



ISSN (E): 2277- 7695  
ISSN (P): 2349-8242  
NAAS Rating: 5.03  
TPI 2018; 7(5): 137-139  
© 2018 TPI  
www.thepharmajournal.com  
Received: 01-03-2018  
Accepted: 03-04-2018

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## To assess the testicular cancer and testicular self-examination in terms of awareness and expressed practice among medical students

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#### Abstract

Cancer rates are on the rise in both man and woman along with other health problems related to life expectancy, diagnostic findings and aging populations. cancer seen in man like cancer of the oral cavity, cancer of brain and lungs tissues, blood cancer and prostate cancer and testicular cancer. Among them testicular cancer seems to be increasing now a days. Testicular cancers form 1% of all malignancies in men in India. It adversely impact their lives - both in terms of longevity and quality.<sup>2</sup>

A descriptive study to assess the Testicular cancer And Testicular self-examination in terms of awareness and Expressed practices among Medical male students at selected university of Haryana.

Materials and method: the research design adopted for the study was non experimental with descriptive design. The study was conducted in the Medical male students of selected university of Ambala, Haryana. The purposive sampling technique was used to obtain the sample size 200. Result revealed that 2.5% were having very good knowledge regarding Testicular cancer and Testicular self-examination and 4.5% were having very good level of expressed Practices regarding Testicular self-examination. The highest mean% (64%) was found in the area of knowledge regarding anatomy and risk factors of Testicular cancer (43.5%) of students were mildly affected.

**Keywords:** Testicular cancer, testicular self-examination, awareness, expressed practices, medical students

#### 1. Introduction

Cancer rates are on the rise along with other health problems related to life expectancy, diagnostic findings and aging populations. There are different types of cancer seen in man like cancer of the gastro intestinal tract, breast cancer, cancer of brain tissues, blood cancer and cancer of the genital organs like prostate cancer and testicular cancer<sup>[1]</sup>. Among them testicular cancer seems to be increasing now a days. Testicular cancers form 1% of all malignancies in men in India. Although uncommon, they affect men in the prime of their lives, being the most common solid tumour in young adults; with the potential to adversely impact their lives - both in terms of longevity and quality<sup>[2]</sup>.

Testicular cancer is the most common form of cancer among young men aged 15–35 years and the incidence is increasing. It is a highly treatable disease if detected in early stage. According to National Cancer Institute (2010) the age-adjusted incidence rate was 5.4 per 100,000 men per year in 2003-2007. In Turkey the relative incidence rate is 1.3 per 100,000 (Eser *et al*, 2006). Testicular cancer can't be prevented however early diagnosis of the disease can be possible by assessing an unusual mass or swelling with self and regular examination of the testis<sup>[3]</sup>.

Testicular cancer typically develops in one or both testicles in young men. It is a highly treatable and usually curable type of cancer. The testicles are made up of several types of cells, and each may develop into one or more types of cancer. It is important to distinguish these types of cancers from one another because they differ in the ways they are treated and in their prognosis. More than 90% of cancers of the testicle develop in cells known as germ cells, the cells that produce sperm. The last 10% of testicular cancer is a result of secondary testicular cancer<sup>[4]</sup>.

Testicular cancers form 1% of all malignancies in men in India. Although uncommon, they affect men in the prime of their lives, being the most common solid tumour in young adults; with the potential to adversely impact their lives - both in terms of longevity and quality<sup>[5]</sup>.

Testicular cancer is the most common form of cancer among young men aged 15–35 years and the incidence is increasing. It is a highly treatable disease if detected in early stage. According to National Cancer Institute (2010) the age-adjusted incidence rate was 5.4 per 100,000 men per year in 2003-2007. In Turkey the relative incidence rate is 1.3 per 100,000 (Eser *et al*, 2006). Testicular cancer can't be prevented however early diagnosis of the disease can be possible by assessing an unusual mass or swelling with self and regular examination of the testis [3].

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Testicular cancers form 1% of all malignancies in men in India. Although uncommon, they affect men in the prime of their lives, being the most common solid tumour in young adults; with the potential to adversely impact their lives - both in terms of longevity and quality [5].

This campaign was designed to eliminate the stigma and embarrassment connected with boys and young men becoming more aware of their bodies, especially their testicles, and explains the importance and value of doing a self-exam at least monthly [6]. It is essential to Get a Grip and promote the importance of self-examination for testicular cancer. It is one of the easiest cancers to cure when detected in time. However, because young men haven't been informed or taught the importance of a self-exam [7].

**2. Methodology**

Non experimental research approach was adopted and the descriptive research design was used. The present study was conducted in the month of February 2017 at Medical colleges of Mullana, Ambala. The study consisted 200 Medical male students studying in Medical colleges of Mullana, Ambala. Purposive sampling technique was adopted for the present study. The tools/instrument used for the study consisted of

following three sections. Structured Performa of selected variables, structured awareness questionnaire to assess the Testicular cancer and Testicular self-examination, Expressed Practices checklist to assess the Testicular self-examination For content validity, tools were given to nine experts. Tryout was done on 10 Medical male students studying in selected university of Ambala, Haryana. The reliability of structured awareness questionnaire was calculated by KR20 which were found 0.67 and the reliability of Expressed Practices Checklist was calculated by Cronbach's alpha which were found 0.87 respectively. Final study was conducted in the month of February 2017. It was conducted in Medical male students of B.pharm, D.pharm, B.sc (OT), B.sc (MLT), BPT, B.sc (Nursing) through purposive sampling. 200 Medical male students studying in selected university of Ambala, Haryana. It was found that Medical male students took 15-20 minutes to fill awareness questionnaire and 5-10 minutes to assess the expressed practices checklist. Descriptive and inferential statistics were planned to be used to analyze the obtained data.

