



“A study to assess the level of knowledge and effectiveness of video teaching programmed regarding breast self-examination among students in selective inter college of Haridwar”

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Abstract: A primary purpose of this research was to evaluate the value of a video-based Curriculum for Teaching Women to Examine Their Own Breasts for students at a famous Haridwar-based intercollegiate institution. This study made use of experimental research methodologies. The term "purposeful sampling" describes the method used to pick the sample. The sample size was 70 female adolescents. Data was gathered by means of questionnaires. The results show the number and percentage of test takers who gained new understanding about breast self-examination and those who did not. Fourteen percent of female students had average knowledge, twenty-nine percent had bad information, and fifteen percent had superior familiarity with breast self-examination procedures before to instruction; after the lesson, that number had increased to forty-nine percent; twenty-three percent had good knowledge, and fifteen percent had poor knowledge. Of the women who participated in this study, 51% had above-average knowledge of breast self-examination, 23% had average knowledge, and 2% had insufficient comprehension. Education on the need of self-breast examination is therefore essential.

Keyword knowledge, intercollegiate girls, breast self-examination, breast cancer

INTRODUCTION

As a result, if a woman has a condition or illness affecting her breasts, she may experience significant emotional distress and become preoccupied with her appearance. Therefore, it is crucial to take measures to protect against breast-related diseases. Breast cancer is a devastating illness for women on many levels, since it has negative effects on their physical, emotional, and mental health. Unlike many other cancers, breast cancer may be easily recognised and treated in its early stages since it affects a visible organ. With early discovery, with early discovery, the 5-year survival rate is 86%, but it's just 81% if the diagnosis is made late. it's just 56%. 2 The United States and northern South America have the highest breast cancer rates, while Asia has the lowest; however, as nations in historically low incidence Asia migrate toward a western-style lifestyle and pattern of reproductive behaviour, their breast cancer rates have been rising. According to the estimates of Bray et al. (2018), Breast cancer is the most prevalent female malignancy and the leading cause of cancer mortality worldwide. Affecting an estimated 2.1 million people per year and more than half a million people in 2018. In comparison, the rates the highest rates of cancer-related mortality may be found in Asia (57.3%), followed by Africa (7.3%). (48.4 percent and 5.8 percent respectively).2 IARC (International Agency for Research on Cancer) worldwide can 2020 figures have revealed the worst breast cancer incidence and prevalence in 185 countries. Annually, there are 2.3 million new instances of breast cancer, making up 11.7% of all cancer diagnoses. 4 Additionally, it is projected that 0.28 women in the United States will succumb to breast cancer this year. Cancer this year. Women place a premium on taking care of their breasts since they are an important bodily organ. 4 Preventing breast diseases is crucial, since women are prone to clinical depression if they have symptoms of breast disease or sickness. Breast cancer is distressing because it affects a woman's body, mind, and spirit simultaneously. Breast cancer is now the leading cause of death in women throughout the globe, and with an estimated 1.4 million new cases



in 2008, it is no longer an uncommon disease anywhere in the world. When it comes to female cancers, breast cancer is either first or second worldwide.

Cancer of the breast is a kind of invasive ductal carcinoma. Cancer develops when cell growth becomes unchecked. Breast cancer cells generally develop a cancer that may frequently be visible on an x-ray or felt as a lump. Cancer cells from breast disease may spread to other organs if they enter the circulatory or lymphatic systems. ⁵

Alterations to one's lifestyle and genetic mutations can contribute to the development of breast cancer. Cancer staging is closely tied to the progression of the illness and the changes that occur in the breast tissues of those with invasive carcinoma and those with carcinoma in situ as a result of the disease. The extent to which a patient's cancer has spread is indicated by the stage at when it was diagnosed. Having a personal or family history factors that raise a woman's risk of getting breast cancer include exposure to certain environmental risk factors, as well as certain inherent genetic abnormalities. Having a lengthy history of menstruation, being overweight, not using birth control, taking postmenopausal hormone therapy, belonging to particular racial or ethnic groups, and alcoholism are all additional risk factors for breast cancer. Cancer, however, is a substantial and rising concern to public health in many regions of the world outside of western Europe and North America. ⁷

