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RESERCH ARTICLE

ATTITUDE OF WOMEN TOWARDS BREAST CANCER AND ITS PREVENTION: SOUTH INDIAN SCENARIO

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ABSTRACT

Breast cancer is the most common cancer among women in both developed and underdeveloped countries, comprising 23% of all female cancers around the globe, with an estimated 1.15 million cases diagnosed in 2002. The present study aimed to explore the attitude of South Indian women regarding breast cancer and its prevention strategies. The data collected from 320 samples with a help of attitude questionnaire. A stratified random sampling technique adopted in the present study. The result of the study shows 23.75% of women had a neutral attitude towards breast cancer and its prevention. The study also indicated that there is a significant relationship between attitude with age ($p=0.03$), attitude with educational status ($p=0.043$). Early diagnosis and treatment act as a preventive measure for breast cancer. Nurse-led clinics are a novel concept in cancer care, so these clinics can serve as a driving force in improving the attitude of the public regarding breast cancer and its prevention.

INTRODUCTION

Cancer is the most common Cancer diagnosed in women, accounting for more than one in ten new cancer diagnoses do each year. It is the 2nd most common cause of death from cancer among women in the World. Breast Cancer evolves silently and mostly discovered on routine screening. 685 000 people worldwide died in 2020 because of breast cancer, which affected 2.3 million women. The most common disease in the globe as of the end of 2020 was breast cancer, which had been diagnosed in 7.8 million women in the previous five years. Worldwide, breast cancer causes more lost disability-adjusted life years for women than any other kind of cancer. Every country in the globe experiences breast cancer in women after puberty at any age, albeit the incidence rates rise as people age. As per World Health Organization statistics, more than 90% of patients with breast cancer survive for at least 5 years following diagnosis in high-income nations, compared to 66% in India and 40% in South Africa. Early identification and treatment have been successful in high-income nations, and when some of the standard technologies are accessible, they should be used in nations with fewer resources. Implementing what we already know works can thus lead to significant worldwide advances in the treatment of breast cancer. Studies have indicated that breast cancer screening services used less frequently by different groups of immigrants, which mirrors the pattern observed among

women from lower social classes. Women's depressed symptoms made worse by receiving a breast cancer diagnosis, which also has a considerable negative impact on their quality of life, physical health, and mental well-being. The most difficult health issue and a key priority for binaural research is breast cancer. The creation of a strategy to enhance breast cancer prognosis is urgently required. The likelihood of discovering breast cancer can rise with early detection and screening. Early detection of breast cancer will be a challenge for the health care community, because attitudinal changes and influences will need to improve the preventive services. There is an urgent need for inculcating a positive attitude among the women regarding breast cancer prevention activities will helps in early detection of the cancer, thereby we can improve the life expectancy of breast cancer patients. Hence, the present study focused on assessing the attitude of south Indian women regarding breast cancer and its prevention.

MATERIALS AND METHODES

A descriptive survey was conducted among different women communities, Kerala during the year 2022–2023. The participants of the study were the women in the age group of 16 to 55 years. 320 (CI of 95% and margin of error 5%) were selected using a stratified random sampling. After getting the administrative, ethical sanctions and informed consent, the data were collected using self-reported

close-ended questionnaire comprising 18 items. The data were analysed using descriptive and inferential statistics.

RESULTS

The sample consisted of 320 women in the age group of 16-55 years. Majority (85.62%) of the samples belongs to the age of 16-29 years and more than half (58.6%) of the samples resides in panchayath. 39.2% of samples were degree students and 72.1% were unmarried. The financial status of the majority of samples (59.9%) was above the poverty line. Most (74%) of the of samples acquired knowledge regarding breast cancer and its prevention through the influence of social media.

Table 1. Attitude scores of women regarding breast cancer and its prevention

Median score	Standard deviation	Range	Minimum score	Maximum score
62	4.64	30	47	77

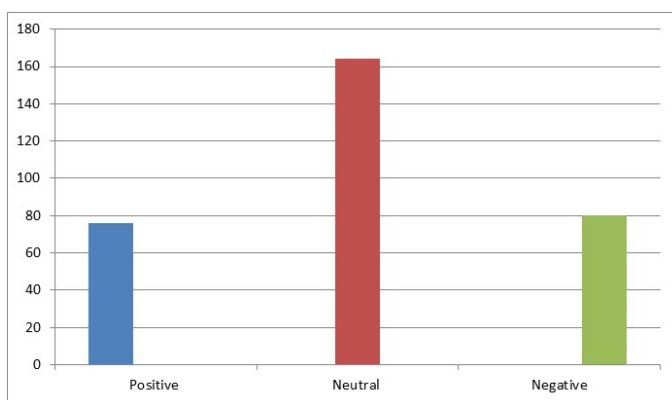


Figure 1. Women's attitude level towards breast cancer and its prevention

The median attitude score is 62 with standard deviation 4.64. More than half (51.25%) of the samples had a neutral attitude, 25% had a negative attitude, and 23.75% had a positive attitude towards breast cancer and its prevention.

Table 2. Correlation between attitude of women regarding breast cancer and its prevention with selected demographic variables

Variable	Spearman's rho	P-value
Attitude and age	0.168	0.03*
Attitude and residence	-0.16	0.781
Attitude and educational status	1.00	0.043*
Attitude and marital status	0.058	0.305
Attitude and financial status	0.04	0.941

*p significant at p value < 0.05

The data show there is a significant relationship between attitude with age (p=0.03), attitude with educational status (p=0.043).

DISCUSSION

The present study examined the attitude of women towards breast cancer and its prevention. The findings of the study sink with the results of the study conducted by A. G. Salaudeenet al (2009), shows that many women had a neutral attitude towards breast cancer and its early identification strategies. Humariya Heena (2019), and Abdulbari Bener et al (2009) were reported that there is a poor knowledge, attitude, and practices related to breast cancer screening among females. This finding highlights the findings of the present study, that most of the women participated in the present study possess a neutral attitude towards breast cancer and its prevention.

CONCLUSION

The present study reveals that there is a need for attitude reformation among the women regarding breast cancer and its prevention. Early detection of the breast cancer is one of the key strategies to reduce the cancer burden among the public. The study findings winches some vital implications for the breast cancer prevention activities. The investigators recommended that to initiate awareness and motivation campaign among the women regarding the importance of early detection of breast cancer. A positive attitude among the women is necessary for escalating the barriers of breast cancer prevention. Nurse-led clinics are a novel concept in cancer care, so these clinics can serve as a driving force in improving the attitude of the public regarding breast cancer and its prevention.

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