

Knowledge of the Causes, Risk Factors and Preventive Measures of Prostate Cancer among Male Teachers in Awka South Local Government Area of Anambra State Nigeria

¹Nwankwo Nonyelum S.(Ph.D.), ²Ibe Ijeoma M.A (M.Sc),

³Nnaemezie, Nkiru Onyinyechukwu (Ph.D.) and ⁴Nwankwo Grace Chizoba
Nwankwostella100@gmail.com, ibeassumpt@gmail.com, no.nnaemezie@unizik.edu.ng

¹Department of Physical and Health Education, Nwafor Orizu College of Education Nsugbe

²Federal College of Education Technical Asaba Delta State

³Department of Health Promotion and Public Health Education,

⁴Faculty of Education Nnamdi Azikiwe University Awka Anambra State

Abstract: *The study was undertaken to determine the level of knowledge of the causes, risk factors and preventive measures of prostate cancer among male teachers in Awka South Local Government Area of Anambra State Nigeria. The population of the study consisted of 200 male teachers in government secondary schools in Awka South Local Government Area. A sample of 100 male teachers was selected using the proportioned stratified random sampling techniques. To guide this study, three specific objectives with corresponding research questions were formulated. Data was collected using Likert scale questionnaire which consisted of 16 items. According to findings, male teachers in Awka south Local Government Area have high level of knowledge regarding prostate cancer, moderate level of knowledge on causes and high level of knowledge and practice of prostate cancer preventive measures. It was recommended that prostate cancer programs should be mounted at different settings where male teachers can be reached.*

Keywords: Risk Factors, Preventive Measures of Prostate Cancer

I. INTRODUCTION

Cancer has over the years emerged as a public health concern as it has become a leading cause of death worldwide. Cancer is the abnormal and uncontrolled growth of cells which if untreated, can ultimately cause death (Nwagu, 2009). The spreading of cancer cell is called metastasis.

In Nigeria, the most common forms of cancer in men occur in the prostate gland. Prostate cancer is noted to be the leading cancer in men with increasing level of incidence, morbidity and mortality rate among people of black ancestral origin. This increase can be attributed to lack of depth knowledge regarding the risk factors, symptoms, treatment and poor attitude towards screening for prostate cancer. American Cancer Society, also asserted that prostate cancer is the most common cancer in men, it is also one of the leading cause of cancer death among men.

(Ebuehi&Otuma, 2010) ascertained that prostate cancer is the second most common male cancer and second leading cause of cancer related death occur in men. More than 70% cases of Aden carcinoma of the prostate occur in men over the age of 65years (centres of disease control, 2010). The increasing incidence of prostate cancer in men of developing countries like Nigeria is becoming alarming, and this calls for well precise and concerted efforts especially in the area of research, education and awareness of pathology.

Prostate cancer is a cancer originating from the prostate gland. The prostate is a gland found only in men, as a part of their reproductive system. It's primary purpose is to manufacture the liquid part of semen, sperm, is produced in the testicles. The prostate also helps to control urination based on it's placement surrounding the urethra. Prostate cancer

occurs when a tumor starts to grow inside the prostate. The goodness is that prostate cancer can be cured especially when identified and treated early (Agu, 2020).

Based on Global Burden on Cancer database (GLOBOCAN, 2018), estimates, 1,276,106 new cases of prostate cancer worldwide in 2018. Most of total deaths from the disease are accounted for in developing world. The low survival rates in less developed countries maybe explained mainly by lack of early detection programs, lack of adequate diagnosis and treatment facilities results in a high proportion of men presenting at advanced stage of the disease. A common challenge encountered is late presentation by affected patients (Joe et Al; 2013). This has been attributed to mainly poor awareness, lack of screening programs for prostate cancer, poverty, poor healthcare facilities and paucity of specialists urology care (olapade-olaopa et Al; 2010).

Prostate cancer which affects only men is a disease that it's fatality can be forestalled when detected early. This is because early stage detection can prompt effective treatment of prostate cancer before it's progression. It can curb the greatest challenge of late presentation and improve the chances of survival from the disease. However, early stage detection of prostate cancer requires men to know about prostate cancer and its preventive measures.

Prostate cancer was previously known to be a disease of men (50 years and above). But recently this has become a myth, because the incidence of the disease in young men age groups such as 30 to 45 years abound. Not surprising therefore, and notwithstanding the increasing incidences and mortality resulting from prostate cancer in Awka south LGA. (Ferlay et Al; 2011), there have been neither specific policies not affective strategies for controlling the disease. One of the most effective intervention tools for prostate cancer is screening and early diagnosis. However, the lack of knowledge on the disease and the low uptake of routine screening among some male teachers at risk of developing prostate cancer compound the problem. Reports have it that prostate cancer incidence is growing faster in male teachers who used to have a low incidence of the disease, and that some male teachers who have the highest survival rates because they detect and present themselves for treatment early. Male teachers are professional workers who have qualifications to provide teaching and learning, therefore, they should possess a high level of knowledge and perception and also enable them practice preventive measures against it. The practice of preventive measures can help them to detect prostate cancer and present for prostate cancer treatment early, when something meaningful can be done. This situation therefore poses a question of: What is the knowledge on the causes, risk factors and preventive measures of prostate cancer among male teachers in Awka south LGA? These were the task of the present study.

