Effectiveness of structured teaching programme on knowledge regarding cervical cancer among middle age women in selected rural area, at Karimnagar, Telangana.

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Abstract
Background: *The cervix is the lower part or neck of the uterus forming the opening to the vagina, it is divided into two parts,namely the endo cervix, internal part and ecto cervix, the outer part that is next to the vagina. Cervical cancer forms in the tissue of cervix. It is usually slow growing cancer that may not have symptoms but can be found with regular pap test .pap smear screening can idendify potentially precancerous changes. Cancer of the uterine cervix is one of the leading causes of cancer deaths among women worldwide. We can save lives and prevent the fear and take prevention against leap forward by blocking the first step along the path way to cervical cancer and Human papilloma virus infection vaccine. Regular pap smear test provide best protection against developing cervical cancer.*
Objectives: *Assess the level of knowledge regarding cervical cancer among middle age women. Evaluate the effectiveness of structured teaching programme on cervical cancer among middle aged women. Find out the association between the level of knowledge regarding cervical cancer among middle age women with their selected variables.*
Materials and Methods: *Pre experimental research design was chosen to assess the knowledge. The sample size was 30 Middle age women. Demographic variables and the level of knowledge among middle age women concerning cervicval cancer were collected by using structured questionnaire.*
Results: *The pre test knowledge level of middle age women on cervical cancer shows that 24 (80%) had inadequate knowledge 6 (20%) had moderate knowledge and no middle age women had adequate knowledge. Post test result shown that 24(80%)had Average knowledge and 06(20%)had above average knowledge .*
Conclusion: *The findings revealed that most of the middle age women were present with inadequate knowledge regarding cervical cancer. conducting awareness programs improved the knowledge of middle aged women regarding cervical cancer.*
Keywords: *cervical cancer, middle age women, HPV vaccine.*

I. Introduction
"The best way to predict the future is to invent it"

According to World health organization's statistics common cancers are one of the most prevalent causes of mortality worldwide with 8.2 million deaths in 2012, and is trend has not changed in recent years. Over the past two decades, it has become obvious that several viruses play an important role in the development of human cancer. One of the viruses contributing to the statistics of cancerous disease in human papilloma virus. The 90% of HPV infections are cleared or become inactive. However,infections by the high risk HPV types persist which then increase the risk of progression of cervical cancer. Cervical cancer in women is the second most common cancer world wide next to breast cancer. In india, cervical cancer is the most common related cancer followed by breast cancer. Cervical cancer is the term used to describe tumors that can grow at the lower womb. Tumors are usually develops from abnormal cell changes at the entrance to the womb from the vagina. Abnormal cell changes can be detected through screening and then removed. Regular pap tests are done to find and treat any pre cancer cells as soon as possible, before they can change into true cancer.

II. Research Methodology
Research methodology is a way to systematically solve the research problem.
Research Design: Pre experimental research design was chosen to assess the knowledge.
Setting of the study: The study was conducted in selected rural area at karimnagar.
Population: The study population comprises of middle age women in selected rural areas at karimnagar.

Sample size: The sample of 30 middle age womens who fulfilled criteria is considered as sample for this study.
Sampling Technique: convenient sampling technique was used for the selection of sample for the study.
Criteria for sample selection:
Inclusion criteria:
➢ The women in age group of 35-50yrs.
➢ The middle age women who are willing to participate in the study.
Exclusion criteria:
➢ The middle age women who were not available at the time of data collection.
➢ Middle age women who have undergone hysterectomy.
Description of the tool:
It consist of two sections
Section A. It deals with demographic variables such as age, religion, education, occupation, income, number of children, age at marriage, screening for cervical cancer, source of information etc.
Section B. Structured knowledge questionnaire consisting of 30 multiple choice questions and each questions has four choices.Every correct answer carries 1 mark and wrong answer carries 0 marks.

III. Procedure for Data Collection
Data was collected from the middle age women after obtaining a formal written permission from the sarpanch of the nagunur village. Each women was assured for the data collection, was utilized only for the purpose of study and was kept confidential. The investigator uses structured questionnaire to collect the data.
PLAN FOR DATA ANALYSIS:
Descriptive and inferential statistics will be used to analyze the collected data.
Section-1:
The demographic data was analysed by using frequency and percentage.
Section-2:
Association of knowledge score among middle age women regarding cancer cervix with selected demographic variables will be analysed by chi-square test

