

Research Article

Knowledge and Expressed Practice of Testicular Self-Examination among Youth Residing in a Selected Urban Community of Delhi

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DOI: <https://doi.org/10.24321/2349.2880.202207>

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How to cite this article:

Kaushik A, Naseem M. Knowledge and Expressed Practice of Testicular Self-Examination among Youth Residing in a Selected Urban Community of Delhi. *Ind J Youth Adol Health*. 2022;9(1):20-22.

Date of Submission: 2022-05-04

Date of Acceptance: 2022-06-25

A B S T R A C T

Testicular cancer is one of the least common cancers accounting for around 1% of all cancers that affect men. It affects men aged between 15 to 49 yrs. Early detection of the cancer helps to cure the disease in most of the cases. Testicular Self-Examination (TSE) is a screening technique in which inspection of the appearance and palpation of the testes is done to detect any changes from the normal. Objectives of the study were; to assess the knowledge of youth regarding testicular self-examination, to find out the expressed practice regarding testicular self-examination among youth. Quantitative research approach with descriptive survey design was used. Sample size was 100 and purposive sampling technique was used. Result showed that only 19% subjects had adequate knowledge regarding Testicular cancer and none was practising testicular self-examination.

Keywords: Testicular Self- Examination, Knowledge, Expressed Practice, Youth

Introduction

Testicular cancer is one of the least common cancers accounting for around 1% of all cancers that affect men. It affects men aged between 15 to 49 yrs. Early detection of the cancer helps to cure the disease in most of the cases. According to Giwerzman et al, testicular cancer is eminently curable when detected in an early stage.¹ As per Ries et al, the survival rate of testicular cancer are high (99%) when detected early and due to advancement in the treatment (chemotherapy), patients with metastatic disease have five year relative survival rates of 75%.² Testicular Self-Examination (TSE) is a screening technique in which inspection of the appearance and palpation of the testes is done to detect any changes from the normal.

A testicular self-examination is useful in the detection of cancer of the testicles. If detected early and treated,

testicular cancer is almost 100% curable. If untreated, it may spread to the lymph nodes and lungs. Tumours usually are found on one side, but 2 to 3% are found in both testicles.³ In Testicular self-examination, males check their own testicles in order to rule out any unusual lumps or bumps, which maybe the first sign of testicular cancer.⁵ It is recommended for the early detection of testicular cancer in males.⁶ Having knowledge is highly associated with TSE practice and is also important in helping males know the importance of TSE as this will help to prevent late-stage diagnosis of testicular cancer.⁴ The TSE procedure is essential as an effective means to promote testicular health, self-awareness and wellness among males.⁷ Testicular cancer is a disease in which cells become malignant (cancerous) in one or both testicles.⁸ It is the most common cancer among 15 to 34 year-old males.⁷

Indian Journal of Youth and Adolescent Health (ISSN: 2349-2880)

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Siegel et al.⁸ Recommend a testicular self-examination as part of a routine cancer-related checkup, designed to facilitate early detection of testicular cancer and it should be performed monthly by males beginning at age of 15 years. Every male at puberty should be taught and encouraged to perform a monthly TSE for the purpose of detecting testicular tumors or other scrotal abnormalities.⁹

Not sufficient data is available regarding knowledge and practice related to TSE among adolescents in India, therefore, this study sought to assess the knowledge and expressed practice of testicular self-examination among youth.

Materials and Method

A quantitative research approach and a descriptive survey design was employed in this study. The present study was conducted in the urban community at Mehrauli, New Delhi. Youth in the age group of 15 to 35 years living in an urban community were selected using purposive sampling technique. The sample subjects selected for the present study were 100 (n=100). Structured questionnaire to assess the knowledge regarding TSE and structured checklist was used to assess the expressed practice among youth regarding TSE. The tool was given for content validation to 7 different experts from the field of nursing for its completeness, contents, and language clarity.

Data was analysed using descriptive statistics.

