

**“ASTUDYTOEVALUATETHEEFFECTIVENESSOFTHEVISUALPACKAGEONKNOWL
EDGE ON CANCEROUS VERSUS NON- CANCEROUS BREAST
LUMPAMONGYOUNGWOMENLIVINGINHONAVAR,UTTARA KANNADA.”**

By

Ms. Laya Maria

BennySubmittedto

RajivGandhiUniversityofHealthSciences,Bangalore,Karnataka



**UnderShorttermResearchGrants forUndergraduateStudentsof
InstitutionsaffiliatedtoRGHUS fortheyear 2023-24**

And

InPartialfulfillment oftherequirementsforthe degreeof

BachelorofSciencesinNursing

Undertheguidanceof

Mrs.VerginiaDsouza



**St.IgnatiusInstituteofHealthSciences,Hona
var,UttaraKannada
2023-24**

DECLARATION BY THE CANDIDATE

I hereby declare that this thesis is titled “**A STUDY TO EVALUATE THE EFFECTIVENESS OF VISUAL PACKAGE ON KNOWLEDGE ON CANCEROUS VERSUS NON-CANCEROUS BREAST LUMP AMONG YOUNG WOMEN LIVING IN HONAVAR, UTTARA KANNADA**”. It is a bonafide and genuine work to be carried out by **Ms. Laya Maria Benny** under the guidance of **Mrs. Virginia Dsouza**, Associate Professor, St Ignatius Institute of Health Sciences, Honavar.

Date:

Ms. Laya Maria Benny

Place: Honavar

Final year B.Sc Nursing

CERTIFICATE BY THE GUIDE

This is to certify that the thesis “**ASTUDY TO EVALUATE THE EFFECTIVENESS OF VISUAL PACKAGE ON KNOWLEDGE ON CANCEROUS VERSUS NON-CANCEROUS BREAST LUMP AMONG YOUNG WOMEN LIVING IN HONAVAR, UTTARA KANNADA**”. is a bona fide research work done by **IMs. Laya Maria Benny** under Short Term Research Grants for Undergraduate Students of Institutions affiliated to **RGUHS** for the year 2023-24.

Date:

Place: Honavar

Signature of the

Guide Mrs. Virginia

Dsouza Associate Profes

sor

St Ignatius Institute of Health Sciences,

Honavar

**ENDORSEMENT BY THE PRINCIPAL/HEAD OF
THE INSTITUTION**

This is to certify that the dissertation entitled **“A STUDY TO EVALUATE
THE EFFECTIVENESS OF VISUAL PACKAGE ON KNOWLEDGE
ON CANCEROUS VERSUS NON-**

**CANCEROUS BREAST LUMP AMONG YOUNG WOMEN LIVING IN
HONAVAR, UTTARA**

KANNADA” Is a bonafide research work done by **Ms. Laya Maria
Benny** under Short Term Research Grants for Undergraduate Students of Institutio
ns affiliated to RGUHS for the year 2023-24 under the guidance of **Mrs. Virginia**

Dsouza, Associate Professor, St Ignatius Institute of
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Place: Honavar

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SCIENCES, HONAVAR**

**SHORT TERM RESEARCH GRANTS FOR
UNDERGRADUATE STUDENTS**

2023-24

FINAL REPORT

1.	TITLE OF THE PROJECT	“A STUDY TO EVALUATE THE EFFECTIVENESS OF VISUAL PACKAGE ON KNOWLEDGE ON CANCER VS. USN ON-CANCER BREAST LUMP AMONG YOUNG WOMEN LIVING IN HONAVAR, UTTARA KANNADA”
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5.	NAME OF THE DEPARTMENT	NURSING
6.	DATE OF COMMENCEMENT OF THE RESEARCH ACTIVITY	10/11/2023
7.	DATE OF COMPLETION	20/02/24

<p>8.</p>	<p>OBJECTIVES STATED</p>	<p>The objectives of the study are:</p> <ol style="list-style-type: none"> 1. To assess the pre-test and post –test knowledge level on cancerous versus non-cancerous breast lump. 2. To evaluate the effectiveness of the visual package by comparing the pre and post- test knowledge level of young women regarding cancerous and non cancerous lump. 3. To find the significant association between pre- test knowledge level of young women regarding cancerous and non cancerous lump with their selected demographic variables.
	<p>OBJECTIVES ACHIEVED</p>	<ol style="list-style-type: none"> 1. Assessed the pre-test and post –test knowledge level on cancerous versus non-cancerous breast lump. 2. Evaluated the effectiveness of the visual package by comparing the pre and post- test knowledge level of young women regarding cancerous and non cancerous lump. 3. Found the significant association between pre- test knowledge level of young women regarding cancerous and non cancerous lump with their selected demographic variables.

9. FIELD/EXPERIMENTAL WORK GIVING FULL DETAILS OF RESEARCH METHOD ADOPTED

METHODOLOGY:

This work is to evaluate the effectiveness of the visual package on knowledge regarding cancerous and noncancerous lump among young women living in Honavar, UttaraKannada which includes the description of research approach, research design, study setting, variables, target population, sample and sample size, sampling technique, sampling criteria, developmental and description of tools, data collection method and plan for data analysis.

RESEARCH APPROACH:

A quantitative, evaluative research approach was adopted for the study. As enable the investigator to evaluate the effectiveness of visual package regarding cancerous and noncancerous lump among young women living in Honavar, UttaraKannada.

RESEARCH DESIGN:

Keeping in view the objective of the study, the research design selected for the present study is experimental, randomized one group pre and post-test design was adopted for the study as it enable to determine the effectiveness of the Visual package on knowledge regarding cancerous and noncancerous breast lump among young women living in Honavar, UttaraKannada.

VARIABLES UNDER STUDY:

According to Polit & Hungler, (1999), variables are an attribute of a person or object that varies and takes on different values within the population under study.

- ❖ **Independent variable:** Visual Package on cancerous and non-cancerous lump
- ❖ **Dependent variable:** Knowledge level of young women on cancerous and non-cancerous breast lump
- ❖ **Demographic variable:** In the study, the demographic variables are Age in years, Educational status, Type of family, Income, Lifestyle, Age of attaining menopause, Previous knowledge on breast lump and Practice related to breast self-examination.

SETTING OF THE STUDY:

According to Polit & Hungler, Setting is the physical location and condition in which data collection takes place in a study. The study will be conducted in selected areas, Prabhath Nagar Honavar Uttara Kannada.

POPULATION:

The population refers to the entire set of individuals or subjects having common characteristics, sometimes referred to as universal. In this study, the population is young women (13-30 years).

TARGET POPULATION:

The target population consists of the total members of a defined set of young women from whom the data will be generalized. In the present study, the target population was all young women living in Honavar.

ACCESSIBLE POPULATION:

In this study the accessible population is young women living at Prabhat Nagar in Honavar.

SAMPLE:

A sample is a small portion of population selected to participate in the research study. The sample for this research was the young women at Prabhat Nagar in Honavar.

SAMPLE SIZE:

The sample size taken for this study consisted of 100 young women at Prabhat Nagar in Honavar.

SAMPLING TECHNIQUE:

Sampling defines the process of selecting a group of people (or) other elements with which to conduct a study. In this study, simpler random sampling procedure (lottery method) where the subjects selected, in part of whole, at the purpose of researcher, or entitled using the most conveniently available people as a study participant.

SAMPLING CRITERIA:

Sample of the present study were selected based on the criteria fixed by the investigator to reduce bias and errors.

Inclusion criteria:

It includes:-

- Only young women
- Women between 13 to 30 years

Exclusion criteria:

It includes:-

- Those who are not willing
- Girls those who don't know how to read and write Kannada

SELECTION & DEVELOPMENT OF TOOL:

Tool is a procedure or instrument used to assess awareness by the researcher to collect data. The tool was developed after:

- An extensive review of literature
- Based on consultation with experts in the field and related field.
- Based on opinion of the expert to ascertain for the clarity and appropriateness for the items of given structured questionnaire.
- Based on informal discussion with peer group.
- Prepared in English then translated to Kannada.

DESCRIPTION OF THE TOOL:

The tool used was structured knowledge questionnaire.