**3. Result**

The result showed majority of the Medical male students 113(56.5%) were in the age group of 21-23 years, 67(33.5%) had B. Pharm course, 101(50.5%) were second year students, 120(60.5%) had annual income above 20001, 89(44.5%) had fathers educated up to graduate, 75(37.5%) had mothers educated up to secondary, 114(57.0%) had fathers occupation self-business, 173(86.5%) had mothers occupation home maker, 143(71.5%) were no. of siblings under 1-2, 119(59.5%) were brothers under 1-2, 128(64.0%) were sister under 1-2, 144(72.0%) were belong to Hindu religion, 109(54.5%) were belong to urban area, 88(44.0%) students were hosteler, 88(44.0%) were day scholar, 191(95.5%) were unmarried, 163(81.5%) were no smoking/drinking, 196(98.0%) were no family history of cancer.

The 144(72%) of Medical male students were having below average and 5(2.5%) were having very good level of Awareness regarding Testicular cancer and Testicular self-examination and (75.5%) male students were having below average level of expressed practices regarding Testicular self-examination.

**Table 1:** Range, Median, Mean, Standard Deviation of Awareness scores of Medical male students regarding Testicular cancer and Testicular self-examination, N=200

Medical male students	Range of Awareness	Median	Mean±SD
200	5-27	12.0	12.16±4.36

Maximum score: 30 Minimum score: 00

Table 1 depicts that mean Awareness score of medical male students was 12.16±4.36 and median was 12.0 with range of

scores between 5-27

**Table 2:** Range, Median, Mean, Standard Deviation of Expressed Practices scores of Medical male students regarding Testicular cancer and Testicular self-examination

Medical male students	Range of Awareness scores	Median	Mean±SD
200	0-20	8.0	8.54±5.64

Maximum score: 20 Minimum score: 0

Table 2 indicates that mean practices scores of medical male students was 8.54±5.64 and median was 8.0 with range of scores between 0-20.

There is positive relationship between the Awareness and Expressed practices of medical male students regarding

Testicular cancer and Testicular self-examination. the chi square value showing the association of level of awareness in medical male students with selected variable i.e. Father's education ( $\chi^2=21.75$ ) is significant other variables are not significant at 0.05 level of significance and the association of

level of expressed Practices of medical male students with age ( $\chi^2=14.74$ ), course ( $\chi^2=65.90$ ), Academic year ( $\chi^2=18.7$ ), Father's education ( $\chi^2= 26.88$ ), Mothers education ( $\chi^2 = 44.43$ ), No. of siblings ( $\chi^2 =34.28$ ), Religion ( $\chi^2 =39.05$ ), Area of residence ( $\chi^2 10.26$ ), Place of residence ( $\chi^2=41.97$ ), Marital status ( $\chi^2 = 16.92$ ), Smoking/Drinking ( $\chi^2=20.67$ ) are significant at 0.05 level and other variable are not significant at 0.05 level.

#### 4. Discussion

The present study the majority of Medical male students 5(2.5) were having very good level of Awareness regarding Testicular cancer and Testicular self-examination. The findings were compare with the findings of the descriptive study conducted by P. Arul valan, 300 medical male students selected for the study 186 had adequate Awareness regarding Testicular cancer and Testicular self-examination<sup>[8]</sup>. In present study Medical male students 9(4.5) had very good level of Expressed practices regarding Testicular self-examination as compared to the another study conducted by James in which 63 had very good level of Expressed practices regarding Testicular self-examination<sup>[9]</sup>.

Current present study there is a positive co-relation between Awareness and Expressed practices of Medical male students, the findings were inconsistent with an another study Sotunsa John revealed that the correlation between Awareness and Expressed practices were analyzed and there was positive correlation between Awareness and practices ( $r=0.42$ ) at  $p<0.05$ <sup>[10]</sup>.

#### 5. Conclusion

The Awareness of Medical male students are not adequate and also Expressed practices of Medical male students are not appropriate. Inadequate Awareness regarding Testicular cancer and Testicular self-examination, Young men are unaware of their risk for Testicular cancer. Awareness should be provided Regarding Testicular cancer and Testicular self-examination to decrease the risk for Testicular cancer.

#### 6. Recommendation

The Comparative study could be done between Medical and Non-medical students. The Structured teaching programme can be provided for the Medical male students regarding Testicular cancer and Testicular self-examination. The regular training and awareness generation activities among the Medical male students needs to be held to increase the Awareness and Expressed practices. The Video assisted programme can be provided for the Medical male students regarding Testicular self-examination.

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