

UNIVERSITI TEKNOLOGI MARA

**AWARENESS OF BREAST SELF-
EXAMINATION AMONG
UNDERGRADUATE FEMALE NURSING
STUDENTS**

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TABLE OF CONTENTS

AUTHOR DECLARATION	iii
INTELLECTUAL PROPERTIES	v
ACKNOWLEDGEMENT	ix
TABLE OF CONTENTS.....	xi
LIST OF TABLE.....	xiv
ABSTRACT.....	xv
CHAPTER 1	1
1.0 Introduction	1
1.1 Background study.....	1
1.2 Problem statement	4
1.3 Significant study.....	6
1.4 Objective	7
1.5 Research question.....	7
1.6 Hypotheses.....	8
1.7 Operational term	9
CHAPTER 2	11
LITERATURE REVIEW	11
2.0 Introduction	11
2.1 Previous Study of Breast Cancer	11
2.2 Breast Self-examination	12
2.3 Prevention of Breast Cancer	14
2.4 Knowledge of Breast Self-Examination	16
2.5 Attitude on Breast Self-Examination.....	18
2.6 Practice of Breast Self-Examination	19
2.7 Self-Efficacy of Breast Self-Examination	21
2.8 Important of Breast Self-Examination	23
CHAPTER 3	25
RESEARCH METHODOLOGY	25
3.0 Introduction	25
3.1 Study Setting	26
3.2 Study Design.....	27

ABSTRACT

Background: Breast cancer is the most common cause of cancer related death among women worldwide. One of the screening methods recommended by World Health Organization was breast self-examination. Breast self-examination (BSE) defines as self-generated, non-invasive and non-irradiative method of breast cancer detection.

Objective: The study aimed to determine the level of knowledge attitude and practice on breast self-examination among female nursing students of Universiti Teknologi MARA (UiTM) Puncak Alam campus.

Method: Cross-sectional study was conducted at UiTM Puncak Alam. Convenience sampling has been used to select the respondents from survey. About 73 female nursing students from nursing department were included. Self-administered questionnaires were used to collect the data. Validity and pilot study was examined. The data was compiled and analysed using IBM SPSS. Data collected through: nurses' socio-demographic characteristic, knowledge level towards breast self-examination, Attitude level toward breast self-examination, and practice level towards breast self-examination Scale which was developed by previous researchers.

Results: The overall result of this study revealed that 87.7 % of the respondents had good knowledge toward breast self-examination; the major source of breast self-examination (40.3%) was contact with health personnel in the study, most of the respondent had moderate attitude toward breast self-examination with 69.9% and 8.2% practice breast self-examination always every month. There is no significant between socio-demographic with knowledge and attitude but there was a significant different between age and practice of breast self-examination ($p= 0.004$).

CHAPTER 1

INTRODUCTION

1.0 Introduction

This chapter discusses the background, problem statement, and this chapter set the objectives and significant of the study and also includes the hypothesis that need to be tested

1.1 Background study

According to (Ferlay, Autier, Boniol, Heanue, Colombet & Boyle, 2010), breast cancer was identified as the most common cancer among women worldwide with marked variations between countries of difference income and urbanization. The overall age standardized incidence rate in Malaysia was 46.2 per 100,000 women with more than 40% of patients presented at advanced stages (National Cancer Registry, 2011). The most important factor that can reduce morbidity and mortality associated with breast cancer is early detection and effectiveness of treatment. American Cancer Society, (2000) recommended breast self-examination (BSE), clinical breast examination (CBE), and mammography as the most effective ways to identify signs and symptoms of breast cancer Three breast screening methods promoted by the Ministry of Health are clinical breast examination (CBE), breast self- examination (BSE) and mammography for women over 40 years old. In 2006, that uptake of BSE, CBE and mammography was 57%, 52% and 7.6%, respectively (Institute of Health, 2008)