Cancer is a fast-expanding worldwide issue that the majority of the world is ill-prepared to address due to demographic shifts including the world's increasing and ageing population, rising life expectancy even among the poor in many nations, and the widespread trend toward adopting western lifestyles. ⁷

While statistically, the United States and northern south America have the highest and lowest breast cancer incidence rates, respectively. Asia), historically speaking, Breast cancer is increasing in frequency across the world. Self-breast inspection, which comprises a visual and physical examination of one's own breasts, has been advocated for a long time as a method of screening for breast cancer detection. Listened to the fundamental steps for doing a self-breast exam. The females begin by examining their breasts in the mirror, cradling their arms over them at first.at their sides and then raised. The greatest and lowest reported rates of new cases of breast cancer are among the world's highest (1 million) and lowest (0.04 million), respectively. ⁴

According to the American Cancer Society, by 2040 there would be 28.4 million new instances of cancer globally, a 47 percent increase over the cancer burden in 2020. Breast cancer in India continues to rise at an alarming rate, becoming the most common form of cancer there. According to the 4 National Cancer Registry Program, there were an estimated There were 1,62,468 number of women in India who had a breast cancer diagnosis in 2018, with an estimated 87,090 deaths from the disease. According to research by the Indian Council of Medical Research (ICMR) in New Delhi, the incidence of breast cancer almost quadrupled between 1982 and 2005. ⁴

The ability to self-examine the breasts is an important screening technique for early detection of breast cancer. Breast cancer risk is increased in women who are not good at doing self-exams. Lower levels of education and income. lack of understanding about the conduct of breast self-examination even though the method is easy, affordable, non-invasive, and time-consuming.

Breast asymmetry is a frequent and natural condition; however, women should be aware of it. They need to keep an eye out for any cosmetic abnormalities including dimpling, asymmetry, or destruction. Any new nipple changes, such as ulceration, are recorded. The patient is next asked to lay supine with a small cushion or folded towel under the shoulder of the inspected side.

First, the arm is elevated above the head, and then the flats of the fingers are used to execute the palpation. Women may protect themselves from contracting breast cancer by regularly completing self-exams.

The self-examination of breasts for the identification of breast cancer has been recommended by an expert committee. Self-examination of the breasts is a vital weapon in the fight against breast cancer. It's a quick checkup that won't break the bank or subject you to any danger. When a woman does this self-examination,



she may discover breast lumps by observing, palpating, and feeling her breasts for any abnormalities. To examination for tumours and other abnormalities important for all adult women to undertake a monthly breast self-exam after their period has ended. This approach is 90% accurate for detecting cancer in women. Self-examination of the breasts is most effective when it is performed regularly and with a high degree of accuracy. Breast self-examination education is thus potentially life-saving. A number of issues restrict barriers to self-breast inspection include doubt, anxiety about finding anything wrong, and a lack of time., lack of expertise.

Fear of breast cancer was the most often cited barrier, indicating that worry itself may be a hindrance to thorough breast self-examination. Women must be educated about the importance of self-examination, its relevance, and its efficiency in detecting breast cancer in its earliest stages.

OBJECTIVE:

- As a means of assessing pupils' conceptual understanding,
- Specifically, this research aims to measure how much of an effect a video-based self-examination education programme on women's familiarity with the method.
- The goal of this assessment of knowledge is to

HYPOTHESIS

- H1; Female students in the twelfth grade will benefit greatly from a video teaching programme on breast self-examination because of this.
- H2; Women's test results in general will be significantly correlated with demographic variables such age, religion, education, marital status, and kid count.