Self-structured questionnaire consists of two sections –

Section-I: Demographic Variables (8)

Section-II: Structured Knowledge Questionnaire regarding cancerous and non-cancerous breast lump (with 24 MCQ items).

SECTION-I: This section consists of 8 demographic variables like Age in years, Educational status, Type of family, Income, Lifestyle, Age of attaining menopause, Previous knowledge on breast lump and Practice related to breast self examination.

SECTION-II: This section consists of 24 multiple choice questions with maximum score of 24 and the entire question has 4 options where as one will be the correct answer and the other three will be wrong answers. Each correct answer score “1” mark and the incorrect answer scores “0” mark.

CRITERIA MEASURES:

The multiple-choice question was used to assess the knowledge of young women and the assessment of knowledge will be identified through the following scale-

KNOWLEDGE LEVEL	SCORE RANGE	PERCENTAGE
Poor	0-6	0-25%
Average	7-12	29-50%
Good	13-18	54-75%
Excellent	19-24	79-100%

Maximum score: 24

Minimum score: 1

CONTENT VALIDITY:

To ensure the content validity of tool, the prepared tool along with problem statement, objectives, operational definition, hypothesis, visual package was submitted to 5

experts, in the field of Community Health Nursing, Medical Surgical Nursing, Oncologist, Gynecologist and Statistician. Expert requested to judge the items on the basis of their relevance, clarity, feasibility organization of the items included in the study. Based on expert opinion, some of the questions were modified and some of the question has been deleted, arrangement of the option was done in proper way according to the suggestions given by experts, the tool was presented and finalized by the research committee of SIHSCollege of Nursing Honavar.

RELIABILITY OF THE TOOL:

The reliability of the tool was tested by Karl Pearson co-relation co-efficient formula. Hence the "r" value was found to be $r=0.83$, it shows the tool found to be reliable.

PILOT STUDY:

Pilot study was conducted as a trial to check the accessibility and feasibility.

The pilot study was conducted in Gandhi Nagar, Honavar, 25/1/24 to 2/02/24. The purpose of study was explained to 10 young women who meet the sampling criteria, the purpose of the study was explained and confidentiality was assured to all subjects. The average time taken by each subject to attend the questionnaire and given answer was about 1 hour within a period of one week. The data analysis was done using descriptive and inferential statistics. Pilot study confirmed practicability and provide confidence to the researcher for main study. After pilot study the tool was found to be feasible and acceptable. The pre-test was conducted on 25/1/24 to 2/02/24 among 10% (10) of the total sample and the visual package on cancerous and non-cancerous breast lump was implemented for 2 hours followed by pre-test answers (after 7 days) the post test was conducted on 2/02/24.

The schedule of pilot as follows:

Pre-Test and Intervention			Post Test			Area
Date	No. of sample	Duration	Date	No. of sample	Duration	
25/1/24	10	4 hours	2/02/24	10	2 hours	Gandhi Nagar

Data Collection Process: (MAIN STUDY)

Data Collection is a precise, systematic method of gathering information relevant to the research to conduct the main study at Prabhat Nagar Honavar. A formal written permission was obtained from concerned authorities before data collection from Sarpanch. Data Collection period was from 03/02/2024 to 12/2/2024. The procedure was same as in the pilot study.

A valid and reliable structured knowledge questionnaire was used for data collection. Self-introduction and establishing rapport with the subject of 100 young women. Explained the importance of research study, the confidentiality of their responses was assured and consent was obtained from each participant.

The process used for data collection was as follows:

- ❖ The researcher/investigator introduced herself and explained the purpose of the study to the young women.
- ❖ The written consent was obtained from the subjects.
- ❖ The self-structured knowledge questionnaire was used to assess the Knowledge regarding cancerous and non cancerous breast lump.

- ❖ The participants were thanked for their co-operation.
- ❖ Data collected and the raw data was prepared for data analysis

DataCollectionProcess isscheduledasfollowing:

Pre-Test			Area	Intervention			Area
Date	Sample	Time	Prabhat Nagar	Date	Sample	Time	Prabhat Nagar
3/02/24	25	9am-12pm		3/02/24	25	9am-12pm	
3/02/24	25	2pm-5pm		3/02/24	25	2pm-5pm	
4/02/24	25	9am-12pm		4/02/24	25	9am-12pm	
4/02/24	25	2pm-5pm		4/02/24	25	2pm-5pm	
PostTest						Area	
Date	Sample	Time	Prabhat Nagar				
11/02/24	25	9am-12pm					
11/02/24	25	2pm-5pm					
12/02/24	25	9am-12pm					
12/02/24	25	2pm-5pm					

PLANFORDATAANALYSIS:

Analysisofthedatawasplannedonthebasisofobjectiveandhypothesis.Thedataplantobe analysis by using both descriptive and inferential statistics and the following plan foranalysiswould beworked out.

Descriptivestatics:

- ❖ Demographicdatawasanalyzedinitemsoffrequencyandpercentagecalculation.
- ❖ Theknowledgelevelofyoungwomenregardingcancerousandnon-cancerousbreastlumpwas analyzedwith mean,mean

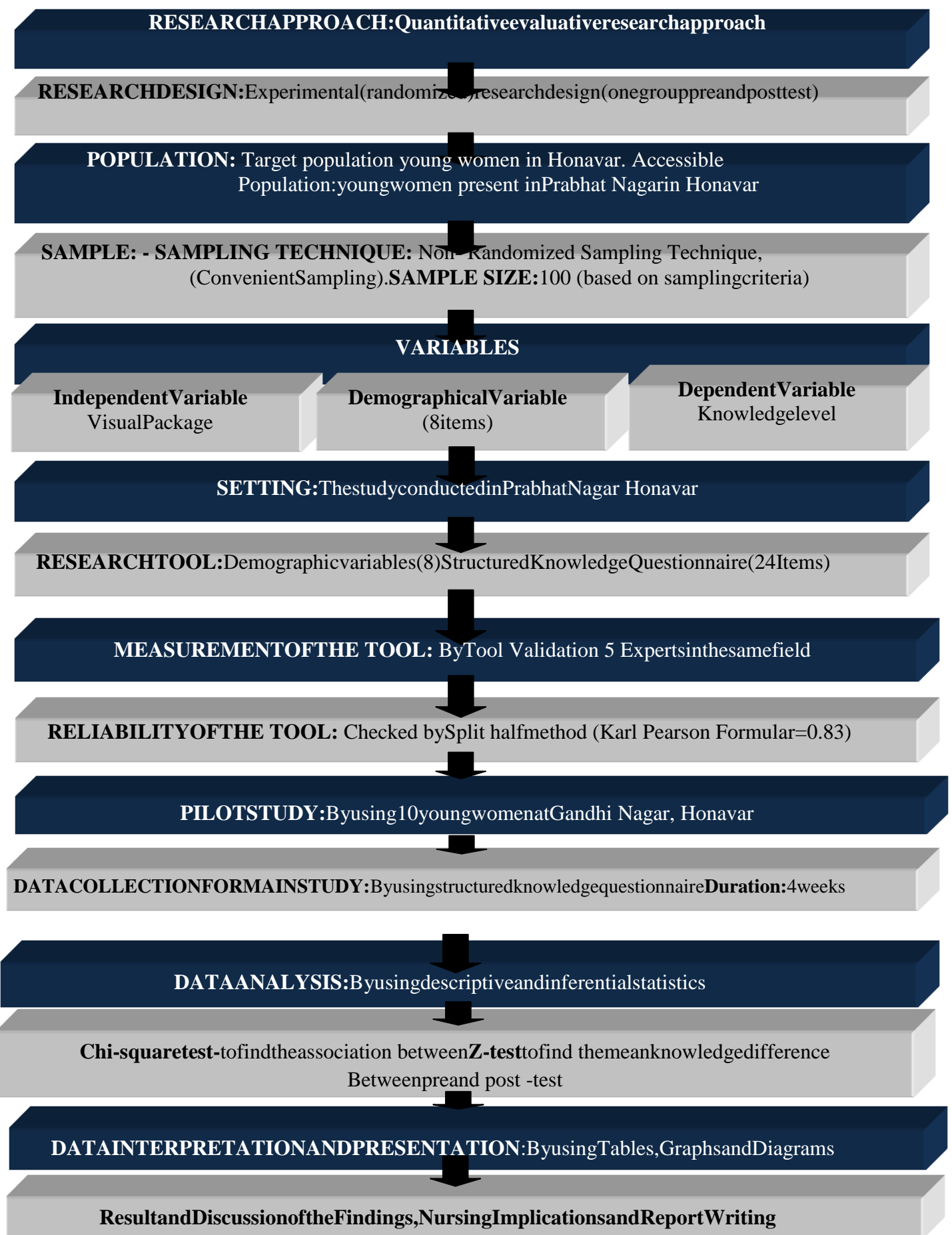
percentageandstandarddeviation.

