common. Doctors, nurses, and other members of the healthcare team can answer such questions and give solutions. Social worker, counselor, or member of the clergy can be helpful to patients who want to talk about their feelings or discuss their concerns [2].

According to reports, over 74,000 women die of cervical cancer every year in the country. This is one-fourth of

the total cervical cancer deaths in the world. In other words, eight women die of cervical cancer in the country every day, making it the commonest cause of cancer deaths among Indian women. Treatment options for cervical cancer include surgery, radiation therapy and chemotherapy [3].

Radiation therapy refers to the use of high energy rays, particles, or radioactive materials to destroy cancer cells in a localized area of the body. The goal of radiation therapy is to kill the cancer cells while minimizing the exposure of normal cell to radiation [4].

Chemotherapy may be used in combination with radiation therapy. Chemotherapy refers to the use of one or more anti-cancer medications that prevent the cancer cells from growing and reproducing. It can be used to treat metastatic (spreading to other organs) cancer and recurrent tumors [5].

Chemotherapy and radiation can create difficult side effects. They may be severe or very mild, depending on the type and duration of treatment, as well as on individual body chemistry.

Increasing uptake of human papillomavirus (HPV) vaccine should be a priority in developing countries since they suffer 88% of the world's cervical cancer burden [6]. In many countries, studies show that age at vaccination is an important determinate of parental acceptability.

Carcinoma of the cervix is the second most common cancer in women worldwide, while it is the commonest cancer among Indian women. Awareness regarding cervical cancer and its prevention is quite low amongst Indian women [7]. The Pap test is a simple and cost-effective technique for early diagnosis of cervical cancer [8]. It is necessary to make nursing staff aware of cervical cancer so that they can impart knowledge regarding cervical cancer [9].

Thus, this status indicates that still there is need to improve the knowledge and practice about pap (Papanicoloue) smear test among the females to prevent, to detect cervical cancer.

The study was aimed to assess the existing knowledge regarding prevention of cervical cancer and its management among the female teachers, and to evaluate the effectiveness of planned teaching programme.

2. Materials and Methods

The study was conducted in selected schools of Sangli-Miraj-Kupwad Corporation. 50 Female school teachers were selected from Sangli-Miraj-Kupwad Corporation. The researcher adopted Pre experimental one group pre-test post-test to evaluate the effectiveness of planned teaching programme regarding prevention of cervical cancer and its management among the female teacher from a selected school in Sangli, Miraj, and upward corporation. In our study Non- probability convenient sampling techniques method was used.

Inclusion criteria

- Those teachers willing to participate in the study.

- Those teachers who know English, Marathi, and Hindi.

Data collection and instruments

Data collection method included structured interview questionnaires.

Section 1- Include demographic data.

Section 2- Structured Knowledge questionnaires

Development of tool

Structured questionnaires were prepared to evaluate the knowledge regarding prevention of cervical cancer and its management.

- Review of Research and Non-Research literature used in the area related to Prevention of Cervical cancer and its management.
- Opinion and suggestions are taken from experts who helped in determining the important areas to be included.

3. Results

Description of Subjects characteristics

This section deals with selected variables such as age, educational qualification, years of experience in teaching, marital history, obstetrical history

Table No 1: Description of samples according to demographic characteristics by frequency and percentage
N=50

SN	Demographic variable	Category Between	Frequency	%
1	Age	21-30 years	15	30
		31-40 years	33	66
		41-50 years	1	2
		51 and Above	1	2
2	Educational qualification	B.Ed	38	76
		D.Ed	12	24
3	Marital history	Married	40	80
		Unmarried	10	20
		Widow	0	0
4	Teaching experience	1-10	46	92
		11-20	3	6
		21-30	0	0
		31-40	1	2
5	Obstetrical history	FTND	29	58
		LSCS	9	18
		Unknown	12	24