IV. Results
Frequency and percentage distribution of the demographic variables among middle age women

| S.No.	Demographic variables	Frequency	Percentage
1.	AGE a)35-39 years b)40-44years c)45 and above	10 10 10	33.33 33.33 33.33
2.	EDUCATIONAL QUALIFICATION a)primary education b)Secondary education c)Illiterate	4 16 0	13.33 53.33 0
3.	OCCUPATION a)Coolie b)House wife c)Private employee d)Government employee	17 3 10 0	56.66 10 33.33 0
4.	FAMILY INCOME PER MONTH a)Below 10,000rs b)10,001-15000RS c)15001-20,000RS d)20,001RS and above	2 13 12 3	6.66 43.33 40 10
5.	RELIGION a)Hindhu b)Muslim c)Christian d)Others	24 1 5 0	80 3.33 16.66 0
6	AGE AT MARRIAGE a)15-19years b)20-24years c)25-29years d)30 years and above	11 8 9 2	36.66 26.66 30 6.66

7	NUMBER OF CHILDREN a)No children b)1-2 children c)3-4 children d)5 and above children	0 12 18 0	0 40 60 0
8	IMMUNIZATION STATUS AGINST CERVICAL CANCER a)Immunized b Not immunized	1 29	**3.33** **96.66**
9	SCREENING FOR CERVICAL CANCER CAN BE UNDERGONE a)Nill b)One time c)Two time d)Above two times	26 4 0 0	86.66 13.33 0 0

In this study out of 30 sample (33.33%) were in the age group of 35-39 years,(33.33%)were in the age group of 40-44 years,(33.33%)were in the age group of 45 years and above.On the basis of educational qualification of middle age women,(13.33%) sample are studied up to primary education,(53.33%)were intermediate and (0%)were illiterate. according to occupational status (10%) were house wives,(56.66%) were coolie,(33.33%)were private employee,(0%)were government employee. with regard family income(6.66%)were included below 10,000Rs,(43.33%)were 10,001-15,000Rs(40%)were 15,001-20,000Rs and above. With regard religion (80%) were hindus,(3.33%)were muslims, (16.66%)were Christians and (0%) were others. While concidering age at marriage (36.66%)were at 15-19 years, (26.66%)were at 20-24 years,(30%) were at25-29 years and (6.66%)30 years and above .On the basis of number of children (0%)were not having children,(40%)were having 1-2 **children,(60%)were having 3-4 children and 0% were having 5 and above children. While concidering screening for cervical** cancer,(86.66%)did not undergo for screening ,(13.33%)underwent for one time (0%) underwent for above two times

Comparison of pre test and post test knowledge scores of middle age women regarding cervical cancer :

Parameters	Time interval	No. of subjects	Mean	Standard Deviation	t value	Critical value
Knowledge regarding cervical cancer	**Pre test**	**30**	**9.73**	**3.58**	**8.05***	**2.31**
	Post test	**30**	**17.06**	**3.58**		

This difference of knowledge score is found statistically significant. The computed ' t' value is 8.05 that are more than the table value ot 2.31 at 0.05 level. This reveals significant difference of knowledge score between pre test and post test.
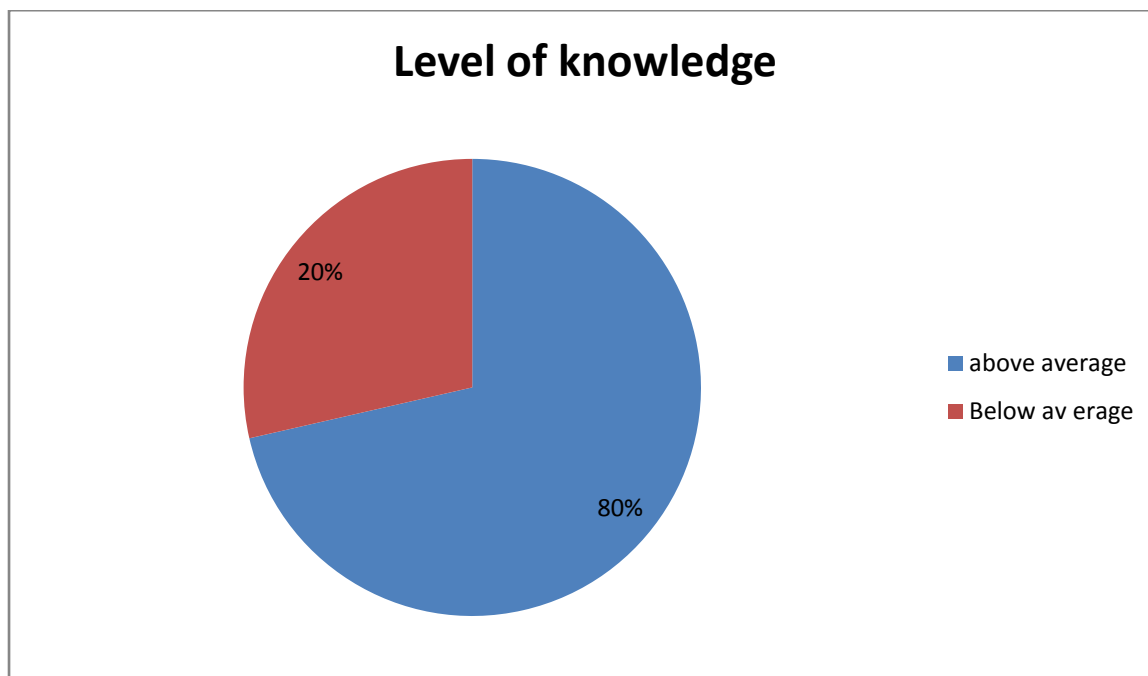
Level of knowledge