Inferential statistics:

- ❖ Z-test was used to find the difference between the population and sample mean.
- ❖ Chi-square test (χ^2) was used to find the significant association between the selected demographic variables and the level of knowledge regarding cancerous and non-cancerous breast lump.

ETHICAL CONSIDERATION:

- Permission was obtained from research and Institutional Ethical Committee (IEC) of SII HS college of Nursing Honavar.
- Due permission from authorities of selected research setting was sought and obtained.
- Informed written consent was taken from study participants.
- Anonymity of the participants was ensured.



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FIGURE NO: 1. SCHEMATIC DIAGRAM OF RESEARCH METHODOLOGY

10: DETAILED DATA ANALYSIS:

Analysis and interpretation of data which was collected from the young women regarding effectiveness of visual package on cancerous and non-cancerous breast lump. The purpose of this analysis is to reduce the data to a manageable and interpretable form so that the research problem can be studied and tested. The data were analyzed in accordance to the objectives of the study.

OBJECTIVES OF THE STUDY ARE:

1. To assess the pre-test and post –test knowledge level on cancerous versus non-cancerous breast lump.
2. To evaluate the effectiveness of the visual package by comparing the pre and post-test knowledge level of young women regarding cancerous and non-cancerous lump.
3. To find the significant association between pre-test knowledge level of young women regarding cancerous and non-cancerous breast lump with their selected demographic variables.

HYPOTHESIS:

- **H₀:** There is inadequate knowledge between cancerous versus non-cancerous breast lump among young women living in Honavar.
- **H₁:** There will be significant difference between the pre-test knowledge scores and post-test knowledge scores.
- **H₂:** There will be significant association between the post- test knowledge score on cancerous versus non- cancerous breast lump and their selected demographic variables.

ORGANIZATION AND PRESENTATION OF DATA:

Analysis and interpretation were done as per objectives of the study and the hypothesis formulated. Descriptive and inferential statistics were used for the analysis of the data.

The data and findings have been organized and presented under the following sections:

SECTION: I-Frequency and Percentage Distribution of group of young women according to demographic variables

SECTION: II-Findings of overall pre and post-test knowledge level of young women regarding cancerous and non-cancerous breast lump

SECTION: III-Findings of the mean difference in the pre and post test knowledge level of young women regarding cancerous and non-cancerous breast lump.

SECTION: IV-Findings of Z-test show the effectiveness of visual packages showing Z-test value.

SECTION: V-Findings of Chi-square test showing the association between pre-test knowledge levels in selected demographic variables of the sample.

SECTION-I

Table1: Frequency and Percentage Distribution of group of young women according to demographic variables

n=100

Sl.NO	Demographic Variables	Frequency (n)	Percentage (%)
1)	AGE IN YEARS		
	a) 13-18	28	28%
	b) 19-24	71	71%
	c) 25-30	1	1%
2)	EDUCATIONAL STATUS		
	a) Illiterate	0	0%
	b) Primary school	0	0%
	c) High school	5	5%
	d) Pre-university education	95	95%
3)	TYPE OF FAMILY		
	a) Joint	23	23%
	b) Nuclear	77	77%
4)	INCOME		
	a) Below Rs. 10,000	28	28%
	b) Rs. 10,000-20,000	55	55%
	c) Above Rs. 20,000	17	17%
5)	LIFESTYLE		
	a) Upper class	2	2%
	b) Middle class	97	97%
	c) Lower class	1	1%
6)	AGE OF ATTAINING MENOPAUSE		
	a) Below 30 year	0	0%
	b) Between 45 to 50 year	81	81%
	c) Above 55 year	19	19%
7)	PREVIOUS KNOWLEDGE ON BREAST LUMP		
	a) Yes	25	25%
	b) No	75	75%
8)	PRACTICE RELATED TO BREAST SELF EXAMINATION		
	a) Yes	10	10%
	b) No	90	90%

Table1:Showsthedemographicinformationofyoungwomenthosewhoareparticipatedin the present study that is Age in years, Educational status, Type of family, Income,Lifestyle, Age of attaining menopause, Previous knowledge on breast lump and Practicerelatedto breast self examination.

Table-1.1: Frequency and percentage distribution of group of young women according toAgeinyears

n=100		
AGEINYEARS	Frequency(n)	Percentage(%)
a)13-18	28	28%
b)19-24	71	71%
c)25-30	1	1%

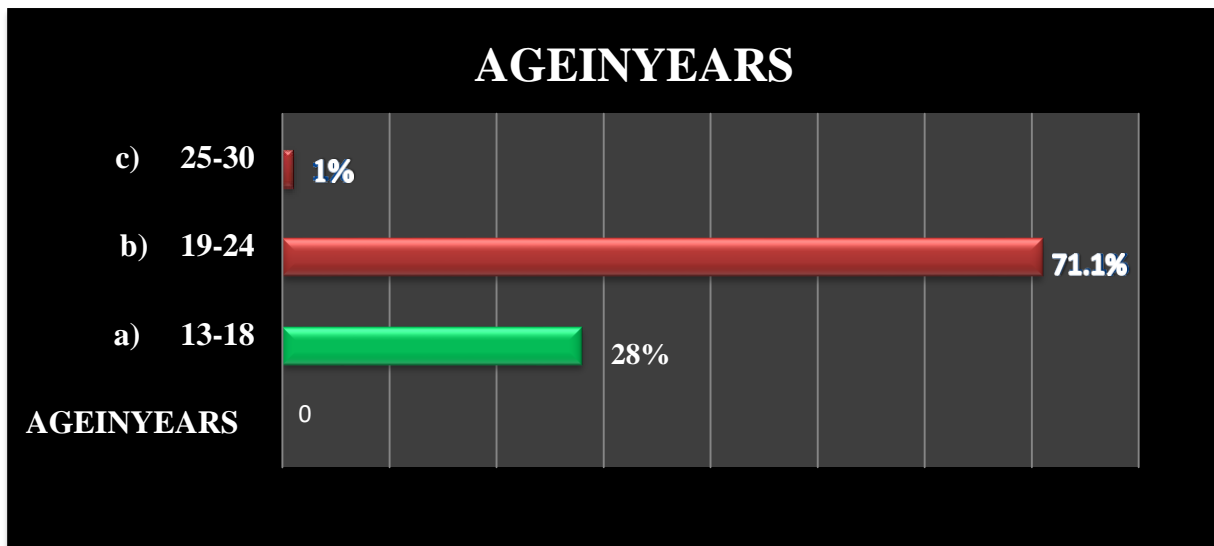


Figure 2.1- clustered bar diagram representing the percentage distribution of subjectaccordingto Ageinyears.

Table1.1(Figure2.1):Depictsthemajorityofyoungwomen71(71%)belongsto19-24 years,28(28%)belongsto13-18years, and1(1%)belongsto25-30yearofagegroup.

