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Effectiveness of structured teaching programme on knowledge regarding prevention of oral cancer among students of selected colleges of city

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Abstract

Any uncontrolled growth of cells that invade and cause the adjacent tissue impairment is known as cancer. Oral cancer with a small, unfamiliar, unexplained growth or sore in the mouthparts that include lips, cheeks, sinuses, tongue, hard and soft palate, the base of the mouth extended to the oropharynx. Globally, oral cancer ranks sixth among all types of cancer. India has the largest number of oral cancer cases and one-third of the total burden of oral cancer globally. Oral cancer poses a serious health challenge to the nations undergoing economic transition.

Methodology: This research employed an Quantitative research approach, as well as an Pre-experimental one group pre-test post-test design. The research was carried out among 60 students studying in colleges using a probability purposive sampling technique. The information was gathered using a program that included demographic characteristics and Structured questionnaire. Data were acquired using a reliable technique that included demographic information and knowledge surveys. SPSS 20 was used to do data analysis.

Result: The post-test findings 56.67% of students having Average level Knowledge, 40% of students having Good level Knowledge and 3.3% of students having Poor level of Knowledge. Demographic variable significantly associated with Area of residence.

Conclusion: The research found that students studying in college had poor knowledge awareness about prevention of oral cancer. A mass awareness campaign is required for effective results in the prevention of oral cancer.

Keywords: Structured teaching programme, knowledge, oral cancer

Introduction

In India, around 77,000 new cases and 52,000 deaths are reported annually, which is approximately one-fourth of global incidences. The increasing cases of oral cancer are the most important concern for community health as it is one of the common types of cancers in India. Mostly it is diagnosed at later stages which result in low treatment outcomes and high costs. Many patients cannot afford the treatment. In rural areas, patients have inadequate access to trained Providers with very limited health services. Hence the delay is largely Associated with advanced stages of oral cancer. Earlier detection of oral cancer offers the best chance for long term survival and has the potential to improve treatment outcomes and make healthcare affordable. Mostly Oral cancer affects the people from the lower socioeconomic status of society and people in rural area due to a higher exposure to risk factors such as the use of tobacco. Considering the gender in all the age groups, men are more affected than women. In India, men are two to four times more affected than women due to the changes in the behavioural and life style patterns. However, high incidence rates are seen amongst the sub populations of women in southern India because of tobacco chewing. Cancer in the tongue is the most common type of cancer and the common site is buccal mucosa and gingiva.

Need of the study

Annually, over 30,000 new cases of oral cancer are diagnosed all over the world where majority are diagnosed in advanced stages.

Such data make oral cancer an important public health matter which is responsible for 3% to 10% of cancer mortality worldwide. It is estimated that oral cancer deaths are due to tobacco use, unhealthy diets, alcohol consumption and in active life styles. A survey was conducted by ministry of health and family welfare, government of India regarding the tobacco use in Karnataka. A study Sample of 30,000 persons aged over 10 years was selected by random sampling technique. According to the hospital based cancer registry of Bangalore, oral cancer is high among women with 12.5% of women acquiring the disease. The registry reveals that 11.2% of all cancers among men and 13.7% of cancers in women in the city are oral cancers. Kolar has a high percentage of oral cancers in state. Studies have reported an alarming lack of knowledge and attitude about prevention of oral cancer among tobacco user's despite of numerous advertisements and health hazard warnings printed on tobacco and tobacco products, gutkha packets and this need is to be addressed by further public education possibly the tobacco user groups. It is important to understand the existing knowledge of specific population at risk. Which will provide important clause to develop strategies for controlling the incidence of oral cancer among population.8In India, the incidence of oral cavity cancers, is still one of the highest in the world because tobacco products are easily available and the lack of awareness in the Community

Aim of the study

Effectiveness of structured teaching programme on knowledge regarding prevention of oral cancer among students of selected colleges of city.

Methodology

The current research was designed to assess the

effectiveness of structured teaching programme on knowledge regarding prevention of oral cancer among students of selected colleges of city. This research employed an Quantitative research approach, as well as an Pre-experimental one group pre-test post-test design. The research was carried out among 60 students studying in colleges using a probability purposive sampling technique. The information was gathered using a program that included demographic characteristics and Structured questionnaire. The scores were classified as acceptable (21-30), moderate (11-20), and insufficient (0-10) Data collection is the process of recruiting participants and gathering information for a research. Administrative approval was acquired in writing. To ensure a truthful answer, the chosen participants were informed about the objective and use of the research and ensured of the anonymity of their replies. Each participant in the research provided written informed permission. SPSS Version 20 was used to analyze the data.

Results

Distribution of Demographic Variables with students of selected colleges of city

Regards to age majority in students 58.33% belongs to age group of less than 20, and 41.67of 21-30. With regards to education of students 75% were under graduate, 20% were having Post graduate and above, 5% were having higher secondary education and 0% having primary and secondary education. 81.67% of students were single. 18.33% were married. Regards to Area of residence 56.67% were staying in urban area, 43.33% were staying in rural area.55% of students not received education on prevention of oral cancer, 45% of students received education on prevention of oral cancer.

Level of Knowledge

Table 1: Level of Knowledge

Level of Knowledge	Pre test		Post Test	
	Frequency	Percentage	Frequency	Percentage
Poor Knowledge	39	65.00	2	3.33
Average Knowledge	20	33.33	34	56.67
Good Knowledge	1	1.67	24	40.00
Mean	8.83		15.72	
SD	3.46		3.46	

Table no 1.shows that in pre test findings 65% of students having poor level of knowledge. Whereas 33.33% of students having Average Knowledge of knowledge and 1.67% were having Good Knowledge level. The mean of the level of knowledge regarding prevention of oral cancer among students of selected colleges of city is 8.83 with

SD±3.46. In the post-test findings 56.67% of students having Average level Knowledge, 40% of students having Good level Knowledge and 3.3% of students having Poor level of Knowledge. The mean of the level of knowledge regarding prevention of oral cancer among students of selected colleges of city is 15.72 with SD±3.46.

