Original Article

EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE REGARDING CERVICAL CANCER AND ITS PREVENTION AMONG PRIMARY SCHOOL TEACHERS IN SELECTED SCHOOLS AT MYSURU CITY

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ABSTRACT

Background: Carcinoma of the cervix accounts for malignant tumour of the cervix and 50-65% of malignant tumours of the female reproductive tract and is a close second to carcinoma of the breast among all cancers in women. It is necessary to make the teachers aware about cervical cancer, who can impart knowledge regarding cervical cancer and its prevention to the general public. **Aim:** The aim of the study is to determine the effectiveness of structured teaching programme on knowledge regarding cervical cancer and its prevention among primary school teachers in selected schools at Mysuru city. **Methods:** In this study, one group pre-test and post-test, pre experimental design was used and convenience sampling technique was adopted. Data were collected using structured knowledge questionnaire and structured teaching programme was conducted to primary school teachers. **Results:** The result of the study revealed that the significance of difference between the mean pre test and mean post test score which was statistically tested using paired 't' test. The mean difference between the mean pre test and mean post test knowledge score was 8.43 with the standard deviation difference ±2.56. The paired ' t value 18.76 which was found to be highly significant at 0.05 level of significance. The knowledge score of primary school teachers had no significant association with their selected personal variable expect for year of teaching experience and type of family regarding cervical cancer and its prevention. **Conclusion** The study concluded that the administration of structured teaching programme was effective method for improving the knowledge of primary school teachers regarding cervical cancer and its prevention.

KEYWORDS: Effectiveness, knowledge, cervical cancer and primary school teachers.

INTRODUCTION

Cervical cancer is the second most common cancer among women worldwide. Cervical cancer if detected early is one of the most preventable cancers because of its slow progression, cytological identifiable precursors, and effective treatments. Cervical cancer is as a result of Human Papilloma Virus (HPV) which is transmitted through sexual intercourse, in most cases the male is a career of the HPV that infects and generates in females. Education and knowledge on both breast cancer and cervical cancer has continued to decrease as the cancer fatalism increases not because there is no available information, but because the women have been ignorant to enlighten themselves. Screening should begin at the age of 21 or within 3 years of the onset of sexual activity and it can stop at the age of 70 years if there has been no abnormal Pap test result in the past 10 years.[1]

The risk factors for cervical cancer are multi pregnancy, early age of intercourse and frequent intercourse with multiple partners, early first pregnancy, postpartum lacerations, untreated chronic cervicitis, sexually transmitted disease, infection with human papilloma virus, low social economic class and the main clinical manifestations are haemorrhage, vaginal discharge, Cachexia and pain.[2]

In India, cervical cancer contributes to approximately 6–29% of all cancers in women. cervical cancer is a public health problem in developing countries like India, so that India alone accounts for one-quarter of the worldwide burden of cervical cancers. It is the one of the leading cause of cancer mortality, accounting for 17% of all cancer deaths among women aged between 30 and 69 years. It is estimated that cervical cancer will occur in approximately 1 in 53 Indian women during their

lifetime compared with 1 in 100 women in more developed regions of the world.[3]

Need for Study
Cervical cancer is the second most common cancer among Indian women (As per Globocan 2018).Cervical cancer is a preventable disease as it has a well defined, long pre-malignant phase which can be detected by regular screening tests and follow up. Unfortunately, most women in India are not aware about the screening. More women in India die from cervical cancer than in any other country. New cases of cervical cancer detected in India is 96,922 every year and deaths due to cervical cancer in India is 60,078/year.[4]

A study was conducted to assess the knowledge of women about cervical cancer and its prevention. This was a questionnaire based cross sectional study conducted among the women attending the out-patient departments of teaching hospital attached to Kasturba Medical College, Manipal. A sample size of 83 and semi structured questionnaire was developed. Majority of the women have poor knowledge about cervical cancer (81.9%) and it's screening (85.5%). Only 6 out of 83 women had undergone screening. Though women had come into contact with doctors earlier, they were neither educated about cervical cancer nor were they told about the screening. Whatever little knowledge the women had was obtained from mass media.[5]