Table-1.2: Frequency and percentage distribution of group of young women according to Educational status

n=100

EDUCATIONAL STATUS	Frequency (n)	Percentage(%)
a) Illiterate	0	0%
b) Primary school	0	0%
c) High school	5	5%
d) Pre-university education	95	95%

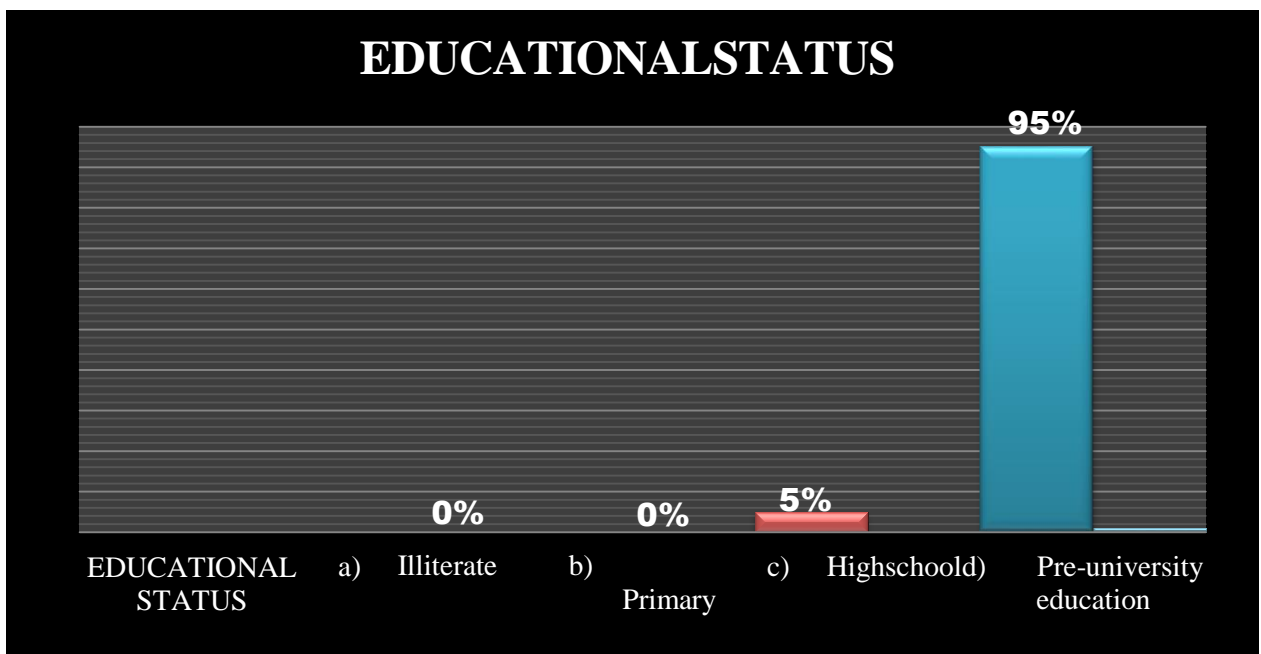


Figure 2.2-

Column diagrams representing the percentage distribution of subject according to Educational status of young women.

Table 1.2 (Figure 2.2): Depicts the majority of young women 95 (95%) belongs to Pre-university education, 5 (5%) belong to High school, 0 (0%) belong to primary school and illiterate.

Table-1.3: Frequency and percentage distribution of group of young women according to Type of Family

n=100

TYPE OF FAMILY	Frequency (n)	Percentage(%)
a) Joint	23	23%
b) Nuclear	77	77%

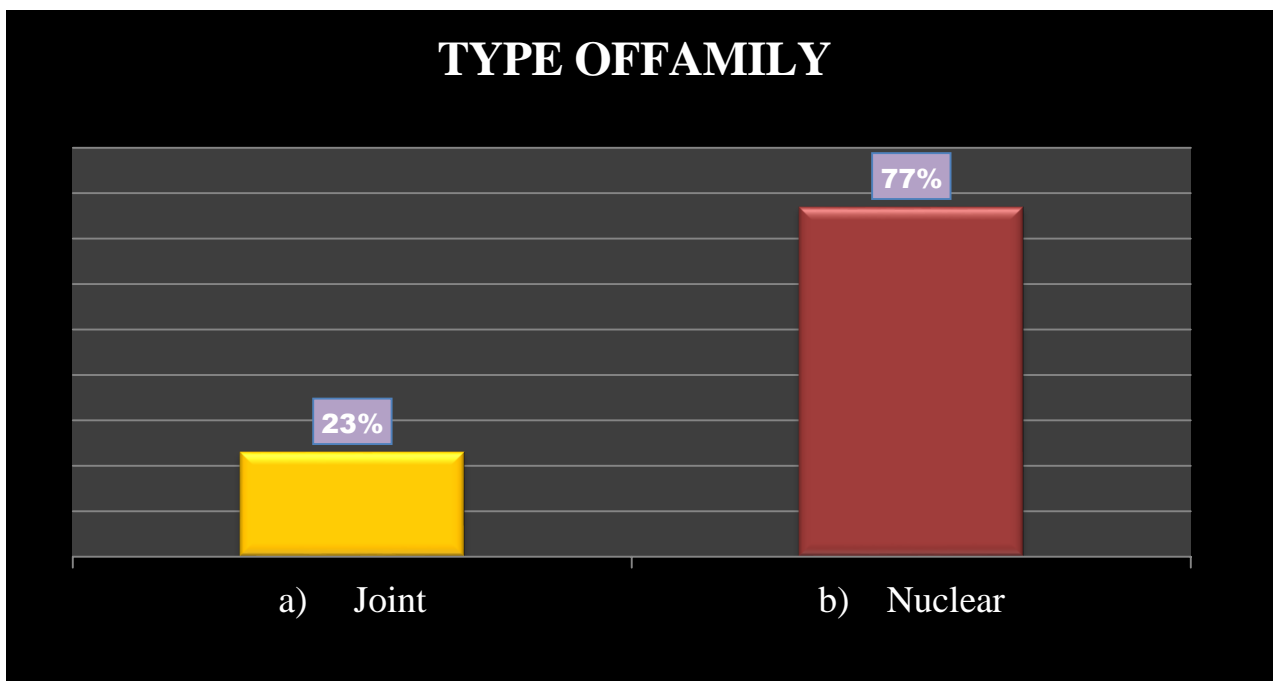


Figure 2.3-

Column diagrams representing the percentage distribution of subjects according to Type of Family.

Table-1.3(Figure 2.3): Depicts the majority of subjects 77(77%) belong to nuclear and 23(23%) belongs to joint Type of Family.

Table-1.4: Frequency and percentage distribution of group of young women according to Income.

n=100

INCOME	Frequency (n)	Percentage(%)
a) Below Rs. 10,000	28	28%
b) Rs. 10,000-20,000	55	55%
c) Above Rs. 20,000	17	17%

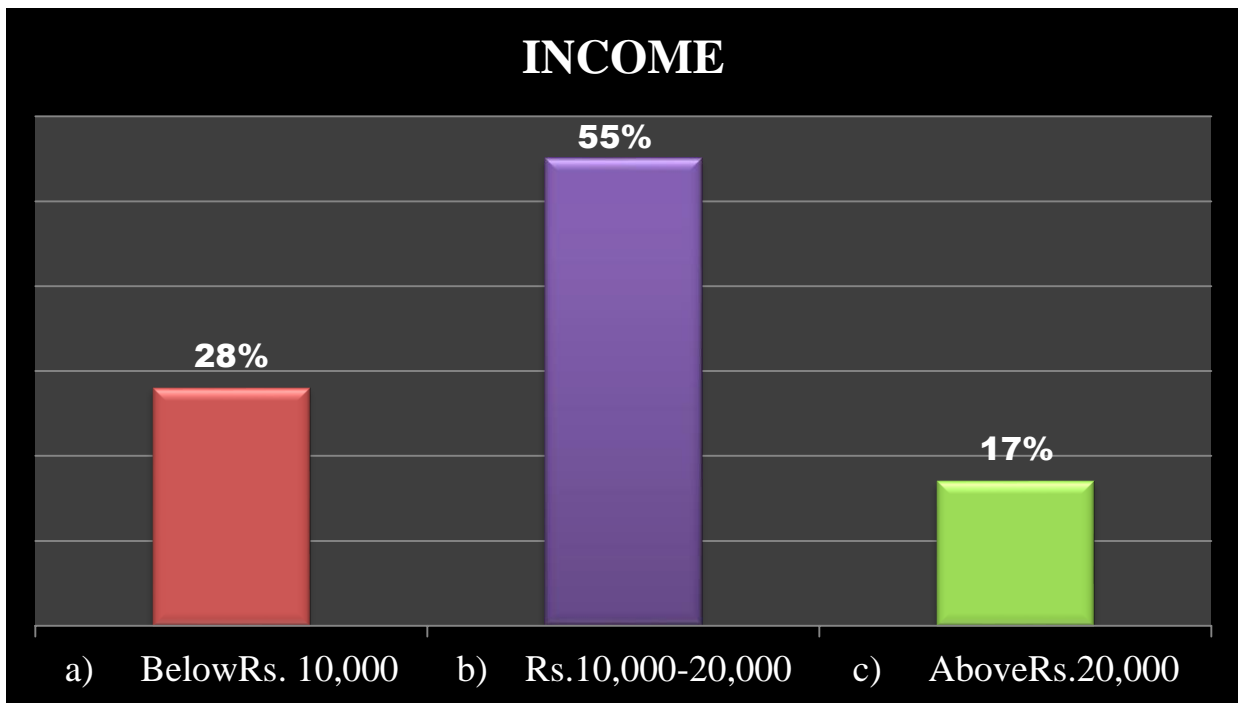


Figure 2.4-

Column diagrams representing the percentage distribution of subject according to Income.

