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A study to assess the effectiveness of planned teaching program on prevention of cervical cancer among women of reproductive age group in selected rural community of Maharashtra state of reproductive age group in selected rural community of Maharashtra state

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Abstract
Background: Cancer that begins in the cervix's cells is known as cervical cancer. The uterus'(womb) lower, narrow end is known as the cervix. The uterus and vagina (birth canal) are connected by the cervix. Typically, cervical cancer progresses gradually over time. The cervix's cells undergo dysplasia, a condition in which abnormal cells start to appear in the cervical tissue, before cancer develops there. The abnormal cells may eventually develop into cancer cells, start to grow, and spread more widely into the cervix and the surrounding areas if they are not destroyed or removed over time.
Materials and Methods: A quantitative research approach was adopted for the study. A pre experiment with one group pre-test and post-test experimental design was used to determine the effect of planned teaching program on knowledge of Women of Reproductive Age Group in Selected Rural Community of Maharashtra State. The study comprised of 40 Women of Reproductive Age Group who fulfilled inclusive criteria drawn by Purposive Sampling method. A self-administered knowledge questionnaire was used for data collection. The content Validity of the tool was established in consultation with guide and 12 experts from the fields of Obstetrics and Gynecological Nursing and Medical Surgical Nursing, an educationist and a statistician. Reliability coefficient of knowledge questionnaire was calculated using the Karl Pearson correlation coefficient method. Further, a formal permission was obtained from authority concerned from selected hospital for data collection. Then, the Collected data were tabulated and analyzed.
Results: The study revealed that the mean score among women was 12.9 during pre-test rose up to 18.9 in the post-test evaluation. Result interpreted that there was a significant increase in knowledge level of women after administration of the intervention. It is evident that the calculated' value was greater than the table value of 't' at 0.05 level. This indicates that Planned teaching program was effective in improving the knowledge of the Women of Reproductive Age Group.
Conclusion: The study was done to assess the effectiveness of planned teaching program on prevention of cervical cancer among Women of Reproductive Age Group. The result of this study shows that the most of the Women of Reproductive Age Group had excellent knowledge after administration of planned teaching program. Hence, it can be concluded that the planned teaching program was found good method for achieving knowledge on Prevention of Cervical Cancer.

Keywords: Planned teaching program, knowledge, cervical cancer

Introduction
Cervical cancer develops within a woman's cervix. Practically all cervical tumor cases (99%) happen to be connected to infection with human papillomaviruses (HPV), an exceedingly common disease transmitted through sexual contact. Although just about all infections with HPV resolve spontaneously and cause no symptoms, persistent infection can easily cause Cancer of Cervix in women. Cervical cancer is one of the most common tumors in women. During 2018, 570000 females were diagnosed with cervical cancer around the world and about 311000 women died from the disease. Effective primary (HPV vaccination) and secondary prevention approaches (screening for, and healing precancerous lesions) can

prevent most cervical cancer cases. Whenever diagnosed, Cancer of Cervix is one from the most efficiently treatable sorts of cancer, when it is detected early. Cancers diagnosed during late stages can easily be handled with appropriate treatment and palliative care [1].

One of the most prevalent cancers in the world is cervical cancer. It accounts for 23.3% of all cancer-related deaths in India and is one of the leading causes of death for women. About 20% of all cases of cervical cancer reported worldwide are in India. Since more than three-fourths of these patients have advanced diagnoses, their chances of long-term survival and recovery are slim. Pap smear tests can be used to detect cervical cancer early. The proportion of women who undergo Pap smear testing ranges from 68% to 84% in developed countries as compared to India where the rates range from 2.6% to 6.9% among women in communities. It has been found that in many developed countries the annual incidence and prevalence of cervical cancer has decreased by 50%- 70% after introduction of population based screening [2].

Since HPV typically has no symptoms, it is impossible to detect it. Most women will recover from HPV on their own, but if not, there is a chance that it could develop cervical cancer in the future. Having HIV or another condition that makes it difficult for your body to combat health issues can also raise your risk of developing cervical cancer. Cervical cancer may not manifest symptoms at an early stage. Advanced cervical cancer may result in vaginal bleeding or discharge that is abnormal, such as post-sex bleeding. Consult your doctor if you exhibit any of these symptoms [3].

Cervical cancer is typically curable when it is found at an early stage. Over 90% of people with stage 1 cervical cancer survive for five years. Over the past 50 years, both the incidence of cervical cancer and deaths from the disease have significantly decreased thanks to the advancement of screening techniques, HPV vaccination, and improved access to screening.

For the majority of cervical cancers, surgery is a successful treatment. During outpatient surgery, non-invasive cancers are typically easily treated with a scalpel or laser. The cancer can also be eliminated by freezing it. One of two hysterectomy techniques might be necessary if the cancer has locally spread within the tissue. Radiation therapy may also be used in the treatment of cervical cancer, often in conjunction with surgery if the cancer is invasive and has spread beyond the surface of the cervix [4].

When cervical cancer has spread past the uterus, chemotherapy is typically used. Avoiding risk factors and getting routine Pap exams can help prevent the majority of cervical cancers. Avoiding sexual contact with people who have had multiple sexual partners can lower or prevent human papillomavirus infection, which is the main risk factor for cervical cancer. Females between the ages of 9 and 26 were given the go-ahead to use a vaccine that is effective against four different HPV strains, including the two that are known to cause the majority of cervical cancer cases [5].

