

# A Comparative Study on Knowledge, Attitude, and Practice (KAP) of Breast Self-Examination among Young Female Students and Adult Women in Pune, Maharashtra

**Taramati J. Pandit**

Dr. D. Y. Patil School of Allied Health Sciences, Pune, India

## Abstract

**Introduction:** Breast cancer is the most commonly diagnosed cancer among women in India and accounts for a significant proportion of cancer-related deaths. Early detection plays a vital role in improving survival, and breast self-examination (BSE) is a simple method that helps in identifying abnormalities at an early stage. However, despite the rising incidence, awareness and regular practice of BSE remain inadequate across different age groups and socio-demographic backgrounds.

**Methods:** This analytical cross-sectional study will be conducted among 200 participants, including 100 young female students aged 17–25 years from Dr. D. Y. Patil University, Pimpri, Pune, and 100 adult women aged 26–60 years from nearby communities. Participants will be selected using convenience sampling. Data on knowledge, attitude, and practice (KAP) regarding BSE will be collected using a pre-tested, semi-structured questionnaire. The data will be analyzed using both descriptive and inferential statistical methods, including the Chi-square test, independent t-test, and logistic regression.

**Results:** The study is expected to show significant differences in KAP between the two groups. Young female students are likely to have better knowledge but lower practice of BSE, while adult women may demonstrate a more positive attitude with varying levels of practice. Socio-demographic factors are expected to have a significant influence on KAP.

**Conclusion:** The findings of this study will help identify important gaps in awareness and practice of BSE among different population groups. It will also provide useful insights for developing targeted and effective interventions to promote early detection of breast cancer.

## Index Terms

Breast Self-Examination; Breast Cancer; KAP; Women; Socio-Demographic Factors; India