REVIEW OF LITERATURE

Bamalakshmi, Nandhini m conducted research in year 2016 at Pondicherry's Rajiv Gandhi Institute of Engineering and Technology. Examining the Effects influence on young women's awareness and practise of breast self-examination attitudes at Rajiv Gandhi Institute of Engineering and Technology in Pondicherry. Pretest results showed that 48 (78.3%) of the teenage girls in this research had insufficient information, and that the majority of them (10, or 16.7%) had a negative attitude. The results of the post-test revealed that 36 (60%) of the participants had only fairly acceptable knowledge and attitude. The results of this research indicated that the educational programme is beneficial for nurses in their efforts to educate teenage girls and women about breast cancer prevention.

Hiwotabera, Danial Mengistu, as Reseda so in conducted research in year 2017 at Engineering and Technology at the Rajiv Gandhi University of Technology in Pondicherry. Adolescent girls' breast self-examination knowledge and attitudes at Rajiv Gandhi College of Engineering and Technology in Pondicherry were studied to evaluate the effectiveness of a curriculum designed for standardised education. According to the results of the study's pretest, the majority of the teenage girls (n=10) exhibited negative attitudes and 48.3% had insufficient information. In the end, 36 out of 60 had just a modest level of understanding, and not a single one of them was impartial about the material. According to the results of this research, the nurses may use the educational programme to better instruct teenage girls and women in society on how to reduce their risk of developing breast cancer.

Mrs. Shalinijose conducted research in year 2016 at University of Engineering and Technology "Rajiv Gandhi" Pondicherry. Research on young women's breast self-examination habits and the effect of an organised education programme knowledge and attitudes at Rajiv Gandhi Institute of Engineering and Technology in Pondicherry. Pretest results indicated that 48 (78.3%) of the teenage girls had insufficient information, and the majority (10, 16.7%) had an unfavourable opinion. Based on exam results, 36 out of 60 had relatively sufficient knowledge, and none had a neutral opinion. This study's results indicated that the educational programme is useful for nurses in educating teenage girls and women about breast cancer prevention.



Syed Arifa, Syed shahid Siraj conduct study in year 2020 at Ramzan institute Gulshan Nagar, today a centre of paramedical science Research conducted in advance in Gramsri Nagar Kashmir India. Objective: To evaluate the efficacy of a curriculum designed to educate first-year FMPHW students at the Rajiv Gandhi Institute of Engineering and Technology in Pondicherry on how to do a breast self-exam. Examining how teenage girls' After taking part in a breast self-examination education programme, women report improved knowledge and attitudes. Comprehensive education programme at Rajiv Gandhi Institute of Engineering and Technology in Pondicherry. Pretest results showed that 48 (78.3%) of the teenage girls in this research had insufficient information, and that the majority of them (10, or 16.7%) had a negative attitude. The results of the post-test revealed that 36 (60%) of the participants had only fairly acceptable knowledge and attitude. The results of this research indicated that the educational programme is beneficial for nurses in their efforts to educate teenage girls and women about breast cancer prevention.

Jaspreet Kaur dull at, Aanchal, Amritpal Kaur, Ratinderpal Kaur, Bhupinder Kaur and Chanderkanta conducted research in year 2016 at the modern-day Gulshan Nagar neighbourhood of Srinagar, Kashmir, India is home to the Ramzan Institute of Paramedical Sciences. The average increase in knowledge from the pretest to the post-test in this study was 15.16 points. The participants' increased knowledge from pre- to post-testing shows that the organised training programme was effective, as shown by the findings of this research. On average. There were significant changes in the scores on the pre- and post-tests of knowledge. Mengistu Mekonnen, Tziganes Asefa Conducted research in year 2019 at The Medical and Health Science College of the University of Gondar Female undergraduate nursing students' familiarity with, comfort with, and frequency of doing breast self-examinations at the A medical school at the University of Gondar. The response rate for the research was 60%, with a total of 300 female nursing students participating. 100 percent. Fifty-seven percent (95 percent confidence interval [CI]: 53–64 percent) of the female undergraduate students had a positive attitude toward breast self-examination; thirty-four percent (11.3 percent) (95 percent CI: 7–15 percent) had a negative attitude. Overall, there were 55.7 percent (95 percent CI: 56 to 61 percent) of participants, 56.7 percent (53 to 64 percent) of participants, and 11.3 percent (95 percent CI: 0 to 1). (7-15 percent) This data indicated that the individuals had low KAP toward doing breast self-examinations. In order to raise public breast-self-examination-awareness-in-the-schools, other stakeholders should organise to disseminate information to women and the broader public.

