Research Article

Awareness regarding Cervical Cancer among Married Women

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A B S T R A C T

Background: Cervical cancer is a cause of significant disease worldwide. Human papilloma virus (HPV) is the cause of Cancer cervix in 100% cases. Effective intervention to prevent HPV associated diseases can therefore prevent cervical cancers and genital warts. Cervical cancer can be achieved by increasing the knowledge of the general population, especially at the rural setup as a cervical cancer is undiagnosed up to later stage and changing the attitude of women in related to cervical cancer.

Objective: The present study aimed to assess the existing awareness regarding cervical cancer among married women.

Methods: This was a descriptive survey method conducted among the married women residing at selected rural areas of Ahmadabad district. A sample size of 200 was calculated. Probability multi-stage sampling technique through systemic random sampling technique was used for selecting 200 samples by dichotomous structured questionnaire.

Results: Total mean score was 11.40 and mean percentage was 38.01%. Major finding of the study was 115 (57.5%) samples had poor level of awareness, 73 (36.5%) samples had average level of awareness, while 12 (6%) samples had good level of awareness regarding cervical cancer.

Conclusion: The Study concluded that community staff nurse should make the awareness to the rural women regarding cervical cancer and encourage for do pap smear test and for the making of aware to the rural women regarding cervical cancer health education programme were effective.

Keywords: Awareness, Cervical Cancer, Women

Introduction

Background

"Be aware fight cancer" World Health Report (1999) gives the main causes of mortality in India as non-communicable diseases (48%), communicable diseases (42%) and injuries (10%). This revealed a decrease in the death rate and a better improvement in the quantity and quality of health services in India.

Cervical cancer is a cause of significant disease worldwide. Human papillomavirus (HPV) is the cause of cancer cervix

in 100% of cases. Effective intervention to prevent HPV-associated diseases can therefore prevent cervical Cancers and genital warts. Primordial prevention of cervical cancer can be achieved by increasing the knowledge of the general population, especially in a rural setup as cervical cancer is undiagnosed up to a later stage, and by changing the attitude of women in relation to cervical cancer.

The number of cervical cancer cases diagnosed increasing day by day. Cervical cancer went up from 10,1938 in 2009 to 10,7690 in 2012. It can affect women of all socio-economic statuses, more so in rural areas. The twin centre project (Gujarat and Karnataka) was done. After n 18 months of intervention, the coverage for clinical examination of the cervix was more in Gujarat. If the examination was carried out in the field (28.3% vs 0.8%). A total of 147 dysplasia cases were detected out of a total of 2,044 women screened in the area with clinical examination in the field, in Gujarat.

This shows that in spite of lots of effort put in by the healthcare sector still there is lack of knowledge and awareness regarding cervical cancer among women in our country.

Need of the Study

"You'll come to learn a great deal if you study the Insignificant in depth" Cancer of the cervix is a leading cause of death among women worldwide. It is estimated that 493,000 new cases and 274,000 deaths occur every year due to this preventable disease. The women of poorer communities are mostly affected by this condition. It is evidenced that approximately 83% of the world's new cases and 85% of all cervical cancer deaths reported are from developing countries.

The Indian government has introduced a variety of national health programmes and screening camps in various states in order to fight against the rising numbers of incidence and mortality among women due to cervical cancer. In spite of all these measures, the number of incidences is not coming down but rather increasing hence the researcher felt that there is an eminent need to find out the women, in selected communities possess what level of understanding about this dreadful disease and how necessary it is to provide information regarding cancer of the cervix and its prevention among women. Hence researchers provided a health education programme for awareness regarding cervical cancer.

Statement of the Problem

A study to assess the awareness regarding cervical cancer among married women of selected rural area of Ahmadabad District with a view to conduct health education programme on causes and prevention of cervical cancer.

Objectives of the Study

The objectives of this study are:

- To assess the existing awareness regarding cervical cancer among married women in selected rural areas in Ahmadabad District
- To find out the association between the awareness of married women regarding cervical cancer and the selected sociodemographic variables
- To provide health education that could be crucial to improve the level of awareness

Assumptions

- There will be inadequate awareness among married women regarding the causes and prevention of cervical cancer.
- Health education programmes may be useful sources to improve the awareness regarding causes and prevention of cervical cancer.

Delimitations of the Study

- Samples who are living in the selected rural area of Ahmadabad district
- Sample who are willing to participate in the study
- Sample who are present during the period of data collection
- Women who are married

Methods

A quantitative non-experimental research approach was selected to collect the data from married women to evaluate cervical cancer. Descriptive survey design was selected to evaluate cervical cancer among married women. The setting for the study is the selected rural area of Ahmadabad district. Investigator has selected the Ahmadabad district consisting of 9 talukas; in 9 talukas, 27 PHCs are available which were chosen by lottery method. The sample consists of 200 married women from selected rural areas of Ahmadabad district. Probability multi-stage sampling technique for the selection of area and systemic random sampling technique was used for the selection of the sample. Participants who met the criteria were selected.

Exclusion Criteria

- Sample who are not willing to participate in the study
- Sample who are not available at the time of data collection
- Sample who are not married

Inclusion Criteria

- Sample whose age is between 21 and 65 years
- Sample who are willing to participate in the study
- Sample who are available during the period of data collection

- Sample who are able to read and communicate in Gujarati

Development of Tool

Based on the objectives of the study, the investigator developed a data collection tool in order to obtain necessary information. Investigator developed a dichotomous structured questionnaire.

