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### EFFECTIVENESS OF A STRUCTURED TEACHING PROGRAM ON KNOWLEDGE OF STUDENTS REGARDING BREAST SELF- EXAMINATION IN A SELECTED COLLEGE, BANGLORE

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#### ABSTRACT

**Introduction:** - Breast self-examination is a screening method used in an attempt to detect early breast cancer. The method involves the women herself looking at the mirror and feeling each breast for possible lumps, distortions or swelling. Breast self-examination (BSE) was once promoted heavily as a means of finding cancer at a more curable stage. It's a simple, feasible way for breast cancer early detection in a low middle income country. The women should be advised to perform monthly breast self-examinations to check for any changes in the breast. The examination should be done every month and at the end of every menses in all menstruating women.1 The general awareness about one's breasts is more important than monthly self-exams and those women who detect their own breast cancers. Breast self-examination included inspection and palpation of breast in both standing and lying down positions. It's an inexpensive, risk free, private and relatively simple examination to detect breast cancer or breast abnormalities. 2 **Objectives:** - 1. To assess the level of pre-test knowledge regarding breast self-examination among female students in a selected college, Bengaluru. 2. To assess the level of post-test knowledge regarding breast self-examination among female students in a selected college, Bengaluru.3. To evaluate the effectiveness of structured teaching programmes regarding the breast self-examination among female students in a selected college, Bengaluru. 4. To find out the association between post-test knowledge scores regarding breast self-examination with selected demographic variables. **Design:** - Evaluative research approach was used for the study. Forty, 2nd & 3rd semester engineering students of ACS College of Engineering were recruited by non-probability purposive sampling method. Necessary administrative permission was obtained from concerned authority. Written informed consent was obtained from all subjects. Then the investigator collected the data pertaining to the demographic variables by using structured interview schedule. Ethical clearance was obtained from Institutional ethical committee. Content validity of the tool was established by split of method. The obtained score was 0.96 & it was found to be reliable. Pre-testing of the tools was done. **Setting:** - The study was conducted in ACS College of Engineering, Bangalore, Karnataka. **Result:** - The findings of the study was revealed that the mean score of knowledge regarding BSE was 13.6 in pre-test and 22.4 in post-test out of maximum score of 28. The mean score percentage was 34.4 in pre-test and 60.1 in post-test, which proved that structured teaching programme was effective in increasing the knowledge level of



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