RESEARCH METHODOLOGY

Research methodology refers to the theoretical and methodological examination of the study's approach. The term "research methodology" is used to describe a set of procedures for conducting an investigation, including how to conduct an experiment or survey and how to store and analyse the results.

The purpose of this session was to help the learner become more knowledgeable and comfortable with doing a breast self-exam. The report's background section describes the study's setting, sample, and sampling methodology.

Research Approach

Teaching students how to properly do a breast self-exam was the focus of this particular effort. This section of the report covers the research context, study sample, and data collection method.

RESEARCH DESIGN

Research design refer to the research strategy for answering the research question and so confirming or refuting the research hypothesis as a whole. Methodology including pre- and post-testing was used present study. A In research, a population is any set of people with one or more shared features. The study population for present study was 12th class female student.

Instruments:

The research used a self-structured questionnaire to test the students' comprehension of the material. In terms of doing a breast self-exam Students' familiarity with breast self-exams is measured using a self-



structured questionnaire. Socio-demographic factors make up the remainder of this section. Two instruments were used in this fashion.

- Factors of society and the population
- Incomplete inquiry

Data collection

All eligible individuals were included in the analysis. The research used a random sample of 70 pupils. Data were acquired using Tool 1 (Demographic Variables) and Tool 2 (Interview Guides) (structured knowledge questionnaire). Participants were provided with both live and recorded instruction on the same day as an intervention. On day 7 of intervention, participants' understanding of the abrupt event was evaluated using the same method.

SECTION-A: Frequency and percentage distribution of Demographic variables.

S no.	demographic variables	frequency (f)	percentage (%)
1.	Age in years		
	15-17	57	81%
	18-20	13	19%
2.	Religion		
	Hindu	47	67%
	Muslim	23	33%
3.	Marital Status		
	Unmarried	70	100%
	Married	00	0%
4.	Educational status		
	High school	00	0%
	Intermediate	70	100%
5.	Type of family		
	Joint	45	64%
	Nuclear	25	36%
6.	Resident		
	JattBahadarpur	47	67%
	Godawali	23	33%
7.	Previous information		
	Yes	20	29%
	No	50	71%
8.	Source of information		
	Family	5	7%
9.	Others	65	93%

In socio demographical data of the study subject contain age, religion, and marital status, and educational status, types of family resident, before information and source of information.

57 (81% of pupils) were between the ages of 15 and 17, while 13 (19%) were between the ages of 18 and 20 (percentage band frequency of description shown in table no: -1). Only 20 of the students (or 29 percent) had any prior knowledge of breast self-examination, while the other 50 students (71 percent) did not. Majority of the participant 65(93%) of them had information through media and only 5(7%) had information through family members.



SECTION-B: Knowledge score of study participant regarding breast self-examination. Mean S.D, median, mode range score and mean percentage score of knowledge. (N=70)

Knowledge Score	Mean ±S. D	Median	Mode	Range score	Mean percentage
Pre test	6.98±2.67	7	7	2-12	38.7
Post test	10.77±2.64	11	13	6-16	59.8

This table reveals that over all pretest and post-test mean score ±SD Female students was 6.98±2.67, 10.77±2.64 and mean percentage was 38.7, 59.8.

SECTION-C: Assessment of pretest and post-test of knowledge regarding breast self-examination. pretest and post-test level of knowledge regarding breast self-examination.

