

EFFECTIVENESS OF EDUCATIONAL PACKAGE ON EXPECTED PRACTICES REGARDING TESTICULAR SELF-EXAMINATION AMONG SALES EXECUTIVES, MEMBER OF SELECTED ASSOCIATION, MANGALURU

Mr. Prince Mathew* | Dr. Darling B. Bibiana**

*Ph.D. Scholar, Himalayan University, Itanagar, Arunachal Pradesh, India.

**Research Supervisor, Himalayan University, Itanagar, Arunachal Pradesh, India.

ABSTRACT

*This study was aimed to assess effectiveness of educational package on expected practice regarding testicular self-examination among sales executives, member of selected association, Mangaluru. **Methodology:** Quasi experimental pretest post test control group design was used. Non-probability purposive sampling technique to select 100 in each experimental and control group who met the inclusion and exclusion criteria. Pre-test was administered using structured expected practice questionnaire for control and experimental group. Educational package was administered to the experimental group. After seven days and three months of administration of educational program post-test was conducted using the same structured expected practices questionnaire in both groups. **Results:** The findings of the study revealed that regarding pretest among experimental group during pretest almost 90% had poor level of expected practices which was improved after post intervention I and II with majority 79% and 71% of the subjects had average level of expected practices. In pretest none 100% of them were practicing testicular self-examination whereas in posttests all 100% were practicing testicular self-examination. Among control group during pretest almost 83% had poor level of expected practices and there was no improvement found in post test I and II. In control group none were practicing testicular self-examination and during posttest no much change are observed. Calculated F value within experimental group was 281.303 whereas within control group was 1.28944. Unpaired t test between experimental and control group showed significant difference with t value 10.587 ($p < 0.0001$) and 12.706 ($p < 0.0001$) revealing that there was significant difference between experimental group and control group. Thus it proves that educational package was effective. **Conclusion:** Educational package was effective in improving the expected practices among sales executives.*

Key words: *Expected practices, effectiveness, testicular self-examination, educational program, sales executives.*

ABOUT AUTHORS:



Author Mr. Prince Mathew is PhD Scholar, Himalayan University, Itanagar, Arunachal Pradesh, India. He has attended various seminar and conferences.



Author Dr. Darling B, Bibiana is Research Supervisor, Himalayan University, Itanagar, Arunachal Pradesh, India. After PG: she has 18 years and after PhD: she has 9 years working experience. She has published research papers in various national and International Journals. She has done Paper Presentation and acted as a resource person for about 15 various conferences and workshops conducted at regional, state and national level.

INTRODUCTION

The most unique and important organ of male reproductive system is Testis. As in that of ovaries in female, testis is a male gonad. (Chaurasia, 2010). Production of sperm (spermatogenesis) and to produce androgens, primarily testosterone is the key purpose of the testes. (Jain AK, 2012). Because the testes are outside the body, they are more vulnerable to blunt trauma (Chaurasia, 2010), blood vessels can constrict a testis (torsion), and sometimes interstitial cells do not produce enough testosterone (hypogonadism) and testicular cancer is an extremely serious condition. (Jain AK, 2012). Men in their 20s and 30s usually will be affected with Testicular cancer especially germ-cell tumors and its incidence are rising. (Rorth et al., 2000).

TSE and clinical testicular examination are recommended as precautionary techniques to reduce testicular cancer mortality and morbidity, since clinical testicular-examination requires visit to the hospital and professionals, it is recommended to go for TSE, as it is a low-cost tool which can be performed by men himself (Ozbas, et.al., 2012). TSE should be practiced every month by the young men in the age group of 15 - 35 years (Ellison, 2010). The statistics showed that for every ten TC, nine of them found the cancer by themselves using TSE. (Ahmed et.al., 2011). Early diagnosis and treatment is very significant in TC. The early detection of TC can be done by steady self-exam of testicles (Altinel & Avci, 2013). Researcher felt that early identification at risk adults is the need to avoid complications. So the study was conducted on effectiveness of educational package on expected practice regarding testicular self-examination among sales executives, member of selected association, Mangaluru.

