



Knowledge Regarding Breast Self Examination Among Adolescent Students in A Selected School of Aizawl, Mizoram

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ABSTRACT:

Background: Breast cancer arises from uncontrolled proliferation of abnormal breast cells, with potential for systemic metastasis and mortality if not diagnosed early. Although population-based screening through physician examination and mammography has been extensively validated, the efficacy of Breast Self-Examination (BSE) as a standalone screening tool remains inconclusive. While some evidence supports BSE, contradictory findings necessitate further well-controlled prospective studies. Nonetheless, prevailing literature advocates for BSE promotion pending definitive trial outcomes.

Objectives: To assess the level of knowledge score regarding Breast Self Examination among adolescent students in a selected school of Aizawl, Mizoram, and to determine the association between level of knowledge and selected demographic variables.

Methodology: A non-experimental quantitative research design was employed. A sample of 100 adolescent students was recruited using non-probability convenience sampling.

Results: Data analysis revealed that 73% of respondents had moderate knowledge, 19% demonstrated adequate knowledge, and 8% had inadequate knowledge of BSE. The mean knowledge score was 14.21 and SD was 2.6. Statistical analysis indicated no

significant association between knowledge scores and demographic variables.

KEY WORDS: Assess, Knowledge, Adolescent, Breast Self Examination.



INTRODUCTION: A breast self-examination (BSE) is a monthly, at-home screening method where an individual visually and physically inspects their breasts and underarm areas for lumps, skin changes, or abnormalities. Breast cancer is now the most common cancer in women worldwide and the leading cancer in India. Without screening, it's often found only when a lump appears. Treatment includes surgery, radiation, chemotherapy, and immunotherapy, and has greatly improved survival. Survival is over 90% in high-income countries when caught early, but only 66% in India and 40% in South Africa due to late diagnosis. By 2040, cases are expected to rise 40% and deaths 50% globally.

PROBLEM STATEMENT:

“A study to assess the knowledge regarding Breast Self Examination among adolescent students in a selected school of Aizawl, Mizoram.”

HYPOTHESIS: The hypothesis is tested at 0.05 level of significance.

H₁: There will be a significant association between the level of knowledge regarding Breast Self Examination with selected demographic variables among adolescent students in a selected school of Aizawl, Mizoram.

METHODOLOGY:

This study used a quantitative, non-experimental research design to assess knowledge of Breast Self-Examination (BSE) among adolescent students at St Joseph Higher Secondary School, Ramhlun North, Aizawl. Using non-probability convenience sampling, 100 students who met the inclusion criteria and were present during data collection were selected. A self-structured questionnaire with two sections was used: Section A covered demographics like age, education, prior BSE knowledge, and information sources, while Section B had 20 multiple-choice questions on BSE meaning, benefits, symptoms, and procedure, scored 0–20. Knowledge levels were categorized using mean $\pm$ standard deviation as adequate, moderate, or inadequate. Content validity was confirmed by five nursing experts, and reliability was established with Karl Pearson coefficient of 0.796. A pilot study with 10 students at Staines' Memorial School verified feasibility. After ethical clearance and written consent, main data was collected on 25th April 2026.

RESULT:

Table 1: Frequency and percentage distribution of demographic variables

n=100

Demographic Variables	Frequency (f)	Percentage (%)
Age in years		
15-18	70	70
19-22	30	30
Educational Qualification		
Class 9	31	31
Class 11	69	69
Previous Knowledge		
Yes	36	36



No	64	64
If yes, Source of Information		
Family	-	-
Friends	3	8.33
Health Personnel	4	11.11
Mass Media	29	80.5

Table depicts that most respondents, 70%, were aged 15–18 years, while 30% were 19–22 years old. Regarding education, 69% were in 11th grade and 31% in 9th grade. In terms of prior awareness, 64% had no previous knowledge of Breast Self-Examination, while 36% did. Among those with prior knowledge, the main source of information was mass media (80.5%), followed by health personnel (11.1%) and friends (8.3%), as indicated in the table..

Demographic variables	Knowledge Test			Chi Square(χ^2) Value	df	p-value	Inference
	Inadequate	Moderate	Adequate				
Age in years-							
a. 15- 18	6	49	15	1.107	2	5.99 ^{ns}	NS
b. 19-22	2	24	4				
Education Qualification-							
a. Class 9	3	25	3	2.572	2	5.99 ^{ns}	NS
b. Class 11	5	48	16				
Any previous Knowledge on BSE-							
a. Yes	3	26	7	0.018	2	5.99 ^{ns}	NS
b. No	5	47	12				
If yes, source of Information-							
a. Family	-	-		2.428	6	12.59 ^{ns}	NS
b. Friends	-	2	1				
c. Health personnel	1	2	1				



d.Mass media	2	22	5				
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Table 2: Association between the level of knowledge score on Breast Self Examination with selected Demographic Variables. n=100

***ns = Not Significant**

Table 2 illustrates the association between the knowledge of adolescent students regarding Breast Self Examination with selected Demographic variables which was tested by using Chi Square(χ^2) test. Result shows that Demographic Variables were Non-Significant at 0.05 level of significance with knowledge of Adolescent students regarding Breast Self Examination

CONCLUSION:

From the findings of the study, it can be concluded that 19% were having adequate knowledge regarding Breast Self-Examination followed by 73% were having moderate knowledge and 8% were having inadequate knowledge

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