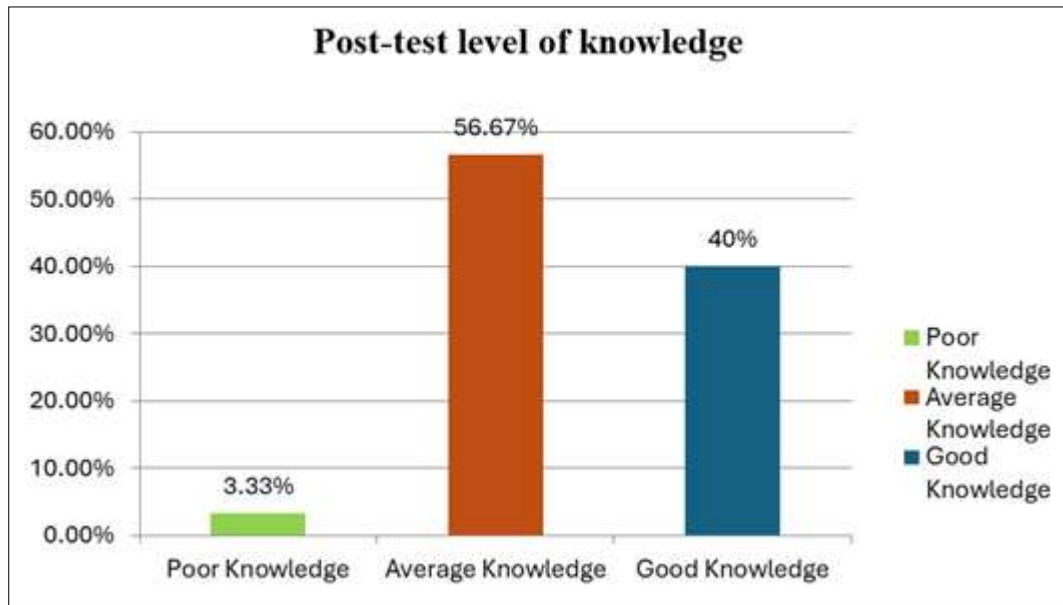


Fig 1: Post-Test level of Knowledge

Association Knowledge

Table 2: Association Knowledge

Association	Average Knowledge	Good Knowledge	Poor Knowledge	DF	Chi square table Value	Chi square cal. Value	P value	Remark
Age				2	5.99	0.39	0.99	NS
a) Less than 20	11	1	23					
b) 21-30 years	9	0	16					
Education				8	15.5	0.09	1	NS
a) Primary	0	0	0					
b) Secondary	0	0	0					
c) Higher secondary	1	0	2					
d) Under graduate	15	1	29					
e) Post graduate and above	4	0	8					
Marital status				4	9.48	0.08	1	NS
a) Single	16	1	32					
b) Married	4	0	7					
c) Separated	0	0	0					
Area of residence				2	5.99	10.16	0.006	S
a) Rural	14	1	11					
b) Urban	6	0	28					
Education on prevention of oral cancer received				2	5.99	0.38	0.82	NS
a) Yes	9	0	18					
b) No	11	1	21					

Table no.2 shows that Demographic variable significantly associated with Area of residence.

Discussion

pre test findings 65% of students having poor level of knowledge. Whereas 33.33% of students having Average Knowledge of knowledge and 1.67% were having Good Knowledge level. The mean of the level of knowledge regarding prevention of oral cancer among students of selected colleges of city is 8.83 with SD±3.46. In the post-test findings 56.67% of students having Average level Knowledge, 40% of students having Good level Knowledge and 3.3% of students having Poor level of Knowledge. The mean of the level of knowledge regarding prevention of oral cancer among students of selected colleges of city is 15.72 with SD±3.46. Other research by Kaur Kamalpreer (2016) conducted a quasi-experimental study to assess the effectiveness of structured teaching programme on

knowledge and attitude regarding prevention of oral cancer among the students of higher secondary in selected schools of Jalandhar, Punjab. The main aim of the study is to enhance the knowledge and attitude regarding prevention of oral cancer among the students of higher secondary by providing structured teaching programme. The study was conducted on 160 samples of students. Every sample was selected by stratified random sampling technique. As age, gender and class was kept as strata. Data by socio-demographic variables, self structured knowledge and attitude questionnaire. Collected data was analyzed by descriptive and inferential statistics. Tables and Bar diagrams were used to depict the findings. The pretest mean knowledge score was

12.21 and the pre test mean attitude score was 33.12 where as the post test mean knowledge score was 20.04 and posttest attitude score was 34.02. The difference between pretest and posttest mean knowledge score.

Conclusion

The study indicated that college going students had poor knowledge in pre test regarding prevention of oral cancer and after giving proper information helped them to learn about prevention of oral cancer the structure teaching programme broadens understanding and improves in knowledge regarding prevention of oral cancer. The government has also passed many acts and policies to prevent oral cancer awareness. The study concluded that the level of knowledge on prevention of oral cancers had significant difference among college students population in pre test and post test. This showed the structured teaching programme was very effective ($P < 0.01$) in improving the knowledge of the adult population regarding the prevention of oral cancers. This proved that creating awareness and widespread educational interventions helps to reduce the increasing incidence of oral cancers in India.

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Conflict of Interest

There are no conflicts of interest.

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