Table-

1.4 (Figure 2.4): Depicts the majority of subject 28 (28%) belong to below Rs. 10,000, 55 (55%) b

elongstoRs.10,000-20,000and17(17%)belongstoaboveRs.20,000.

Table-1.5: Frequency and percentage distribution of group of young women according to Lifestyle.

n=100

LIFESTYLE	Frequency (n)	Percentage(%)
a)Upperclass	2	2%
b)Middleclass	97	97%
c)Lowerclass	1	1%

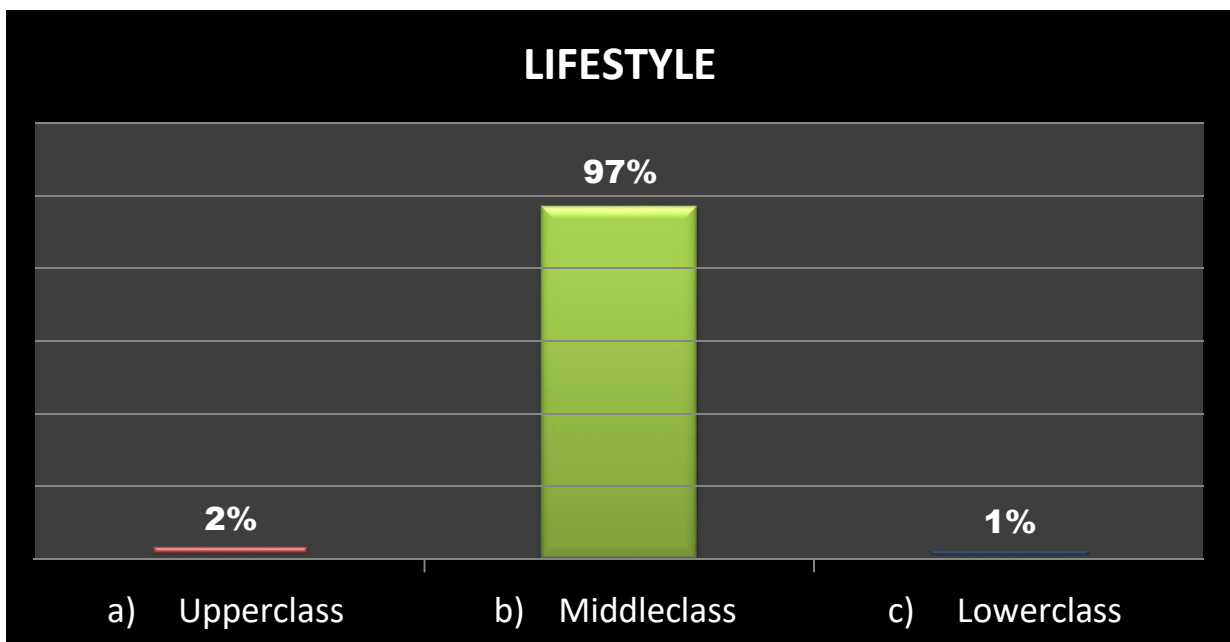


Figure2.5-

Column diagrams representing the percentage distribution of subject according to Lifestyle.

Table-

1.5(Figure2.5): Depicts that majority of subject belong to 97(97%) Middleclass, belong to 2 (2%) Upperclass belongs to 1 (1%) Lower class.

Table-1.6: Frequency and percentage distribution of group of young women according to Age of attaining Menopause.

n=100

AGE OF ATTAINING MENOPAUSE	Frequency (n)	Percentage (%)
a) Below 30 year	0	0%
b) Between 45 to 50 year	81	81%
c) Above 55 year	19	19%

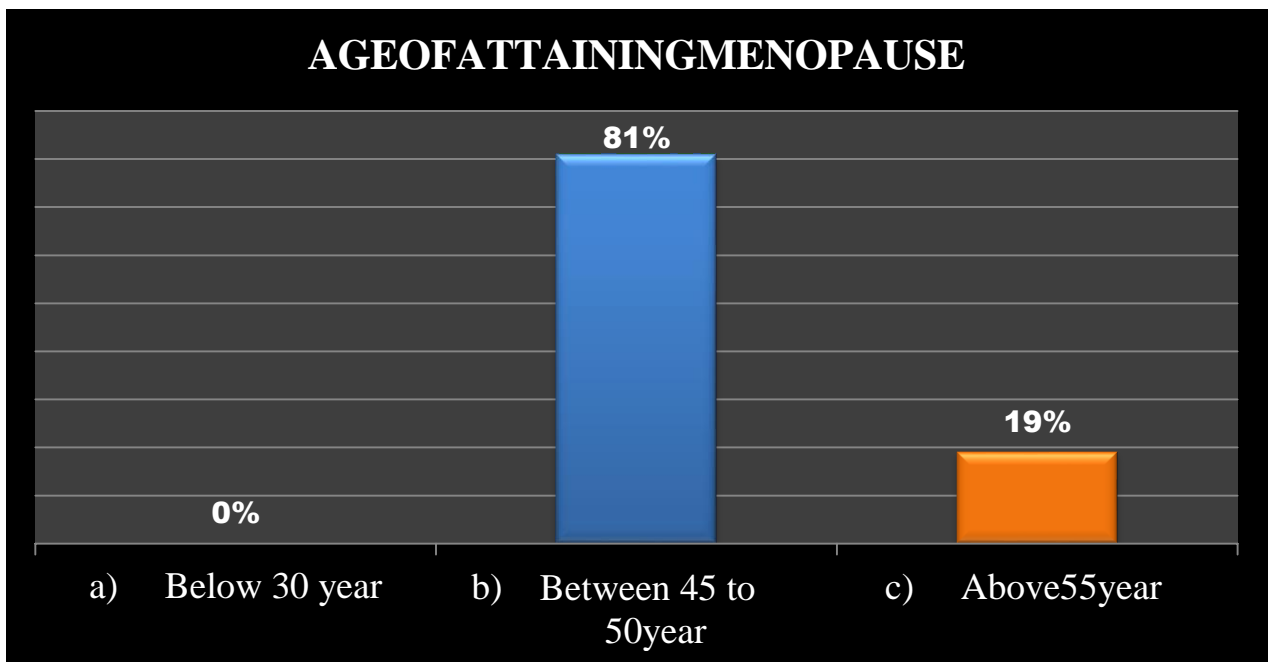


Figure 2.6-

Column diagrams representing the percentage distribution of subject according to Age of attaining Menopause.

