



## **A study to assess the effectiveness of a planned teaching programme on cervical cancer in terms of knowledge among arts students in selected Mahila Arts Colleges in Himmatnagar City**

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DOI: <https://doi.org/10.33545/nursing.2024.v7.i1.A.361>

### **Abstract**

The study was conducted with the objectives (1). To assess the level of knowledge of adult girls regarding cancer of cervix. (2) To evaluate the effectiveness of planned teaching programme on cancer of cervix among adult girls. (3) To determine the association between the effectiveness of planned teaching programme on cancer of cervix with the selected demographic variables.

Pre-Experimental approach (One group pre-test post-test design) was used. The investigators used Random Sampling technique for selecting 60 samples. The mean pre-test knowledge score of samples about cervical cancer was 10.71 whereas posttest score was 18.16. The mean post-test knowledge score is significantly higher than the mean pretest knowledge score with the mean difference of 7.45 and the calculated 't' value ( $t=21.34$ ) was greater than tabulated 't' value ( $T=2.0096$ ) which was statistically proved at 0.05 level of significance. Thus, the planned teaching programme was effective.

**Keywords:** Planned teaching programme, cancer of cervix, adult girls

### **Introduction**

“Cancer is just a chapter in our lives, not the whole story”

Allie Moreno

Cancer is a group of disease characterized by uncontrolled growth and spread of abnormal cells (American Cancer Society).

Cervical cancer is one of the most preventable and treatable forms of cancer, yet it remains one of the most common causes of death for women. Cervical cancer is the fourth most common cancer among women globally, with an estimated 604,000 new cases and 342,000 deaths annually [1]. Cancer is the second largest cause of death in women worldwide. Cervical Cancer is an important women's reproductive health problem arising from the Cervix. It is due to the abnormal growth of cells that have the ability to invade or spread to other parts of the body [2].

In India, it is one of the leading causes of mortality among women accounting for 23.3% of all cancer deaths [3].

The highest rates of cervical cancer incidence and mortality were in low- and middle-income countries. This reflects major inequities driven by lack of access to national HPV vaccination, cervical screening and treatment services and social and economic determinants. Cervical cancer is caused by persistent infection with the human papillomavirus

(HPV). Women living with HIV are 6 times more likely to develop cervical cancer compared to women without HIV [4].

Prophylactic vaccination against HPV and screening and treatment of pre-cancer lesions are effective ways to prevent cervical cancer and are very cost-effective. Cervical cancer can be cured if diagnosed at an early stage and treated promptly. Countries around the world are working to accelerate the elimination of cervical cancer in the coming decades, with an agreed set of three targets to be met by 2030. Boosting public awareness, access to information and services are key to prevention and control across the life course [4].

Total incidence of cervical cancer in the world population around one fifth is occurring in India. Globally there are around 570000 women were diagnosed with cervical cancer worldwide and about 311000 women died from the disease (WHO 2018) [4].

In Gujarat, the incidence of new cases of cervical cancer was 13.26 per 1, 00, 000 women in 2019. (BMC cancer)

Investigator from the past experience found that most of the women do not present themselves for early detection and they seek treatment only in the advanced stage.

So, there is need to improve the knowledge and attitude of adult girls regarding cancer cervix, which is possible only

by health education. So, the investigator has decided to impart structured teaching programme on early detection and prevention of cancer cervix.

**Objectives of the study**

1. To assess the level of knowledge of adult girls regarding cancer cervix.
2. To evaluate the effectiveness of teaching programme on cancer of cervix among adult girls.
3. To determine the association between the effectiveness of teaching programme on cancer of cervix with the selected demographic variables.

**Hypothesis H<sub>1</sub>:** The mean post-test knowledge score of adult girls will be significantly higher than their mean pre-test knowledge score after administration of a planned teaching programme on cervical cancer as evidence by structured knowledge questionnaires at 0.05 level of significance

**Materials and Methods**

**Research approach:** A pre-experimental research approach was used in the access the effectiveness of planned teaching programme on cervical cancer in terms of knowledge among adult girls in selected college of Himmatnagar City.

**Research Design:** Research design selected for the present study is one group pre-test post-test design.

**Research Variable**

- **Independent variable:** Planned teaching programme on cervical cancer.
- **Dependent variable:** Knowledge of selected cervical cancer among adult girls.

- **Tool:** Structured knowledge questionnaire
- **Research Setting:** Study was conducted in the selected colleges of Himatnagar City.
- **Target Population:** In this study, the target population consisted of all the adult female college students’ age above 18 years studying in selected colleges of Himatnagar City.
- **Accessible Population:** Mahila Arts College, Himatnagar, Gujarat.

**Sample Size and Sampling**

**Technique:** In the present study sample size consisted of 60 adult female college students studying in selected college of Himatagar and adopted simple random sampling technique for sample selection.

**Pilot Study:** It was conducted on 6 samples and found feasibility for main study

**Development of the tools:** The investigator reviewed the literature on cervical cancer as books, articles, published and unpublished thesis to develop the tool to assess the knowledge of adult girls. Development of planned teaching programme: Investigator developed the planned teaching programme by an extensive research and non-research literature and also took the opinion of the experts. Planned teaching programme includes knowledge portion of cervical cancer. The topics included were introduction of cancer, definition of cervical cancer, incidence and risk factors, stages of cervical cancer, warning signs of cervical cancer, diagnostic evaluation, management and prevention. Total 22 items were formulated from all areas and subareas.

**Results and Discussion**

**Table 1:** Mean, Mean Difference, S.D. (Standard Deviation) and ‘t’ Value of Pre-Test And Post-Test knowledge scores of samples, N=60

Knowledge	Mean	Mean difference	S.D.	‘t’ test calculated	‘t’ test tabulated	Level of significance
Pre test	10.71	7.45	2.27	21.34	2.0096	0.05
Post test	18.16		1.36			

The data presented in above table 1 reveal the comparison between pre-test and post knowledge score obtained by the samples on the cervical cancer. The mean pre-test score was 10.71 and mean post score was 18.16. The table also shown that the standard deviation of pre-test knowledge score was 2.27 and that of post-test knowledge score was 1.36. The calculated t value was 21.34 and tabulated was 2.0096 at 0.05 level of significance. From above table, it reveal that the mean post-test knowledge score was higher than the mean pre-test knowledge score with the mean differences of 7.45 which was statistically proved that planned teaching programme on cervical cancer was effective in terms of knowledge among the samples. The calculated ‘t’ value (21.34) was significantly greater than the tabulated ‘t’ value (2.0096). So, there was significant increase in the knowledge of samples after administration of planned teaching programme on cervical cancer.

**Conclusions**

**The following conclusions were drawn from the study findings**

1. Knowledge deficit existed in all the area of selected

cervical cancer before implementation of planned teaching programme among adult girls studying in selected colleges of Himatnagar city.

2. Samples gained significant knowledge after they exposed to planned teaching programme. The mean post-test knowledge score was significantly higher than mean pre-test knowledge score.

Thus the planned teaching programme was effective in enhancing the knowledge of adult girls regarding cervical cancer.

**Conflict of Interest**

Not available

**Financial Support**

Not available

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**How to Cite This Article**

Hawaibam B, Patel S, Patel T, Patel S, Patel J, Parmar V, *et al.* A study to assess the effectiveness of a planned teaching programme on cervical cancer in terms of knowledge among arts students in selected Mahila Arts Colleges in Himmatnagar city. *International Journal of Advance Research in Nursing.* 2024;7(1):21-23.

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