Level Of Knowledge	Pre-Test		Post Test	
	Freq	%	Freq	%
Poor Knowledge (0-6)	29	29%	2	2%
Average Knowledge (7-12)	41	41%	45	45%
Good Knowledge (13-18)	0	0%	23	23%

In terms of both frequency and share of total, The results of a pre- and post-test on breast self-examination skills are shown in Table 3. Sixty-nine percent of the female students felt confident in their ability to do a breast self-exam before completing the test, whereas forty-one percent felt they only had a basic understanding. Twenty-nine percent of the women had inadequate knowledge on breast self-examination before the pretest, 46% had medium knowledge, 23% had excellent knowledge, and 3% had very good knowledge.

SECTION-D Knowledge of Breast Self-Examination: A Comparison of Pre- and Post-Test Scores.

GROUP	TEST	MEAN	SD	Paired 't' value
Experimental Group N=70	Pre test	6.98	2.67	4.650
	Post test	10.77	2.64	

Significant at 0.05 level, DF=99 (1.667)

The table below displays the average results of a Breast self-examination knowledge was assessed by a post-test. There were 10.77 participants who scored higher than the group average of 6.98 on the pre-test. The breast self-examination knowledge standard deviation was 2.67 before and 2.64 after the test. Self-examination knowledge was assessed both before and after the intervention. And the results were compared. A t value of 4.650 was achieved, which is a high finding and significant impact on raising female students' knowledge about breast self-examination. (P<0.05)

Figure no-1 Assessment of the pretest sample level of the knowledge regarding breast self-examination (N=70)

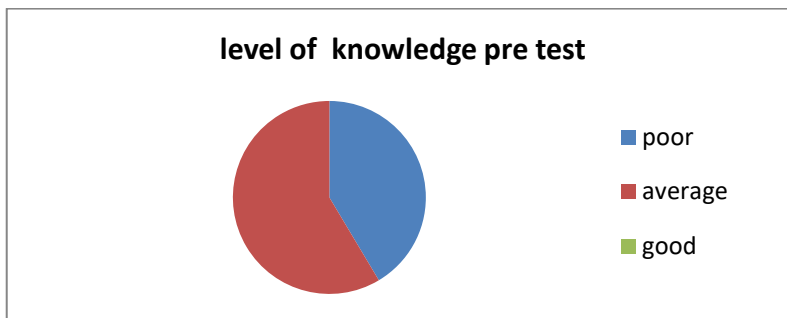
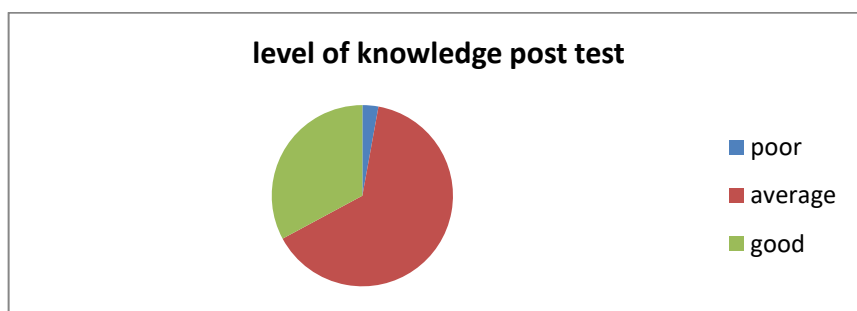


Figure no-2 Assessment of the post-test sample level of the knowledge regarding breast self-examination. (N=70)



SUMMARY

The chapter presented the study's overall findings, interpretations, and potential applications in a variety of nursing-related contexts. The paper further elucidated the study's ramifications and made recommendations for further investigation.

The aims the goals of this research, conducted in a government high school (Adarsh Baal Sadan inter college) in Haridwar, were to determine how well-informed teenage ladies already were about breast self-examination. Uttarakhand The study used an experimental research design. The students of one Haridwar intermediate school (Adarsh Adan inter college) participated in the research. The 70 samples were chosen using a process called "purposeful sampling." The information was collected using a knowledge-based questionnaire.