Table-1.6 (Figure 2.6): Depicts that majority of subject 81 (81%) are between 45 to 50 year, 19 (19%) are above 55 year and 0 (0%) of below 30 year

Table-1.7: Frequency and percentage distribution of group of young women according to Previous knowledge on breast lump.

n=100

PREVIOUS KNOWLEDGE ON BREAST LUMP	Frequency (n)	Percentage (%)
a) Yes	25	25%
b) No	75	75%

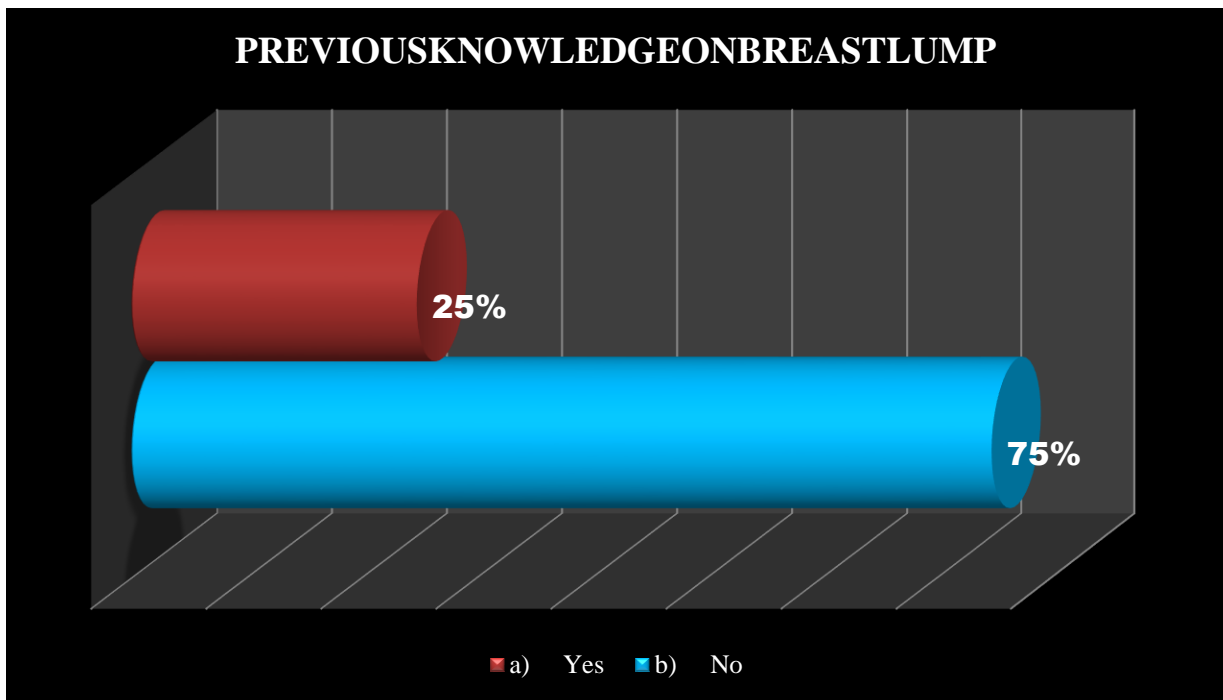


Figure 2.7-

Column diagrams representing the percentage distribution of subject according to Previous knowledge on breast lump.

Table-

1.7 (Figure 2.7): Depicts that majority of subject 75 (75%) belong to No and 25 (25%) belongs to Yes.

Table-1.8: Frequency and percentage distribution of group of young women according to Practice related to breast self examination.

n=100

PRACTICE RELATED TO BREAST SELF EXAMINATION	Frequency (n)	Percentage(%)
a) Yes	10	10%
b) No	90	90%

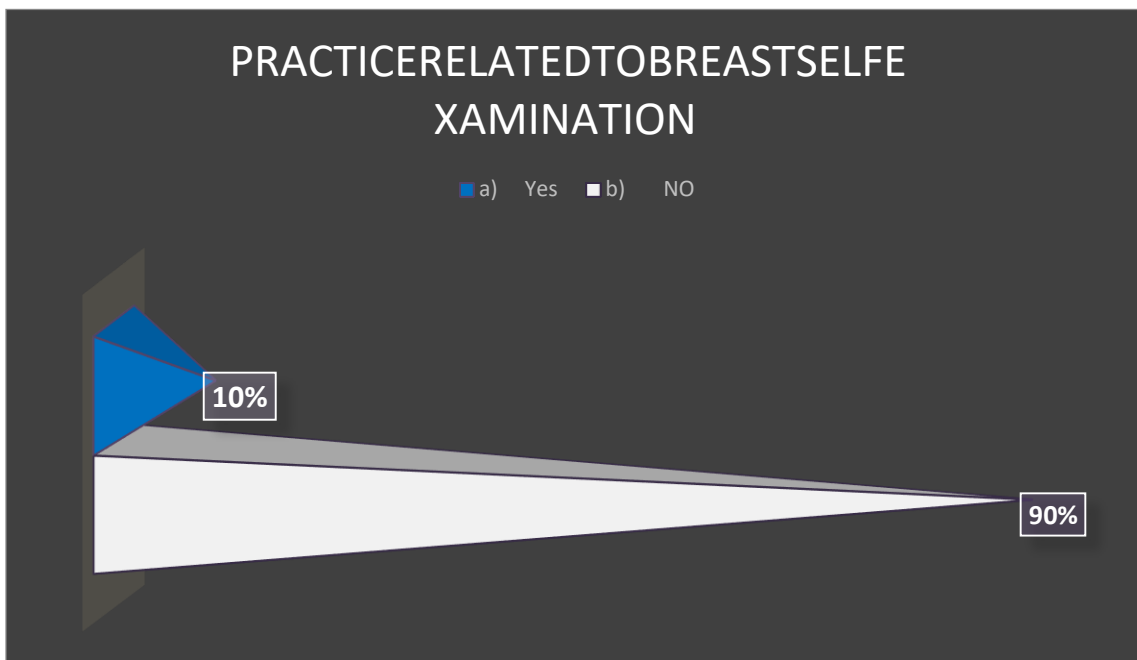


Figure 2.8-

Column diagrams representing the percentage distribution of subject according to Practice related to breast self examination.

Table-

1.8(Figure 2.8): Depicts that majority of subject 90(90%) belong to No and 10(10%) belongs to Yes.

SECTION-II

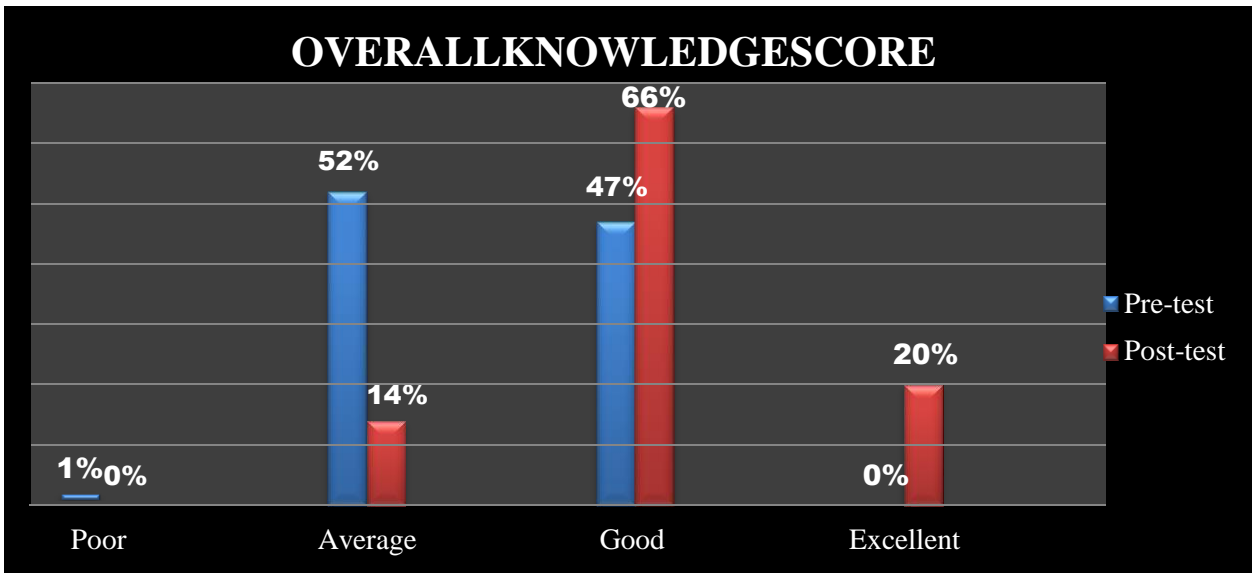
Finding of overall knowledge level of young women regarding cancerous and non-cancerous breast lump

TableNo.-

2: Shows frequency and percentage distribution of overall knowledge level of young women regarding cancerous and non-cancerous breast lump.

n=100

Knowledge level	Pre-test		Post-test	
	Frequency	Percentage	Frequency	Percentage
Poor	1	1%	00	0%
Average	52	52%	14	14%
Good	47	47%	66	66%
Excellent	0	0%	20	20%



FigureNo.-3 Stacked column diagram representing the pre-test and post-test knowledge score of pre-experimental group regarding cancerous and non-cancerous breast lump.