Description of the Tool

- **Section I:** Socio-demographic data of the sample
- **Section II:** Structured dichotomous questionnaire to assess the awareness regarding cervical cancer among married women in selected rural area of Ahmadabad district

A dichotomous structured questionnaire was developed which required the response of yes or no. Score 1 is given for a 'correct' response and 0 is given for an 'incorrect' response. For awareness regarding cervical cancer, the score was divided into 0-10 (poor), 11-20 (average) and 21-30 (good).

Plan for Data Analysis

- Analysis and interpretation of the demographic variable of the samples such as age, educational status, family income, source of information, and occupation in terms of frequency and percentage
- Analysis and interpretation of the data related to the level of awareness score of the samples
- Analysis and interpretation of the data related to the association of the level of awareness with the selected demographic variable of the samples

Statistical Analysis

Results

Table 1.Area-wise Mean, Mean Percentage of Level of Awareness Score regarding Cervical Cancer

[N = 200]

S. No.	Area of Content	Max Score	Mean Score	Mean Percentage
1.	General information	09	3.195	35.5
2.	Risk factor	03	1.28	42.83
3.	Causes	01	0.53	53
4.	Sign and symptoms	02	0.855	42.75
5.	Prevention	15	5.45	36.33
6.	**Total**	**30**	**11.4**	**38**

Table 2.Frequencies and Percentage Distribution of Level of Awareness Score regarding Cervical Cancer

S. No.	Awareness Level	Frequency	Percentage
1.	Poor	115	57.5
2.	Average	73	36.5
3.	Good	12	6
4.	**Total**	**200**	**100**

Table 3.Distribution and Chi-square Association of Level of Awareness Score of Samples with the Selected Demographic Variables

S. No.	Demographic Variables	Frequency	Chi-square (χ^2)	df*	Association
1.	**Age (in years)**				
	a) 21-30	60			
	b) 31-40	53			
	c) 41-50	42	6.79	12.59	6	Non-significant
	d) 51-60	30			
	e) 61-70	15			

2.	**Educational status**					
	a) Illiterate	60	12.47	9.49	4	Significant
	b) Primary education	55				
	c) Secondary education	34				
	d) Higher secondary education	20				
	e) Graduate	25				
	f) Post-graduate	6				
3.	**Family income (INR)**					
	a) < 5000	51	44.58	12.59	6	Significant
	b) 5001-10,000	88				
	c) 10,000 - 15,000	35				
	e) > 15,000	26				
4.	**Source of information**					
	Yes	87	27.32	5.99	2	Significant
	No	113				
	If yes,					
	a) Electronic media	25				
	b) Health worker	30				
	c) Friends and family	14				
	d) Newspaper and magazine	18				
5.	**Occupation**					
	a) Housewife	104	3.66	12.59	6	Non-significant
	b) Employed	40				
	c) Labourer	38				
	d) Own business	18				

*Significance at the level of 0.05 * DF: Degree of freedom

Conclusion

The study concludes that the total mean score was 11.4 and the mean percentage was 38%, the findings indicate that there was less awareness regarding cervical cancer among married women in selected rural areas of Ahmedabad District. There was a significant association between the level of awareness and selected demographic variables such as education, family income, and source of information.

Ethics

Nursing Implications

Nursing Practice

- The responsibility of the nurse is expanding to the role of the community health nurse, which is very vital regarding the prevention of certain risk factors. The role of the professional nurse emphasises those activities which promote health and prevent certain risk factors or illnesses.
- The nurse is the main link between the health care system and the client. It is the professional responsibility of nurses to assess the health of women so that their health-related problems can be addressed at the primary level.
- This study will be helpful to community nurses to understand cervical cancer and its importance and the measures taken for the prevention, promotion and curative care of married women.
- This will help nursing professionals to make people aware of cervical cancer. It will be helpful to reduce the morbidity and mortality rate of women.

Nursing Education

In order to equip nurses to provide care to the patient and

family, the basic nursing education curriculum needs to cover detailed information on different aspects of cervical cancer especially in promotion of health, risk assessment, and prevention.

Nursing Administration

- The administrative departments of nursing at the institutional, local, state and national levels should focus their attention to educate the public regarding commonly faced challenges.
- Nurse administrators should take the initiative at the community level to create policies or plans for arranging health education programmes for women regarding cervical cancer. These programmes should be planned and organised based on the felt needs of the group.

Nursing Research

- Nursing researchers should be aware of new trends and the existing healthcare system. More emphasis should be laid on research in the area of cervical cancer. The results of the study contribute to the body of knowledge of Nursing.
- More research could be carried out in this area which provides more scientific knowledge to the nursing profession. It will be helpful for the students during their hospital posting as well as during their community posting. Also, the student should be encouraged to do population-based exploratory study during their academic period for strengthening community health services.

Recommendations

- A study can be conducted by using other teaching strategies like self-instructional modules, audio-visual films by compact disc and teaching guidelines on cervical cancer among married women.
- A study can be conducted by using a planned teaching programme on cervical cancer among auxiliary nurse midwife students.
- A comparative study may be conducted on awareness regarding cervical cancer between urban and rural areas of Ahmedabad among married women.
- A comparative study may be conducted by using two different strategies like a self-instruction teaching module and a video film on cervical cancer among adolescent girls of selected colleges.
- A study may be conducted to find out the effectiveness of self-instructional modules on the knowledge and attitude of married women towards cervical cancer.

Source of Funding: None

Conflict of Interest: None

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