Results

Table 1. Demographic Profile of the Study Subjects by their Age, Religion, Education and Marital Status, N= 100

Demographic Variables	Frequency	Percentage (%)
Age		
15-25 years	27	27
26-35 years	73	73
Religion		
Hindu	63	63
Christianity	04	04
Islam	32	32
Buddhism	01	01
Education		
Secondary	06	06
Senior secondary	20	20
Graduate	53	53
Post graduate	21	21
Marital status	62	62

Married	36	36
Widower	01	01
Divorced	01	01

Table 2. Findings Related to Clinical Information of Study Subjects, N= 100

Variable	Frequency	Percentage (%)
Previous Information on Testicular Cancer		
Yes	100	100
No	-	-
Sources Information on Testicular Cancer		
Printed Articles	46	46
TV and Internet	05	05
health care professionals	27	27
Friends and relatives	22	22
Family History of Testicular Cancer		
Yes	100	100
No	-	-

As shown in Table 1 and Table 2, Most of the subjects (73%) were between the age group of 26-35 years. Most of the subjects (63%) belonged to Hindu religion, 53 % subjects were Graduate, 62% subjects were married. All the subjects had heard about Testicular cancer. For close to 50% of the subjects, the source of information was printed articles and there was no family history of testicular cancer in any of the subject's family.

Table 3. Possible Range of Scores, Obtained Range of Scores, Mean, Median and Standard deviation of Subject Knowledge Score on TSE, N= 100

Knowledge Score				
Possible Range of Scores	Obtained Range of Scores	Median	Mean	S.D
0-15	1-15	11	8.4	3.48

Table 4. Frequency and Percentage Distribution of Subjects by their Knowledge Scores on TSE, N= 100

Category	Frequency	Percentage
Adequate	19	19
Inadequate (< 7%)	81	81

As shown in Table 4, Majority of the subjects (81%) had inadequate knowledge on testicular self-examination.

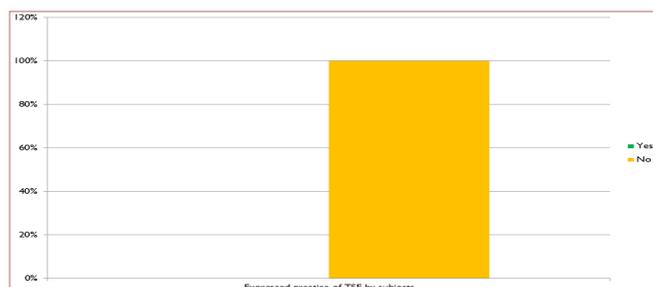


Figure 1. A bar Diagram Showing Percentage Distribution of Subject`s Expressed Practice on TSE

As shown in figure 1, it is very much clear that none of the subjects were found to be performing TSE.

Discussion

In a study conducted by Onyiriuka, et al they assessed the knowledge, attitude and practices of testicular self-examination among secondary school boys. This study was conducted in Benin City, Nigeria. They used an anonymous self-administered questionnaire. The participants were 540 secondary boys aged between 15 to 20 years. The study showed that 98.7% of the participants had never practised testicular self examination.¹ Which is consistent with the findings of the present study where, none of the subjects were practicing TSE.

A cross sectional study was conducted by Ramim, et al to assess the knowledge of testicular cancer and the testicular self-examination in medical science university in Iran. The study was carried out among full time young students in the academic year of 2010-2011. The sample size was 330. A self-administered questionnaire was applied to assess the knowledge. The study revealed that less than 5% of the students reported they had knowledge regarding testicular self-examination. Only 2% of them were found to have good knowledge about testicular cancer and 17% had awareness about testicular self-examination.² Which is consistent with the findings of the present study where 81% of the subjects didn't have adequate knowledge regarding testicular cancer.

Findings of the present study are not in agreement with the findings of a study done by Agorye IJ.⁴ Where study was conducted among male medical students of the University of Nigeria and results showed that majority 110 (64%) of the respondents had good knowledge level of testicular self-examination. This could be because of the fact that the study was carried out among medical students.

The poor performance of TSE among youth can be attributed to poor/lack of health education, workshops, seminar or conferences where young people/students will be taught on the importance and practice of TSE.

Conclusion

The present study revealed that majority of the subjects had inadequate knowledge about testicular cancer and

none were practicing testicular self-examination. The study thus implies that awareness regarding Testicular Cancer and TSE should be created by nurses in hospitals, clinics as well in community. TSE should be demonstrated to the young men so that Testicular cancer can be detected early and if present, early and timely interventions can be taken.

Source of Funding: None

Conflict of Interest: None

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