

SELF EFFICACY IN BREAST SELF-EXAMINATION PRACTICE AMONG NURSES AT NATIONAL CANCER INSTITUTE

ABSTRACT

Breast cancer is the most common cancer among women in Malaysia and was the highest contributor for mortality rates among them. Therefore, breast self examination (BSE) is very important because it is one of the methods of early detection of breast cancer. Nurses considered as the medium to convey health messages to the public and has been identified as a group that teaches BSE to the patient or next of kin. Self-efficacy is a construct in Social Cognitive Theory, was said to be able to anticipate changes in the health behavior of an individual. Self-efficacy towards practice of BSE was studied among nurses at the National Cancer Institute (NCI). This study aims to examine the relationship between self-efficacy on PSP practices among nurses by identifying the level of knowledge, practices and especially the self-efficacy of nurses towards BSE. Cross-sectional study was conducted on 162 nurses at the NIH selected through systematic random sampling. Data were collected using questionnaires filled by the respondents. The study found that the level of knowledge about the BSE is moderate. Meanwhile, the level of practice and self-efficacy is high on the PSP. Age, work experience and training were identified as having no relationship with knowledge, practice and self-efficacy on the BSE. However, the level of self-efficacy was found to have a relationship with the practice of BSE ($\beta^2=6.283$, $p=0.012$). In conclusion, high BSE practices should be supported by the higher knowledge so that each practice can be done correctly. One approach or method by applying self-efficacy element needs to be done to improve the practice of BSE among nurses. A complete and current guidelines regarding the correct method of BSE need to be generated and it is very important to nurses in order to ensure their BSE with better practice and to give a positive example to the patient or next of kin or the public.