One hundred percent consensus proved the tool's legitimacy in terms of its intended content. The tool was given to five validates from different fields there was 100% agreement for the content to check the reliability of the tool was administered to 70 adolescent girls. Split half method following spearman brown formula structural knowledge questionnaire's validity and reliability were investigated by recognised as $r=?$

The data for main study was collected on the month of the September data was collected on two settings. The Both For this study, we used both descriptive and inferential statistics. and interpretation, with the selection of methods dependent on the study's objectives and hypotheses. And inference was drawn. Descriptive statistics were used frequency mean, median, mean Percentage and graphical presentation of the obtained data. Yates exact and fissure test were applied to prove Hythe goal of this study was to determine the efficacy of instructional videos. prothesis significance of $p<0.05$ Level

DISCUSSION

This section discusses the implications in relation to the study's objectives, its theoretical foundation, ...and the already-existing body of literature. The purpose of this research was to assess the usefulness of a video-based teaching aid. Curriculum in improving students' understanding of breast self-examination techniques at ADARSH BAL SADAN INTER COLLEGE, Haridwar.

The primary purpose of this research was to assess how well the video teaching plan at Aadarsh Balsa dan Inter College, Haridwar, has prepared its students to do a breast self-assessment.



None of the female students who took the pretest had an excellent understanding of breast self-examination, while 41% had only medium knowledge and 29% had only poor knowledge. About half scored in the middle of the range on the post-test, while another 23% had above-average knowledge, and just 2% had below-average knowledge, of breast self-examination techniques.

Secondly, we wanted to see how much information female students retained after the exam was over.

The group's average post-test score of 10.77 on its knowledge than the average pre-test score on the breast-self-examination 6.98.

Both the pre- and post-test standard deviations of breast self-examination knowledge were 2.67 and 2.64, respectively. For breast self-examination knowledge, the 't' value of comparing pre- and post-test scores is 4.650.

The study team accepted the H1 hypothesis that the video-assisted training programme would increase the sample's knowledge of breast self-examination among intercollegiate students.

RESULTS

The research found the following results:

- Eighty-one percent of the female Students averaged 16 years old, with 19% being seniors in high school and the rest college-aged.
- 67 percent were Hindu and thirty-three percent were Muslim; among the female students, Hindus made up the vast majority.
- When asked about their marital status, all of the female students said they were single.
- All of them, without exception, were in the middle levels of schooling.
- Sixty-four percent of female pupils were from Joint families, whereas only thirty-six percent came from nuclear families.
- Sixty-seven percent of respondents said they were based in JattBahadarpur, while 33 percent said they were based in Godavari.
- Before and after taking a test measuring breast self-examination knowledge. Pre-test results showed that 41% pre-test findings revealed that 49% of students had average knowledge, 29% had terrible information, and 0% had great knowledge Post-test results revealed that 49% of respondents had average knowledge, 23% had strong information, and 2% had bad knowledge about breast self-examination. Only 23% were very knowledgeable, while 77% were at least somewhat knowledgeable.
- The group average on the knowledge test on breast self-examination increased from 6.98 to 10.77 after the training.
- The breast self-examination knowledge standard deviation was 2.67 pre-test and 2.64 post-test. A t-value of 4.650 was found when participants' Researchers compared participants' pre- and post-instruction breast self-examination knowledge.

Demographic data of the study subject

- Age, religion, marital status, educational attainment, family composition, country of residence, and location of information source for breast self-examination were reasonably distributed. All of the study's participants were high school seniors. 67 percent were Hindu, while thirty-three percent were Muslim. When asked about their marital status, all volunteers said they were single.
- 81 percent of the study's participants were in the 15-17 age range, while 19 percent were in the 18-20 age range. Ambika's research corroborated the findings. According to data collected in L. 2014, 43% Sixteen percent of the participants were forty or older, while 39 percent were younger than twenty.
- In present study majority of participants 67% were Hindu's remaining 33% of the participants were Muslim's. The result of the study supported by the study conducted by Rachna 2021 shows that with regard to religion 93% of participants belongs to Hindu meanwhile, the second group belongs to Muslim and other religion followed by 3% each.