- ■ above average
- ■ Below av erage

20%

80%

Association between the level of knowledge regarding cervical cancer among middle age women with their selected demographic variables.

S.NO	Demographic variables	Inadequate	moderate	Adequate	Chi square	Df	Critical value
1	AGE a)35-39 years b)40-44years c)45 and above	**0** **0** **0**	**7** **8** **9**	**3** **2** **1**	**3.58 NS**	**4**	**9.49**
2	EDUCATIONAL QUALIFICATION a)primary education b)Secondary education c)Intermediate and above d)Illiterate	0 0 0 0	**4** **15** **5** **0**	**0** **1** **5** **0**	**13.23***	**6**	**12.59**
3	OCCUPATION a)Coolie b)House wife c)Private employee d)Government employee e)Professional	0 0 0 0 0	14 3 7 0 0	3 0 3 0 0	**16.05***	**8**	**15.51**
4	FAMILY INCOME PER MONTH a)Below 10,000rs b)10,001-15000RS c)15001-20,000RS d)20,001RS and above	0 0 0 0	2 11 9 2	0 2 3 1	**2.05 NS**	**6**	**12.59**
5	RELIGION a)Hindhu b)Muslim c)Christian d)Others	**0** **0** **0** **0**	**21** **0** **3** **0**	**3** **1** **2** **0**	**5.27 NS**	**6**	**12.59**

6	AGE AT MARRIAGE a)15-19years b)20-24years c)25-29years d)30 years and above	0 0 0 0	9 7 6 2	2 1 3 0	2.21 NS	6	12.59
7	NUMBER OF CHILDREN a)No children b)1-2 children c)3-4 children d)5 and above children	0 0 0 0	0 7 17 0	0 5 1 0	12.92*	6	12.59
8	IMMUNIZATION STATUS AGINST CERVICAL CANCER a)Immunized b Not immunized	0 0	0 24	1 5	3.35 NS	2	5.99
9	SCREENING FOR CERVICAL CANCER CAN BE UNDERGONE a)Nill b)One time c)Two time d)Above two times	0 0 0 0	22 2 0 0	4 2 0 0	2.58 NS	6	12.59
10	SOURCE OF INFORMATION a)Mass media b)Health care personnel c)Family members d)Others	0 0 0 0	4 20 0 0	5 1 0 0	13*	6	12.59

*Significant
NS=Not Significant

Above table shows that,middle aged womens educational qualification,occupation,number of children,and source of information had significant value and there is no significant association between knowledge score and other demographic variables such as age,family income,religion,age at marriage,immunization against cervical cancer and undergoing screening for cervical cancer.

V. Discussion

Cervical cancer is much hiher among women in developing countries, very less women have aware about cervical cancer and early detection of symptoms.In this study knowledge score in pre test result shown that,80% of middle aged women had below average and 20% of women had average knowledge.whereas in post test knowledge shows that 80% of middle aged women had average and 20% had above average.similar study was conducted by Sujaskumari.S findings shown that effectiveness of structured teaching programme and a significant difference 28.72 (P<0.05)was found between pre test and post test scores indicating significant increase in knowledge after structured teaching programme.

VI. Conclusion

The findings indicates that there is a need to educate the middle age women regarding cervical cancer. so bing a midwifery nurse conduct educational programs for the public and teach about the cervical cancer. There is need to improve the knowledge on cervical cancer as there is increased incidence of deaths. Thus structured teaching progrmme will create awareness about cervical cancer among middle aged women.

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