Table no 1 shows that 33(66%) of the women were from the age group 31-40 years, another 15(13%) of them were from group 21-30 years, 1(2%) of them were in the age group of 41-50 years, 1(2%) of them were above

the age group of 50 years.38(76%) of them were educated as B.Ed and 12(24%) of them were qualified as D.Ed. 40(80%) of the clients were married and 10(20%) of the clients were unmarried. 46(92%)of the clients had their teaching experience between 1-10 years

Knowledge regarding prevention of cervical cancer

	Excellent	Average	Poor
Pre-test	6%	42%	52%
Post-test	78%	22%	0%

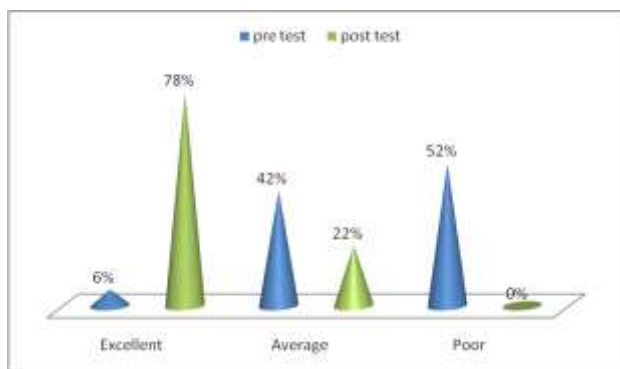


Figure No 1: a bar diagram showing analysis of data related to knowledge regarding prevention of cervical cancer and its management among the female teachers before and after planned teaching programme.

Figure no 1 shows that majority of 52% of the women in pre-test had poor knowledge,42% of the women in pre-test had an average knowledge and 6% of the women had excellent knowledge about the study, whereas in post-test majority of 78% of the women had excellent knowledge, 22% of the women had average knowledge about the study, which indicates that the planned teaching programme was effective. The knowledge scores of the samples show a marked increase as seen in the post-test score of the study group, which indicates that the planned teaching programme is effective in increasing the knowledge of the women regarding prevention of cervical cancer and its management.

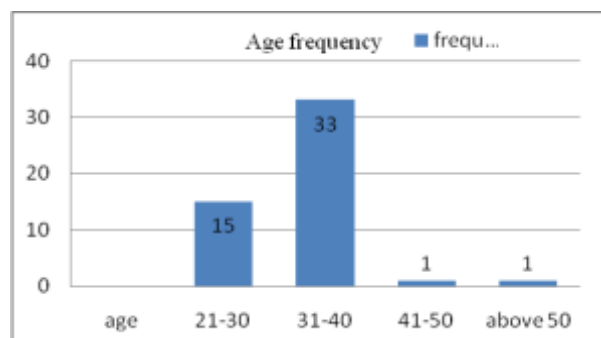
Table No 1: Analysis of data related to the effect of planned teaching programme on the knowledge score based on correct answers of the female teachers.

SN	Test	Mean	SD	Std Error Mean	t	P
1	Pre test	7.88	2.93216	0.41467	-13.395	0.000
2	Post test	16.1	2.52538	0.35714		

Table no 1 shows that researcher had applied paired t-test to compare the difference between average scoring of before and after planned teaching programme. Since P-value is less than 0.05 (P-value = 0.00) difference in

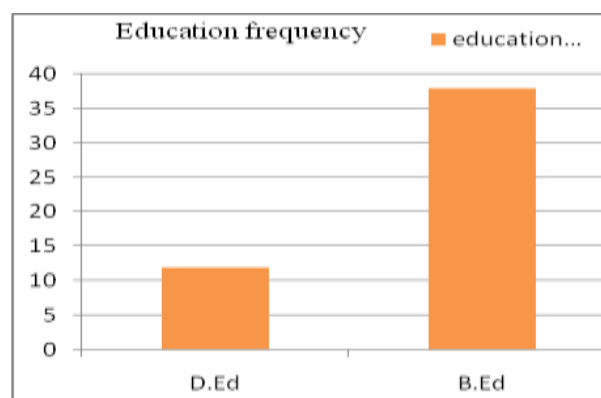
average scores is statistically significant. The researcher concluded that the above data gives significant evidence to conclude that women after receiving planned teaching had higher mean knowledge scores regarding prevention of cervical cancer and its management in post-test than in pre-test. Hence we reject the null hypothesis and accept research hypothesis. It can be concluded that the planned teaching regarding prevention of cervical cancer and its management is proved to be effective in delivering the knowledge and awareness. There were 50 female teachers in the sample. Each of them had answered 19 questions. Their pre and post test correct answers were recorded with their mean values and standard deviation of the test scores.