- In present study, all participants (100%) were unmarried. The result in accordance with findings from research by Protoboard Deliverance et al 2020, majority of participants were single (91%) and 9% were married.

Assess the level of knowledge of female students

- Only 29% of women in this survey reported having knowledge of breast self-examination, while 71% said they had never heard of it before. Ninety-three percent of the participants learned about the study via family members. Comparable research by Pooja Prakash et al. 2022 found that half of the participants had learned about breast self-examination from medical professionals, 18.3% from the media, and 15% from family members.
- In present study in the pre-test on participants majority 41% had average knowledge, remaining 29% had poor They all lacked information, and none of it was very excellent. While 46% of test-takers scored above average on the knowledge section, 23% scored between average and good, and 2% scored below average.
- The study conducted by Ankit Singh et al 2017 the result of the study shows that in pretest Post-test results showed that 73.75 percent of participants had acceptable knowledge and 26.25 percent had intermediate understanding of breast self-examination, compared to 58.75 percent and 42.25 percent, respectively. Similar research conducted by Dr. Sr. Lucama V2019, shown that the vast majority of participants (87.5%) had just a rudimentary understanding of breast self-examination, while only 7.5% had an advanced understanding.
- In present study the mean post test scores of knowledges regarding breast self-examination was 10.77 of the group were higher than mean pretest score knowledge regarding breast self-examination i.e., 6.98
- The result was supported by the studies conducted by Ambika 2014 showed that the group's mean post-test score of 24.18 on knowledge of breast self-examination was greater than the group's mean pre-test score of 8.35 on the same measure.
- Compared to the table value, the 't' value obtained for the pretest and post test scores in the present study was 4.650, indicating a higher and statistically significant gain in knowledge of breast self-examination among female students (1.667). ($p < 0.05$)
- The paired' value of 53.21 was found in pre-test data, which corroborated the findings of a research by Justina Jacob in 2017. The information gained between the pretest and the post test was statistically significant at the p 0.05 level.

CONCLUSION

Regular Self-breast examination is one of the most reliable techniques of screening for breast cancer. while it is at its most treatable and curable stage, early on.

According to the results of this research, girls in the twelfth grade have a notably low awareness and practise of breast self-examination and would benefit from health education programmes that progressively increase their knowledge and awareness of breast self-examination procedures.

Study implications

- The present study emphasized on:
- Level of knowledge among 12th class young women about checking their own breasts. Improve high school seniors' understanding of breast self-examination. Implications for nursing research are discussed. Healthcare, Nursing, and Healthcare Management.

(a)Nursing Research

- Nurse researcher can promote more research with regard to utilization of disease treated by breast self-examination technique Nurse The researcher has the power to inspire the learner to use the research in practical ways.



- the Nurse can collaborate with the other student in developing evidence-based nursing practice) Nursing practices
- the nurse as a service provider should periodically organize and conduct video teaching program on breast self-examination among 12th class girls The nurse implements the in5, education,

b)Nursing Education

- Nurse must be reinforced video teaching program regarding breast self-examination and its types, and procedure
- Nursing students have to be educated regarding breast self-examination technique among 12th class girls.
- Nurse educator should emphasize the proper education about breast self-examination technique.
- Study was conducted on 2 setting
- The sample size was limited to 70.
- Complete practice is not observed from the sample.
- Study was conducted only in 12th class girls.

(d)Recommendation

- Similar research may be conducted on a wider scale to get more credible results. Comparable research may be conducted on the student body as a whole to generalise their knowledge and outlook.
- For the purpose of providing a video teaching programme to improve students' understanding, similar research might be conducted.

c)Limitations

- Communication to create awareness to the student about breast self-examination technique.

(d)Recommendation

- Similar research may be conducted on a wider scale to get more credible results. Comparable research may be conducted on the student body as a whole to generalise their knowledge and outlook.
- For the purpose of providing a video teaching programme to improve students' understanding, similar research might be conducted.

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