OBJECTIVES OF THE STUDY:

1. To assess pre interventional expected practices regarding testicular self-examination among sales executives, member of selected association in experimental and control group.
2. To evaluate the effectiveness of educational package on expected practices regarding testicular self-examination among sales executives, member of selected association in experimental and control group.
3. To find the association between the expected practices score regarding testicular self-examination among sales executives, member of selected association and their selected demographic variables in experimental and control group.

HYPOTHESIS:

All Hypotheses will be tested at 0.05 level of significance.

H₁: There will be significant difference in the expected practices score of the sales executives before and after administration of the educational package regarding testicular self-examination in experimental and control group.

H₂: There will be significant association between the expected practices score regarding testicular self-examination among sales executives and their selected socio demographic variables in experimental and control group.

METHODOLOGY

Quasi experimental pretest post test control group design is used to evaluate the effectiveness of educational package. Non-probability purposive sampling technique to select the sales executives for administration of educational package. The samples consisted of 200 sales executives 100 in each experimental and control group who met the inclusion and exclusion criteria. Based on the objectives of the study, demographic proforma and structured expected practices questionnaire were developed by the researcher to collect the required data from subjects. Reliability of the tool was established split half method which measures the co-efficient of internal consistency using Karl Pearson's correlation coefficient formula. The reliability coefficient for the structured expected practice questionnaire was found to be 0.89. Hence the tool was found to be reliable.

The Pilot study was conducted and results concluded that there was significant difference in the expected practices among sales executives and educational package was effective in improving the expected practices among sales executives. The research tools were found to be feasible and practicable. No further changes were done in the tool after the pilot study. Ethical clearance was obtained from ethical committee.

Pre-test was administered using structured expected practice questionnaire for control and experimental group. Educational package was administered to the experimental group. Structured teaching program was administered for once a week for 30mins for 4 weeks and information booklet was distributed to the samples in experimental group. Educational package was not provided to the control group. After seven days and three months of administration of educational program post-test was conducted using the same structured expected practices questionnaire and in both groups.

RESULTS

The results revealed the following findings

DESCRIPTION OF THE SAMPLE CHARACTERISTICS

Regarding age of the sales executives in experimental and control group, maximum number of the subjects 47 (47%) and 44 (44%) were in the age group of 26 – 30 years respectively. Considering the educational qualification, majority of the sales executives were graduates in both experimental 83 (83%) and control group 90 (90%). Most 43 (43%) in experiential and 45 (45%) in control group were married and live separately. Considering the religion, most 81 (81%) and 72 (72%) of them were Hindus in experimental and control group respectively.

Considering the religion, Most 81 (81%) and 72 (72%) of them were Hindus, 14 (14%) and 19 (19%) were Christian and remaining 5 (5%) and (9%) were Muslims in experimental and control group respectively.

Regarding years of using motor cycle, 32(32%) were riding for 5 to 7 years in experimental group and in control group 27 (27%) were riding for 5 to 7 years, Considering the family history of testicular cancer both in experimental and control group, majority 96 (96%) and 97 (97%) had no history of testicular cancer in the family. Regarding source of previous knowledge about testicular self-examination, majority 94 (94%) and 95 (95%) had no information in both experimental and control group respectively.

Table 1: Frequency and percentage distribution according to the pre-test and post-test level of expected among sales executives.

Level of expected practices	Experimental group						Control group					
	Pretest		Post test I		Post test II		Pretest		Post test I		Post test II	
	f	%	f	%	f	%	f	%	f	%	f	%
Good	0	0	21	21	29	29	0	0	0	0	0	0
Average	10	10	79	79	71	71	17	17	19	19	17	17
Poor	90	90	0	0	0	0	83	83	81	81	83	83

Data in table 1 reveals that among experimental group during pretest almost 90 (90%) had poor level of expected practices, 10 (10%) had average level of expected practices and none had good level of expected practices. But there was improvement in level of expected practices in posttest I and posttest II with majority 79 (79%) and 71 (71%) of the subjects had average level of expected practices, 21 (21%) and 29 (29%) has good level of expected practices and none in posttest I and posttest II had poor level of expected practices respectively. In pretest none 100% of them were practicing testicular self-examination whereas in posttests all 100% were practicing testicular self-examination.