Age-group	Frequency	Percentage
21-30	13	30
31-40	33	66
41-50	1	1
>50	1	1



The above graph shows that 30% (15) of the women were in the age group of 21-30 years, 66% (33) of the women in the age group of 31-40 years,2% (1) of the women were in the age group of 41-50 years and 2% (1) of the women were in the age group of above 50 years. The above graph shows that 76% (38) of the clients had their educational qualification as B.Ed and 24% (12) of the clients had their educational qualification as D.Ed

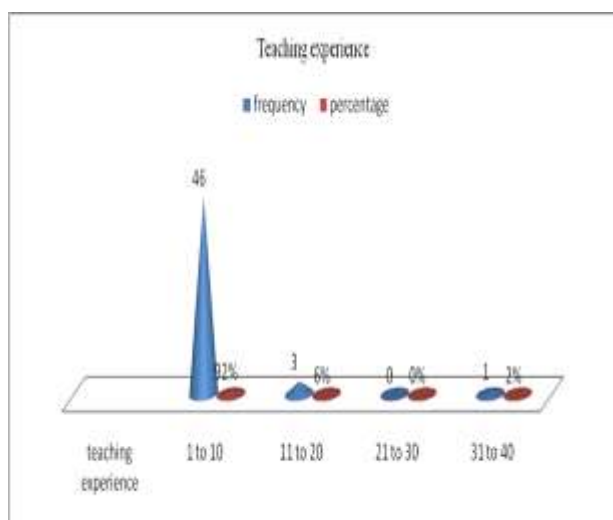
Education	Frequency	Percentage
D.Ed	12	24
B.Ed	38	76



Marital history	Frequency	Percentage
Married	40	80
Unmarried	10	20
Widow	0	0

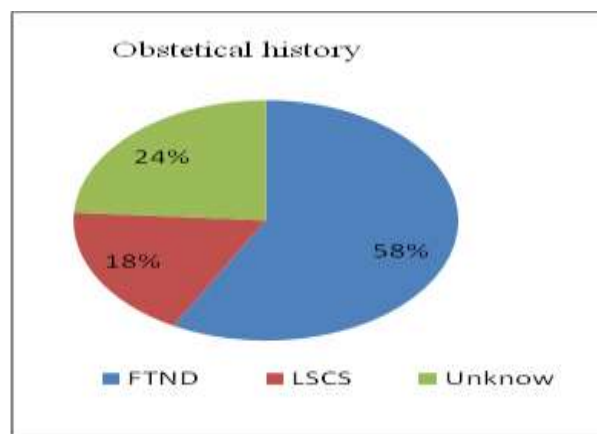


The above pie diagram shows the marital history of the clients/samples in the study. 80% (40) of the clients were married and 20% (10) of the clients are unmarried in the study.



Teaching experience	Frequency	Percentage
1 to 10	46	92
11 to 20	3	6
21 to 30	0	0
31 to 40	1	2

The above graph shows the teaching experience of the samples in percentage. 92% (46) of the clients had their teaching experience in between 1-10 years, 6% (3) of them had their teaching experience between 11-20 years and 2% (1) of the clients had their teaching experience between 31-40 years.