The majority of women are not willing for early detection, and they only seek treatment in the advanced stage. Therefore, women's attitudes and knowledge about cancer cervix must be improved, which can only be done through health education. Therefore, the researcher has chosen to deliver a planned teaching program on cancer cervix and prevention [6].

Problem Statement

"A study to assess the effectiveness of planned teaching program on prevention of Cervical Cancer among Women of Reproductive Age Group in Selected Rural Community of Maharashtra State''.

Objectives of the Study

1. To assess the knowledge of the women of reproductive age regarding prevention of cervical cancer.
2. To find out the effectiveness of planned teaching program on prevention of cervical cancer among Women of Reproductive Age.

Materials and Methods

The research approach adopted for the study was a quantitative approach. A pre experiment with one group pre-test and post-test experimental design was used to evaluate the effectiveness of planned teaching program. The study comprised of 40 Women of Reproductive Age Group in Selected Rural Community of Maharashtra State who fulfilled inclusive criteria drawn by Purposive Sampling method. A self-administered questionnaire was used for data collection. The content Validity of the tool was established in consultation with guide and 12 experts from the field of Obstetrics & gynecological Nursing and Medical Surgical Nursing. Reliability coefficient of the questionnaire was calculated using Karl Pearson correlation coefficient method. The items were coded and the reliability was calculated. The reliability co-efficient was found to be 0.88 which indicated that tool was reliable. Formal permission was obtained from authority concerned.

Hypotheses

H1: There is significant difference between pre-test and post-test knowledge scores regarding prevention of Cervical Cancer among Women of Reproductive Age Group.

Results

Analysis and interpretation is based on the objectives of the study. The analysis was done with the help of inferential and descriptive statistics.

Section I: Distribution of Women of Reproductive Age Group according to their demographic characteristics.

Table 1: Percentage wise distribution of Women according to their demographic characteristics. N=40

Demographic Variables	No. of Women	Percentage (%)
Age(yrs)		
16-22 years	15	37.5%
23-30years	10	25%
Above 30 years	15	37.5%
Marital Status		
Married	28	70%
Unmarried	12	30%
Religion		
Hindu	15	37.5%
Muslim	8	20%
Buddha	10	25%
Others	7	17.5%
Family Income per month (in Rupees)		
Below 10000	12	30%
10001-15000	12	30%
15001-20000	10	25%
Above 20000	6	15%

Section II: The assessment of Women's knowledge regarding prevention of Cervical cancer.

Table 2: reveals that there is a major difference in the pre and post-test scores and therefore it can be understood that a teaching program can improve women's knowledge.

Level of Knowledge Score	Pre test		Post test	
	f	%	f	%
Poor	24	60%	0	0
Average	12	30%	0	0
Good	4	10%	15	37.5%
Excellent	0	0%	25	62.5%

Section III: Effectiveness of teaching program regarding prevention of cervical cancer among Women.

The table compares the pre and post-test knowledge. It is seen that the mean score was 15 during pre-test rose up to 22 in the post test evaluation. Therefore the effectiveness of the study is proven.

Table 3: Effectiveness of teaching program regarding prevention of Cervical cancer N=40

Knowledge score	Maximum score	Mean	Standard deviation	Mean percentage	t-value	P-value
Pre Test	15	12.9	3.21	51.6%	8.4	0.000
Post Test	22	18.9	3.15	75.6%		S,p<0.05

Discussion

In our society, living a productive life is very private, personal, and secret. Many reproductive health issues that can be easily identified and avoided affect women in silence. Cancer cervix is one of the most feared and dreaded diseases in terms of reproductive health issues. It connotes suffering, anguish, hopelessness, doom, and death. There is a life after cancer, and it can be cured.

The present study was carried out among 40 women of reproductive age to assess the effectiveness of planned teaching program on prevention of Cervical Cancer.

A planned teaching program was administered to the subjects. The present study assessed the knowledge of women regarding prevention of prevention of Cervical Cancer before administration of planned teaching program and found that maximum number of patients 24 (60%) had poor knowledge, 12 (30%) had average knowledge, remaining 4 (10%) had a good knowledge. None of the subjects found to have excellent knowledge. After the planned teaching program, the post-test showed that the maximum number of samples 25 (62.5%) had excellent knowledge, 15 (37.5%) had gained good knowledge and none of the sample had inadequate knowledge.

The comparison of pre-test knowledge scores and post-test knowledge scores of the subjects shows that the overall mean in the pre-test was 12.9 with SD 3.21 and in the post-test 18.9 with SD 3.15. The overall improvement mean was 6 with 't'- value 8.4 which was highly significant at p>0.05 level. This showed that there was a significant improvement in knowledge of women after the planned teaching program.

The study results were found to be more or less similar to the results of a similar study conducted by Dr. N. Kokilavani (2016) [8] were mean pre-test total knowledge score was 13 (45.2%) and mean post-test total knowledge score was 21.7 (54.8%).

Conclusion

The study was conducted among women of reproductive age to assess the effectiveness of planned teaching program on prevention of cervical cancer. The study revealed that a planned teaching program increase the knowledge of women regarding the prevention of Cervical cancer. Prevention of Cervical cancer is essential to the speedy recovery of patients and to reduce the duration of hospitalization and its associated complications.

Conflict of Interest

Not available

Financial Support

Not available

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