Among control group during pretest almost 83 (83%) had poor level of expected practices, 17 (17%) had average level of expected practices and none had good level of expected practices. In post test I and post test II majority 81 (81%) and 83 (83%) of the subjects had poor level of expected practices, 19 (19%) and 17 (17%) had average level of expected practices and none in post test I and post test II had good level of expected practices respectively. In control group none were practicing testicular self-examination and during posttest no much change are observed.

Table 2: Repeated measures ANOVA showing sum of squares, mean square, F value and p value of scores of expected practices among sales executives within experimental and control group.

Source		Sum of squares	df	Mean squares	F value	p value	Inference
Experimental group	Between treatments	650.4267	2	325.2133	281.3035	<0.00001	Significant
	Within treatments	768.56	297	2.5877			
Control group	Between treatments	0.06	2	0.03	1.2894	0.277729	Not Significant
	Within treatments	366.67	297	1.2346			

F (2,297) = 2.996 at 0.05 level of significance

Data in table 2 shows that the calculated F value, within experimental group (F= 281.303) whereas within control group (F= 1.28944). Hence the null hypothesis H_{01} was rejected and research hypothesis was accepted. Therefore educational package was effective on expected practice about testicular cancer among sales executives.

Post hoc analysis in experimental group revealed that a significance changes in total expected practices from pre to post test I ($p < 0.05$) and pre to post test II ($p < 0.05$) but no significant changes between post test I to post test II ($p > 0.05$). In control group there was no significant changes in total expected practices from pre to post test I ($p > 0.05$), pre to post test II ($p > 0.05$) and post test I to post test II ($p > 0.05$).

Table 3: Unpaired t test showing the expected practice scores across Pre and Post test between experimental and control group.

Time	Group	Mean difference	t value	p Value	Inference
Pre test	Experimental group	-0.58	3.736	0.0002	Not Significant
	Control group				
Post test I	Experimental group	2.17	10.587	0.0001	Significant
	Control group				
Post test II	Experimental group	2.80	12.706	0.0001	Significant
	Control group				

Table 3 revealed that in pretest there was no significant difference between experimental and control group with t value 3.736 ($p = 0.0002$), where as in the post I and post test II there was significant difference between the experimental group and control group where t value was 10.587 ($p < 0.0001$) and 12.706 ($p < 0.0001$) revealing that there was significant difference between experimental group and control group. Thus it proves that educational package was effective.

Regarding Association reveals that association between expected practices and demographic variables like marital status ($\chi^2 = 14.156$; $p < 0.05$) in experimental group and educational qualification ($\chi^2 = 20.079$; $p < 0.05$), religion ($\chi^2 = 8.329$; $p < 0.05$) and previous knowledge on testicular self-examination ($\chi^2 = 6.648$; $p < 0.05$) in control group.

DISCUSSION

In the present study investigator found that Calculated F value was $F = 206.399$ in experimental group whereas calculated F value, within control group F value was 1.28944. Between experimental and control group there was significant difference in post test I (t value 10.587, $p < 0.0001$) and post test II (t value 12.706, $p < 0.0001$). Thus it proves that educational package was effective.

This result is supported by a study conducted by a quasi-experimental study was conducted in 174 Turkish Health Science university male students to appraise the efficacy of TSE teaching on the knowledge, performance and health beliefs. In Pre-test, 66.2% of the students were not aware about TSE and they did not practice TSE due to insufficient knowledge. After education there was significant increase in the knowledge and practice of TSE ($p < 0.05$) and also there was a constructive development in the performance of the students to TSE. (Asgar et al., 2016)

CONCLUSION

Keeping in the view that among adult men testicular cancer is one of the deadliest cancer but can be detected very easily at the earliest. It is vital to know the signs and symptoms of testicular cancer and how to perform testicular cancer so that the treatment can be initiated early stage. It is advisable for men after the age of 15 years to practice testicular self-examination once in a month to detect earlier signs of testicular cancer. The population should be made aware about the existence and magnitude of the problem and how they can avoid it. It is not only the need of the situation, but it is also the need of our country as this problem can clean our generation which will affect the prosperity of the nation.

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