Thesis Title   The Effectiveness of Health Education Program on Breast Self-Examination Among Nakhonratsima Teachers' College Students

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ABSTRACT

The highest prevalence rate of cancer among Thai women is carcinoma of the breast and the trend is going up. It was found that the patients with carcinoma of the breast came to get treatment at the late stage, even though this disease can be detected by breast self-examination and can be cured if the detection has made at the early stage. This study was aimed to study the effectiveness of an education program on breast self-examination practice among Nakhonratsima Teachers' College Students. The application of Skinner's Learning Theory, Throndike's Learning Theory and Kurt Lewin's Cognitive-Field Theory has been made in organizing and developing the following methods and materials:- lecture with the use of VDO tape on "Breast Cancer and Breast Self-Examination"; Computer Assisted Instruction (CAI); programmed instruction; demonstration and practice; and group discussion.

The sampled population of this study was consisted of one hundred and ten Nakhonratsima Teacher's College second-year female students, 56 in the experimental group and 54 in the comparison group. The study was carried out during December 1991 to March 1992. In the experimental group, students were exposed to the planned health education program which composed of:- lecture with

the use of VDO tape; self-directed learning through the use of Computer Assisted Instruction and the programmed instruction; practice by using breast-model; and group discussion. Both groups, the experimental and the comparison group, received the Breast Self-Examination calendar, which explained briefly about time and position for breast self-examination, and self-report form. Data were collected three times: pre-, during-, and post-experimentation, by using questionnaires and self-report form.

The data were analyzed by using the following statistics:- percentage, arithmatic means, standard deviation, Paired Samples t-test, Student's t-test and Pearson's Product Moment Correlation Coefficient.

The results of the study revealed the difference of the variables between the experimental group and the comparison group at the end of the 3rd and the 16th week as follows:

1. The difference of knowledge score regarding breast cancer and breast self-examination of the experimental group between before and after the experimentation was statistically significant ($p < 0.001$).

2. The knowledge score regarding breast cancer and breast self-examination of the experimental group was significantly higher than of the comparison group ($p < 0.001$).

3. The average score of attitudes toward breast self-examination of the experimental group was significantly higher than before the experimentation ($p < 0.001$).

4. The average score of attitudes toward breast self-examination of the experimental group was statistically higher than of the comparison group ($p < 0.001$).

5. The average score of the breast self-examination practice of the experiment group was significantly higher than before the experimentation ($p < 0.001$).

6. The average score of the breast self-examination practice of the experimental group was significantly higher than of the comparison group ($p < 0.001$).

The results of the experimentation revealed the effectiveness of the health education program developed in terms of the enhancement of knowledge, the development of positive attitudes toward breast self-examination, and the increase of breast self-examination practice. The application of this type of health education program was strongly recommended for school students, college students and other groups of people who are the risk groups of breast cancer in order to promote breast cancer prevention behavior and early breast cancer detection.