TableNo.2(FigureNo.-

3) Depict that 47% (47) of subject has good knowledge, 52% (52) has average, 1% (1) has poor and 0% has excellent in pre-test whereas in posttest 66% (66) has good knowledge, 20% (20) has excellent knowledge, 14% (14) has average and 0% has

poor knowledge.

SECTION-III

Finding of mean difference in the pre and post test knowledge of young women regarding cancerous and non-cancerous breast lump

Table No.-3: shows mean difference in the pre and post test knowledge of young women regarding cancerous and non-cancerous breast lump

n=100

Knowledge level	Mean score	Mean percentage	Standard deviation	Mean percentage difference
Pre-test	12.69	12.69%	2.925	2.91(2.91%)
Posttest	15.6	15.6%	2.962	

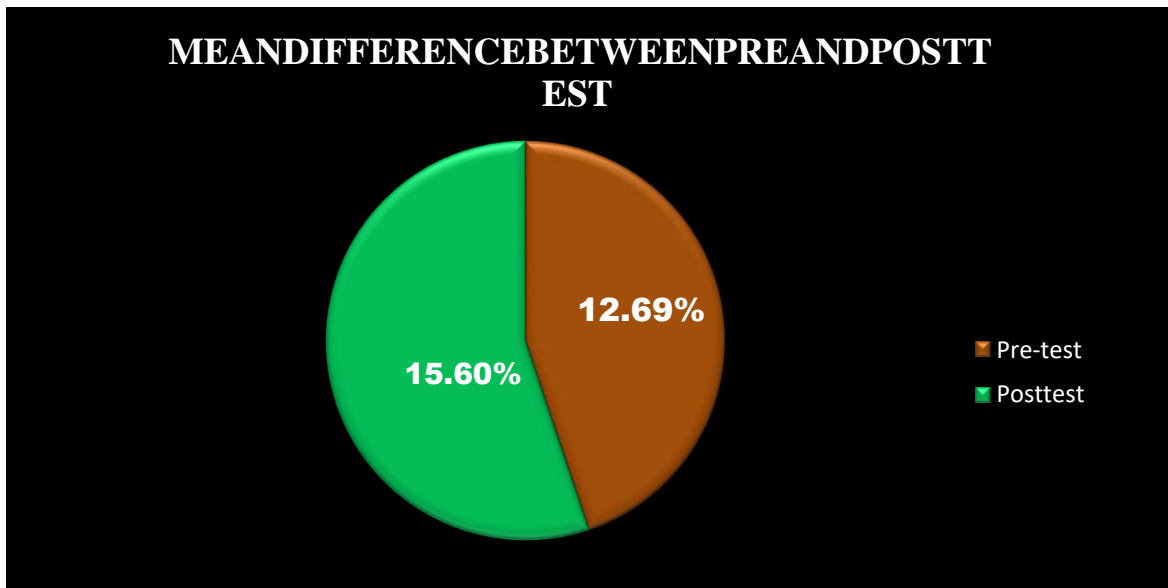


Figure No.-5 Pie diagram shows the mean difference between pre and post test knowledge scores. **Table No.-3 (Figure No.-5)** shows the pre-test mean knowledge score of subject was 12.69, mean percentage was 12.69% and SD was 2.925. Whereas in post test mean knowledge score was 15.6, mean percentage was 15.6% and SD was 2.962. Mean percentage difference was 2.91 (2.91%).

SECTION-IV

Finding of Z-

test for the effectiveness of visual package on knowledge regarding cancerous and non-cancerous breast lump

Table No.-4: Z-test finding shows the effectiveness of visual package knowledge regarding cancerous and non-cancerous breast lump

Knowledge level	Mean	Standard deviation (SD)	Standard Error (SE)	p	Z-test	n=100
						Inference
Pre-test	12.69	2.925	0.41	2.0	24.63	Z<0.05
Posttest	15.6	2.962				2.05<-2.04
						Significant

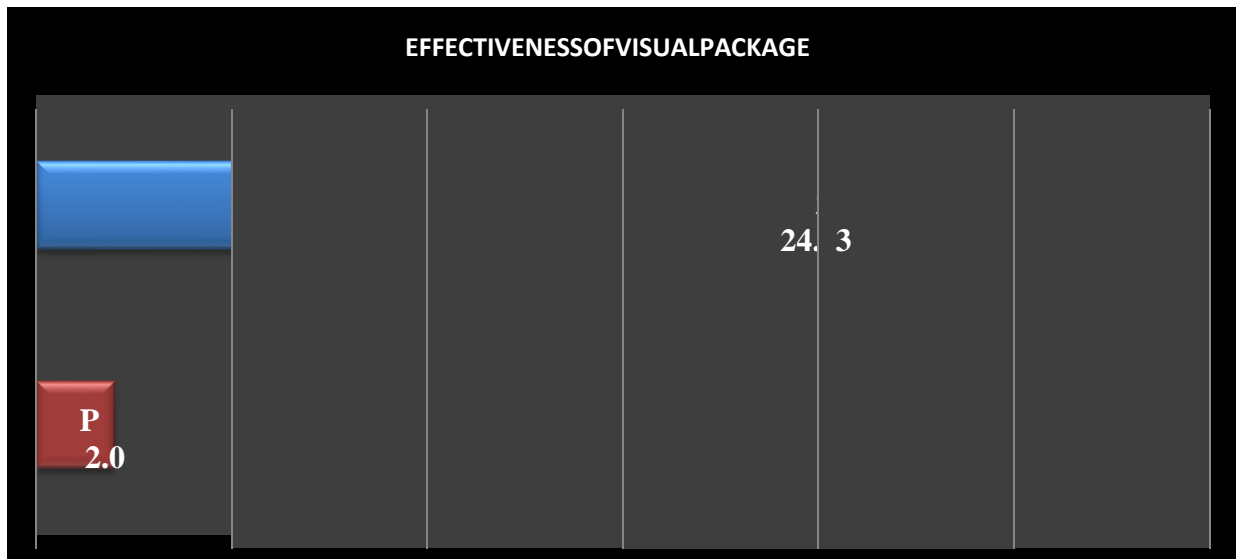


Figure No.-6 Column diagram shows the effectiveness of visual package

Table No.-4 (Figure No.-6) depicts that the pre-test mean knowledge score of subjects is =12.69, SD was 2.925 whereas in post-test mean knowledge score is 15.6 SD is 2.962, SE was 0.41. hence the calculated Z-test value is 24.63 (p=0.05) was greater than the table value 2.05 at 0.05 level of significance, it denotes that the visual package on cancerous and non-

n-cancerous breast lump was highly effective.

