



A STUDY TO ASSESS THE KNOWLEDGE OF BREAST SELF-EXAMINATION (BSE) AMONG WOMEN OF SELECTED RURAL COMMUNITY OF MAHARASHTRA.

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ABSTRACT **INTRODUCTION** – Breast disorders are a significant health concern for women. Whether benign or malignant, intense feelings of shock, fear, and denial often accompany the initial discovery of a lump or change in the breast. These feelings can be associated both with the fear of death and with the possible loss of a breast. Throughout history, female breast has been regarded as symbol of beauty, femininity, sexuality and motherhood. A number of screening tests have been employed including clinical and self-breast, mammography, genetic screening, ultrasound, and magnetic resonance imaging. BSE is the recommended method in developing countries because it is easy, convenient, safe and requires no specific equipment.

OBJECTIVES:- To assess knowledge of breast self examination among rural women.

POPULATION: Women above the age group of 30 years.

METHODS:- A cross-sectional descriptive study with Convenience sampling technique was used to collect data from 50 samples. The research variables were Breast Self-Examination, knowledge. Based on the objectives a semi-structured questionnaire was prepared to identify sociodemographic variables along with knowledge on Breast Self-Examination. Data was analysed using simple statistical tests.

RESULTS:- Majority of the subjects are found to possess poor knowledge (62%) and 38% of the sample had average knowledge of Breast Self-Examination.

CONCLUSION- The finding of the study revealed that the samples does not acquire adequate knowledge about Breast Self-Examination.

KEYWORDS : Breast Self-examination, Knowledge.

INTRODUCTION

Breast disorders are a significant health concern for women. Although most breast pain is of a benign nature. Breast cancer develops from breast tissue. The first noticeable symptom of breast cancer is typically a lump that feels different from the rest of the breast tissue. More than 80% of breast cancer cases are discovered when the woman feels a lump. The earliest breast cancers are detected by a mammogram. Lumps found in lymph nodes located in the armpits can also indicate breast cancer. Breast Self Examination (BSE) is the recommended method in developing countries because it is easy, convenient, safe and requires no specific equipment. In view of the prevalence and importance of early detection of breast cancer a cross sectional study to assess the knowledge of BSE among women of a rural community.

METHODS/APPROACH

A cross sectional survey design was used for the study with interview technique. The tool was divided into three parts. Part I: Socio demographic data consisting 11 items. Part II: Knowledge questionnaire consisting 25 items in multiple choice format with a score of 01 for correct answer and 0 for wrong answer. Thus, maximum score is 25 and minimum 0. The total knowledge score is interpreted under three gradings- Poor Knowledge: 0-14 (<59%), Average knowledge: 15-19 (60-79%) and Good knowledge: 20-25 (>80%). Formal permission was taken from Gram Panchayat and MO I/C PHC to conduct the study.

RESULTS

Table 1: Frequency and percentage of sociodemographic variables
n = 50

Variables		Frequency (n)	Percentage (%)
Age	30 - 40 Years	30	60
	40-50 Years	18	36
	> 50 Years	2	04
Marital status	Married	48	96
	Widow	2	04
Occupation	Housewife	34	68
	private	15	30
	Government	1	02

Marital Status	Single	12	24
	Married	36	72
	Widow	2	4
Religion	Hindu	46	92
	Muslim	2	4
	Christian	0	0
	Others	2	4
Monthly Income	< 5000	44	88
	5000 -10000	6	12

Fig 1: Description of samples as per knowledge level

S No.	Grade	Score obtained	Percentage
1	Good	0	0
2	Average	19	38%
3	Poor	31	62%

Analysis shows the 38% of selected population has average knowledge while 62% of the population is having poor knowledge score.

CONCLUSION

The present study assessed the knowledge of BSE among women of selected rural community. From the analysis it can be concluded that the study population lacked the knowledge of BSE and breast cancer. Continuous reinforcement by health professionals and mass media through IEC programs reminding them about the procedure is likely to bring about a positive change and helping them in early detection of breast cancer or other breast problems if they occur.

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