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## **A Comparative Study to Assess the Knowledge regarding Breast Cancer among Adolescent girls at Selected Urban and Rural Areas of District Jalandhar, Punjab**

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### **ABSTRACT**

Breast cancer is the most common cancer with more than 2.2 million cases in 2020. Nearly 1 in 12 women will develop breast cancer in their lifetime. Breast cancer is the number one cause of deaths from cancer in women. Approximately 6, 85,000 women died from the disease in 2020. (WHO, 2021). Therefore, the aim of the study was to compare the knowledge regarding breast cancer among adolescent girls in selected urban and rural areas of district Jalandhar, Punjab in order to provide pamphlets on prevention of breast cancer. The study was conducted on 100 adolescent girls' i.e. 50 adolescent girls of Ward 47[Basti Sheikh] and 50 adolescent girls of Village Lidharan, District Jalandhar, Punjab. Purposive sampling technique was used to select the sample. The comparison of knowledge regarding breast cancer among adolescent girls of urban and rural areas revealed that there is significant ( $t_{cal} 10.28 > t_{tab} 1.98$  at  $p < 0.05$ ) difference between knowledge score regarding breast cancer among adolescent girls of urban area ( $22.95 \pm 7.14$ ) and adolescent girls of rural area ( $09.05 \pm 2.82$ ). Hence, research hypothesis ( $H_{1.1}$ ) was accepted and null hypothesis ( $H_{0.1}$ ) was rejected. Thus, it concludes that the adolescent girls of urban area have significantly higher knowledge regarding breast cancer as compared to adolescent girls of rural area. As per association with socio-demographic variables, no variable had significant difference with the knowledge in both the groups.

**Keywords-** Knowledge, Breast cancer, Urban area, Rural area.

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### **INTRODUCTION**

The female breast has been regarded as a symbol of beauty, sexuality, femininity and motherhood. So, any disease most commonly cancer of breast is a life-threatening disease as it affects the organ, intimately associated with self-image, reproductive and nurturing capacity. (Betsy, G.). Breast cancer is cancer that develops in breast cells. Typically, the cancer forms in either the lobules or the ducts of the breast. Lobules are the glands that produce milk, and ducts are the pathways that bring the milk from the glands to the nipple. Cancer can also occur in the fatty tissue or the fibrous connective tissue within breast. (Sharma, G.N.) According to Indian council of Medical Research (ICMR, 2018) breast cancer is the commonest cancer in Indian women overall. In 2018, 1, 62,468 new cases and 87,090 deaths were reported for breast cancer in India. It has become widely accepted that exposures during childhood and adolescence can "set the stage" for breast cancer development later in life. Adolescents have little knowledge of preventive breast care or breast screening, yet exposures in youth influence the risk of future breast disease. Nipple piercing increases the risk of trauma and breast infection. Alcohol consumption, smoking, nutrition, obesity, reproductive factors, previous cancer and chest radiotherapy, family history

of breast cancer or genetic mutation increase the risk of breast cancer. Therefore, the aim of the study was to compare the knowledge regarding breast cancer among adolescent girls in selected urban and rural areas of district Jalandhar, Punjab in order to provide pamphlets on prevention of breast cancer.

## **OBJECTIVES**

- 1) To assess the knowledge regarding breast cancer among the adolescent girls of urban area.
- 2) To assess the Knowledge regarding breast cancer among adolescent girls of rural area.
- 3) To compare the knowledge regarding breast cancer among adolescent girls of urban and rural areas.
- 4) To find out association between knowledge regarding breast cancer among adolescent girls of urban area and their selected socio-demographic variables.
- 5) To find out association between knowledge regarding breast cancer among adolescent girls of rural area and their selected socio-demographic variables.

## **DESCRIPTION OF TOOL**

Tool for data collection was divided into following parts-

**Part-1- Socio-demographic variables** consisted of 8 items for obtaining personal information about breast cancer related to their age, educational status, religion, family status, type of family, family history of breast cancer, dietary pattern, and source of information regarding breast cancer.

**Part-2- self structured questionnaire** consisted of 30 multiple choice questions having one correct response among four options to assess the knowledge of breast cancer . Each correct response carries 01 mark and incorrect response carries 00 mark. Maximum score was 30 and minimum score was 00. The criterion measure for knowledge score was good [21-30], average [11-20] and poor [00-10].

## **RESULTS**

### **Findings related to Socio-Demographic Variables**

Out of 100 adolescent girls, majority of adolescent girls of urban area were of 18 years whereas of rural area maximum were 17 years of age Maximum adolescent girls in urban area were Hindu but in case of rural area maximum were from Sikh religion.. Most of the adolescent girls were studying in 10 + 2 in urban area in contrast maximum were in 10 + 1. In both areas maximum girls were from middle class family. In urban area, most of the girls were from nuclear family in contrast most of the girls were having joint family in rural area. In both the groups, maximum girls had no family history of breast cancer. In both urban and rural areas maximum girls had vegetarian dietary pattern.

### **Findings related to Assessment of Knowledge**

Among adolescent girls of urban area, majority of 30 (60%) adolescent girls had good knowledge, followed by 15 (30%) had average knowledge, followed by 5 (10%) had poor knowledge regarding breast cancer.

### **Findings related to Assessment of Knowledge among Adolescent Girls of Rural Area**

The adolescent girls of rural area, majority of 41 (82%) adolescent girls had poor knowledge, followed by 9(18%) had average knowledge and no one had good knowledge regarding breast cancer.

### **Findings related to Comparison of Knowledge regarding Breast Cancer**

The comparison of knowledge regarding breast cancer among adolescent girls of urban and rural areas. It revealed that there is significant ( $t_{cal} 10.28 > t_{ab} 1.98$  at  $p < 0.05$ ) difference between knowledge score regarding breast cancer among adolescent girls with benign breast disorders ( $18.95 \pm 7.14$ ) and adolescent girls without benign breast disorders ( $11.05 \pm 2.82$ ). Hence, research hypothesis ( $H_{1.1}$ ) was accepted and null hypothesis ( $H_{0.1}$ ) was rejected.

Thus, it concludes that the adolescent girls of urban area have significantly higher knowledge regarding breast cancer as compared to adolescent girls of rural area.

### **Findings related to Association between Knowledge and Selected Socio-Demographic Variables**

Selected socio-demographic variables *i.e.* age, educational status, religion, family monthly income, type of family, family history of breast cancer, dietary pattern, and source of information regarding breast cancer had no impact on knowledge regarding breast cancer among adolescent girls of urban and rural areas.

## **CONCLUSION**

Thus, it concludes that the adolescent girls of urban area have significantly higher knowledge regarding breast cancer as compared to adolescent girls of rural area.

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