SECTION-IV

Chi-square test finding of association between pre-test knowledge regarding cancerous and non-cancerous breast lump with demographic variables

Table No.-5: shows Chi-square test value of association between pre-test knowledge regarding cancerous and non-cancerous breast lump with demographic variables.

n=100

Sl.No	Demographic Variables	Pre-test knowledge score				D F	P	x ²	Inference
		P	A	G	E				
1)	AGE IN YEARS								
	a) 13-18	0	12	1 6	0	6	12.59	1.78	P>0.05 S*
	b) 19-24	1	35	3 5	0				
	c) 25-30	0	1	0	0				
2)	EDUCATIONAL STATUS								
	a) Illiterate	0	0	0	0	9	16.92	25.06	P>0.05 S*
	b) Primary school	0	0	0	0				
	c) High school	0	2	2	0				
	d) Pre-university education	1	0	4 9	0				
3)	TYPE OF FAMILY								
	a) Joint	0	14	9	0	4	9.49	1.485	P>0.05 S*
	b) Nuclear	1	37	3 9	0				
4)	INCOME								
	a) Below Rs. 10,000	0	16	1 1	0	6	12.59	6.65	P>0.05 S*

	b)Rs.10,000-20,000	1	24	3	0				
	c)AboveRs.20,000	0	11	5	0				
5)	LIFESTYLE								
	a)Upperclass	0	0	1	0	6	12.59	2.050	P>0.05 S*
	b)Middleclass	1	50	4	0				
	c)Lowerclass	0	1	0	0				
6)	AGE OF ATTAINING MENOPAUSE								
	a)Below30year	0	0	0	0	6	12.59	8.516	P>0.05 S*
	b)Between45to50 year	1	40	4	0				
	c)Above55year	1	11	4	0				
7)	PREVIOUS KNOWLEDGE ON BREAST LUMP								
	a)Yes	0	14	1	0	3	7.82	1.09	P>0.05 S*
	b)No	1	34	4	0				
8)	PRACTICE RELATED TO BREAST SELF EXAMINATION								
	a)Yes	0	6	5	0	3	7.82	0.451	P>0.05 S*
	b)No	1	42	4	0				

S*=Significant

NS*=Nonsignificant

Table No.-5: shows Chi-square test value of association between pre-test knowledge regarding cancerous and non-cancerous breast lump with demographic variables Age in years, Educational status, Type of family, Income, Lifestyle, Age of attaining menopause, Previous knowledge on breast lump and Practice related to breast self-examination.

12. CONCLUSIONSSUMMARIZINGTHEACHIEVEMENTSANDINDICATIONOFSCOPE OFFUTURE

IMs.LayaMariaBennypaidallmyeffortstoteach

thesubjectsverymuchdetailedaboutcancerous and non-cancerous breast lump by preparing

various teaching materials

andexplanationthroughlecturecumdiscussion.Thisopportunitywasanimmenseprivilegetocr



ateawareness amongyoungwomenin PrabbhatNagar,Honaver



SUMMARY:

The present study was to assess the effectiveness of Visual Package on knowledge regarding cancerous and non-cancerous breast lump. The study subjects were gained adequate knowledge through an effective visual package that was prepared and administered by the principal investigator.

CONCLUSION:

The study was undertaken to A Study to Evaluate the Effectiveness of Visual Package On Knowledge On Cancerous Versus Non- Cancerous Breast Lump Among Young Women Living in Honavar. The study was conducted in a sample of 100 young women. Among all for pre test, 47% (47) of subject has good knowledge, 52% (52) has average, 1% (1) has poor and 0% has excellent in the study whereas in post test 66% (66) has good knowledge, 20% (20) has excellent knowledge, 14 % (14) has average and 0% has poor knowledge. It shows that maximum number of subject had good knowledge in the study after post-test. The study was concluded as the Visual Package on cancerous and non-cancerous breast lump was highly effective in upgrading the knowledge of young women regarding cancerous and non-cancerous breast lump. Research hypothesis (H_1) was accepted.

RESEARCH OBJECTIVE:

1. To assess the pre-test and post-test knowledge level on cancerous versus non-cancerous breast lump.
2. To evaluate the effectiveness of the visual package by comparing the pre and post-test knowledge level of young women regarding cancerous and non-cancerous lump.

3. To find the significant association between pre-test knowledge level of young women regarding cancerous and non-cancerous lump with their selected demographic variables.

HYPOTHESIS:

- **H₀:** There is no significant difference between the pre-test knowledge scores and post-test knowledge scores.
- **H₁:** There is significant difference between the pre-test knowledge scores and post-test knowledge scores.
- **H₂:** There is significant association between the post-test knowledge score on cancerous versus non-cancerous breast lump and selected demographic variables.

MAJOR FINDINGS OF THE STUDY:

The present study to evaluate the effectiveness of visual package on knowledge on cancerous versus non-cancerous breast lump among young women living in Honavar.

The overall pretest, 47% (47) of subject has good knowledge, 52% (52) has average, 1% (1) has poor and 00 (00%) has excellent in the study whereas in post test 66% (66) has good knowledge, 20% (20) has excellent knowledge, 14% (14) has average and 00 (00%) has poor knowledge. It shows that maximum number of subject had good knowledge in the study after post-test. The study was concluded as the Visual Package on cancerous and non-cancerous breast lump was highly effective in upgrading the knowledge of young women regarding cancerous and non-cancerous breast lump. Research hypothesis (H₁) was accepted.

NURSING IMPLICATION:

It involves the four areas of nursing

➤ **Nursing Education:**

The research findings will enable the nursing student to educate and give awareness for the people on cancerous and non-cancerous breast lump, and its treatment.

➤ **Nursing Practice:**

Including the research findings help the nurse practitioners to enable the patients to identify and differentiate the cancerous and non-cancerous breast lump, at the earliest and seek treatment.

➤ **Nursing Administration:**

The research findings insist the administrators in the health care setting to have awareness and plan programmes in the hospital in order to prevent complications and promote health among the young women.

➤ **Nursing Research:**

Making use of the research findings, the future researcher to conduct new studies on this topic with a view to create awareness among women at all age groups.

LIMITATION:

The following factors were beyond the control of investigator:

- ❖ This study is limited to those young women belong to Prabhat Nagar
- ❖ Only who are readily available.
- ❖ Convenient sampling was done which resist the generalization of the study.
- ❖ This study is limited to only young women living in Prabhat Nagar.
- ❖ This study was limited to only 100 sample size.

RECOMMENDATION:

- ❖ A similar study can be replicated for all the young women all over the world, in different settings for making broad organization.

13.ABSTRACT

Background:

Changes in the breast are common but when people may get worried due to changes in the breasts such as a lump, a lesion and that's understandable. Most of them they are non-cancerous (benign), mainly younger women. At present an estimated 2.3 million females were diagnosed with breast cancer in 2020, accounting for approximately 24.5% of all cancer cases worldwide. The crude and age-standardized incidence rates of breast cancer were 58.5 and 47.8 per 100,000 population which is being constantly witnessed today.

Objectives:

The study aimed at evaluating the effectiveness of a visual package on knowledge regarding cancerous versus non-cancerous breast lumps among young women through an effective visual package in a selected area of Prabhat Nagar Honavar. The study focused on enhancing the knowledge level of young women regarding this stigmatizing health issue.

Methodology:

An evaluative approach with experimental one group pre and post test research design was adapted in this work. The sample size was 100 young women, were selected by convenient sampling technique. Data were collected by self-administered structured knowledge questionnaire with 24 multiple choice questions. Data analyzed by using Z test to draw out the inference by comparing the mean score difference.

Results:

The computed Z-test value showed there is a significant difference in the pre ($x_1=12.69$) and post-test ($x_2=15.6$) knowledge score ($SE=0.41$, $Z\text{-test}=24.63$, at 0.05 level of significance). Chi-square [χ^2] score reveals that there is significant association with Age in years 1.78 ($P=12.59$), Educational status 25.06 ($P=16.92$), Type of family 1.485 ($P=9.49$), Income 6.65 ($P=12.59$), Lifestyle 2.050 ($P=12.59$), Age of attaining menopause 8.516 ($P=12.59$), Previous knowledge on breast lump 1.09 (7.82), Practice related to breast self-examination 0.451 ($P=7.82$) at 0.05 level of significance.

Conclusion:


The study was concluded as the visual package on cancerous versus non-cancerous breast lump was effective in improving knowledge level among young women living in Prabhat Nagar Honavar Uttara Kannada.


Recommendation:

Based on the findings the investigator recommends the future researchers to carry out further similar research projects in the same field and different styles to create awareness to prevent and reduce the incidence of cancerous versus non-cancerous breast lump among young women who are the future mothers. Healthy mothers will reproduce a healthy new generation.

Keywords: young women, cancerous versus non-cancerous breast lump, effectiveness, knowledge, visual package.

Name and signature with date

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(Name of the student)

2. VERGINIA DSOUZA 
(Name of the guide)

3. 
(Head of the Institution)





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