Obstetrics history	Frequency	Percentage
FTND	29	58
LSCS	9	18
Unknown	12	24

The above pie diagram shows the obstetrical history of the clients in the study. 58% (29) of the clients were delivered as full-term normal delivery, 18% (9) of the clients were delivered as lower segment cesarian section whereas 24% (12) clients obstetrical history was unknown.

4. Discussion

The main aim of the present study was to evaluate the effectiveness of planned teaching programme regarding prevention of cervical cancer and its management among the female teachers from selected schools of Sangli-Miraj-Kupwad Corporation. About 30% (15) were between the age of 21 to 30 years, 66% (33) were in the age group between 31 to 40 years, 2% (1) females were in the age group between 41 to 50 years and 2% (1) were above the age of 50 years. Greater percentages of clients 76% (38) were educated as B.Ed and 24% (12) were educated as D.Ed. Most of the client 80% (40) were married, 20% (10) were unmarried. Most of the client 92% (46) had teaching experience between 1-10 years, 6% (3) had their teaching experience between 11-20 years and 2% (1) clients had their teaching experience between 31-40 years. Most of the clients 58% (29) were delivered as full-term normal delivery, 18% (9) clients were delivered as LSCS and 24% (12) were unknown. Most of the samples were in the age group between 31-40 years (66%), 30% were in the age group of 21-30 years, 2% were in the age group 41-50 years and remaining 2% were in the age group above 50 years. About education, 76% of women were B.Ed and remaining 24% were D.Ed. All the women were literate, about 80% women were married and 20% were unmarried, about 92% women were having their teaching experience of 1-10 years, 6% of the women were having their teaching experience from 11-20 years and 2% of women were having their teaching experience 31-40 years, about 58% of women delivered full term

normal delivery, 18% women delivered under LSCS, and 24% were unknown.

Analysis of data related to knowledge regarding cervical cancer and its management among the female teachers before and after planned teaching programme.

The majority of women in the pre-test had a poor knowledge that is in the age group 31-40 years(46%),36% of the women in pre-test study had an average score and 18% of the women in pre-test had an excellent knowledge about the study, whereas in post-test majority of the women had a good knowledge that is 58%, 48% women had average knowledge and 2% women had poor knowledge, which indicates that the planned teaching was effective.

The knowledge score of the samples shows a marked increase as seen in the post-test score of the study group, which indicates that the planned teaching is effective in increasing the knowledge of the women regarding prevention of cervical cancer and its management.

Analysis of the data related to the effect of planned teaching programme on the knowledge and practice score based on the correct answers of the women.

There were 50% women in the samples. Each of them had answered 19 questions. Pre and post-test content answers were recorded and mean and standard deviation of test scores also was obtained. The researcher applied paired t-test to compare the difference between average scoring of before and after planned teaching programme. Since p-value is less than 0.05 (p-value =0.000) difference in average scores is statistically significant. The above data gives sufficient evidence to conclude that women after receiving planned teaching programme had higher mean knowledge scores regarding prevention of cervical cancer and its management in post-test than in pre-test. Hence we reject the null hypothesis and accept research hypothesis. It can be concluded that the planned teaching programme regarding prevention of cervical cancer and its management is proved to be effective in delivering the knowledge and awareness.

Majority of the women assigned for the study were in the age group of 31-40 years Majority of 52% of the women in pre-test had poor knowledge, whereas in post-test majority of 78% of women had good knowledge. In the study, there is 78% increase in knowledge score after health teaching program.

The need of study was that incidence of the cervical cancer is steadily rising nowadays. And awareness among female teachers about prevention and management of cervical to prevent complications leading to mortality and morbidity. Development of the structured questionnaire involved the steps of question construction, content validation, and establishing reliability. To find out the reliability, The pilot study was carried out on a small sample of 10 female teachers from Al-Fatah English school.

Conclusion

The structured questionnaire developed for the evaluation of plan teaching programme helped in

identifying the content and samples had a highly significant increase in knowledge after the planned teaching program. The sample showed an increase in knowledge in all the content areas teaching.

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