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## **A Study to Assess the Effectiveness of the Structured Teaching Programme on Breast Self-Examinations among Adolescent Girls in Lucknow**

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### **Introduction**

For the purpose of evaluating the effectiveness of the structured teaching programme (STP) for adolescent girls in Lucknow, a pre-experimental study was conducted. Purposive sampling was used to select 100 students in total. The data was gathered using a structured questionnaire. In an effort to detect breast cancer, breast self-exam (BSE) is an inexpensive, risk-free method of screening that can be done at home. About three to five days after the start of the menstrual cycle, breast tissue is no longer swollen or tender due to elevated hormone levels. Women of all ages, including those who are pregnant, should perform breast self-examinations at least once a month and report any changes to their healthcare provider right away. In order to catch breast cancer in its earliest stages, women should begin monthly self-examinations of their breasts at the age of 20. An important factor in lowering mortality and improving prognosis for patients with breast cancer is catching it early. About 90% of breast cancers can be cured if they are diagnosed early and treated properly.

The irony is that 70% to 80% of those who go to the doctor in the late stages still do so. Regular breast self-examinations can lead to the removal of a small cancerous lump in the breast without the need to remove the breast. 70% of cancer cases will occur in developing countries by 2023, with India accounting for one-fifth of those cases. Breast cancer incidence has increased from 10 per 100,000 women a decade ago to 23 per 100,000 today according to a study by the Indian Council of Medical Research, which examined cancer cases in Delhi, Mumbai, Chennai and Bangalore among women between 2015 and 2021. The effectiveness of a structured teaching programme on breast self-examination among teenage girls at a selected college in Lucknow was therefore evaluated in a study.

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### **Methodology**

Adolescent girls from selected colleges were the target population of the study, which used an evaluation research approach (one group pre-test post-test design). A total of 100 samples were collected through the use of stratified random sampling techniques. To determine the questionnaire's validity and reliability, the split-half method was used. Procedure for obtaining data: By utilising a structured questionnaire, pre-test knowledge was assessed. After the pre-test, a 30-minute breast self-examination training programme was administered. Tests were conducted after 30 days, using the same structured questionnaire.

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### **Result**

In terms of demographics, the majority of the girls were between the ages of 16 and 18 years old (90 percent). Data revealed that 68 percent of the respondents got their education from reading, and that 84 percent of the respondents identify as Hindu, and that 89% of the respondents were raised in nuclear families, according to the information we had access to.

In terms of breast self-examination knowledge, the data showed that 75% of adolescent girls had insufficient knowledge in the pre-test. Only 2% of the students had adequate knowledge in the post-test. This study's findings revealed that the pretest mean was 10.2, rising to 18 in the post-test, and that demographic variables like age and religious affiliation have a significant effect on knowledge levels. It was found that STP was highly effective in increasing adolescent girls' knowledge of breast self-examination.

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