A cross sectional, descriptive, interview- based survey was conducted with a pretested questionnaire among 262 staff nurses of a tertiary care teaching and research institute of rural India. In this study, 77% respondents knew that Pap smear is used for detection of cervical cancer, but less than half knew that Pap smear can detect even precancerous lesions of cervix. Only 23.4% knew human papilloma virus infection as a risk factor. Only 26.7% of the respondents were judged as having adequate knowledge based on scores allotted for questions evaluating knowledge about cervical cancer and screening. Only 17 (7%) of the staff nurses had themselves been screened by Pap smear, while 85% had never taken a Pap smear of a patient. Adequate knowledge of cervical cancer and screening, higher parity and age >30 years were significantly associated with self screening for cervical cancer. Most nurses held a view that Pap test is a doctor procedure, and nearly 90% of nurses had never referred a patient for Pap testing.[6]

Health care service providers take augment effort to protect the public from the impact of various cancerous diseases. The health care services include nurses, doctors and also the primary school teachers. Thus the primary school teachers should have good body of knowledge regarding cervical cancer and its prevention in order to provide comprehensive care to the community. So imparting knowledge to the teachers is effective. It is necessary to make the teachers aware about cervical cancer, who can impart knowledge regarding cervical cancer and its prevention to the general public. The present study was carried out among the teachers of primary schools in Mysuru in order to assess the knowledge regarding cervical cancer and its prevention.[4]

OBJECTIVES
1. To assess the knowledge of primary school teachers regarding cervical cancer and its prevention.
2. To assess the effectiveness of structured teaching programme on knowledge regarding cervical cancer and its prevention among primary school teachers.
3. To find the association between knowledge of primary school teachers regarding cervical cancer and its prevention and their selected personal variables

Hypotheses
H_1: There will be a significant difference between mean pre-test and post-test knowledge score regarding cervical cancer and its prevention among primary school teachers.
H_2: There will be a significant association between knowledge score regarding cervical cancer and its prevention among primary school teachers and their selected personal variables.

METHODOLOGY

Research approach/design
Pre experimental, one group pre-test and post-test design was adopted for the study.

Variables of the study
Independent variable: structured teaching programme.
Dependent Variable: Knowledge of primary school teachers regarding cervical cancer and its prevention.

Setting of the Study
In this study, the setting is selected schools in Mysuru

Population
Population comprises of Primary school teachers in Mysuru.

Sample and Sampling
The sample consists of 30 primary school teachers in selected schools in Mysuru.

Sampling Technique
The convenience sampling technique was used in present study.

Sampling Criteria
Inclusion Criteria
- Teachers who are working in selected primary schools
- Teachers available at the time period of data collection.

Exclusion Criteria
Teachers who are not willing to participate.

RESULTS

Table 1: Frequency and percentage distribution of primary school teachers according to their level of knowledge.

Knowledge level	Pre-test f (%)	Post-test f (%)
Poor knowledge (0-11)	19 (63.3%)	--
Average knowledge (12-17)	11 (36.6%)	7 (23.3%)
Good knowledge (18-22)	--	23 (76.6%)

Table 2: Comparison of mean pre test and post test knowledge scores Mean, median, range, standard deviation of pre- test and post–test knowledge scores of primary school teachers regarding cervical cancer n=30.

Test	Mean	Median	Range	SD
Pre test	10.33	10	5-15	±2.66
Post test	18.76	16	15-22	±1.81

Table-4 Mean, mean difference, paired't' test of pre-test and post test knowledge score of primary school teachers regarding cervical cancer and its prevention n=30.

Knowledge scores	Mean	Mean Difference	S.D. Difference	Standard Error	Paired 't' test Value
Pre-test	10.33	8.43	±2.56	0.46	18.05*
Post-test	18.76				

T (29) = 2.048; p<0.05*Significant

To find the significant difference between pretest and post test knowledge scores, paired 't' test was computed and obtained value of paired 't' =18.05, $p<0.05$ is found to be significant. It is inferred that there is significant improvement in knowledge of primary school teachers regarding cervical cancer and its prevention after the structured teaching programme.

No significant association found between level of knowledge of primary school teachers regarding cervical cancer and its prevention, and age in years, education, number of children, family income per month, source of information regarding cervical cancer. There was significant association found between year of teaching experience and type of family.

CONCLUSION

An awareness programme was effective in increasing the knowledge of primary school teachers regarding cervical cancer. Teachers play key role in educating the general public to create awareness regarding prevention of cervical cancer among women.

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