1.1 Purpose of the Study

The main purpose of this study is to determine the knowledge of the causes, risk factors and preventive measures of prostate cancer among male teachers in Awka south local government area of Anambra State. The specific purpose of the study is to determine:

1. The level of knowledge of prostate cancer among male teachers in Awka south LGA. of Anambra State
2. The level of knowledge of male teachers in Awka south LGA of Anambra State on the causes, of prostate cancer.
3. The level of knowledge of male teachers in Awka south LGA of Anambra State on the preventive measures of prostate cancer.

1.2 Research Questions

The following research questions were formulated to guide the study:

- What is the level of knowledge of prostate cancer among male teachers in Awka south L.G.A. of Anambra State?
- What is the level of knowledge of male teachers in Awka south L.G.A. of Anambra State on the causes, of prostate cancer?
- What is the level of knowledge of male teachers in Awka south L.G.A. of Anambra State on the preventive measures of prostate cancer?

II. METHODS

For the purpose of this study, survey research method was used. The study was conducted in Government secondary schools Awka south LGA, Anambra state. The population of the study is all the male teachers in the 19 government schools in Awka south LGA of Anambra state. So the population for the study is made up of 200 male teachers according to the statistics review done by the Post Primary School Service Commission, Awka Zone in 2021/2022 academic session. Out of the 19 secondary schools owned by the government in Awka south LGA, the number of male teachers was 200, then from the 200, 100 male teachers were sampled by the use of proportioned stratified simple random sampling techniques, forming 50% of male teachers' population. The instrument for the collection of data was a questionnaire. The questionnaire was constructed by the researcher, it consists of 16 items designed to relate to research questions. The questionnaire was divided into two sections; section A, B and C. The data from the respondents were analyzed using mean of four points modified likert scale. The nominal value of 4, 3, 2 and 1 was used for the response category. The mean response was determined using this formula $(4+3+2+1)/4 = 10/4 = 2.50$. The decision is that the mean of 2.5 and above is regarded as accepted while 2.4 and below is regarded as rejected.

III. RESULTS AND DISCUSSIONS

Research Question one: What are the levels of knowledge of prostate cancer among male teachers?

Table 1: mean response of male teachers on the levels of knowledge of prostate cancer

S/N	ITEM	Mean	Decision
1	The age at risk of prostate cancer is 50 years above	2.9	Accepted
2	The common sign and symptoms of prostate cancer is frequent urinating	2.4	Rejected
3	The most suitable treatment for prostate cancer is surgery	2.3	Rejected
4	Prostate cancer can be cured depending on when it is detected	3.0	Accepted
5	High levels of prostate cancer were also found to be associated with high levels of education	3.6	Accepted
6	Patients that die from prostate cancer usually present themselves at the hospital at an advanced stage	3.9	Accepted
	Total 100	3.0	Accepted

Table 1: Shows that respondents were in agreement with number 1, 4, 5, and 6 and disagrees with number 2 and 3 as supporting that the most suitable treatment for prostate cancer is surgery, high levels of knowledge were also found to be associated with high levels of education and the age at risk of prostate cancer is from 50 years above.

Research Question Two: The level of knowledge of causes of prostate cancer among male teachers?

Table 2: mean response of male teachers on the level of knowledge of causes of prostate cancer

7	Presence of a tumor in the prostate leads to the development of prostate cancer	3.0	Accepted
8	Obesity can be associated with the development of prostate cancer	1.8	Rejected
9	Being a man is a high risk of developing prostate cancer	1.6	Rejected
10	The high intake of fatty foods, red meat and dairy products is associated with prostate cancer	2.6	Accepted
11	Hormonal abnormalities can cause prostate cancer	2.6	Accepted
		2.3	Rejected

Table 2: Shows that the respondents were In agreement with number 7, 10, and 11 and disagrees with number 8 and 9 whereas obesity can be associated with the development of prostate cancer, presence of a tumor in the prostate leads to the development of prostate cancer and the high intake of fatty foods, red meat and dairy products is associated with prostate cancer.

Research Question Three: The level of knowledge of the preventive measures of prostate cancer among male teachers?

Table 3: Mean response of male teachers on the level of knowledge of preventive measures of prostate cancer.

12	Lifestyle changes like the intake of alcohol and smoking can reduce the chances of developing prostate cancer	2.0	Rejected
13	Getting screened for prostate cancer can reduce the chances of developing prostate cancer	3.0	Accepted
14	Early detection reduces the risk of developing prostate cancer	3.8	Accepted
15	Proper diet and regular exercises reduces the chance of developing prostate cancer	3.3	Accepted
16	Avoidance of cancer producing substances like chemicals	2.9	Accepted
	Total	3.0	Accepted

Table 3: Shows that the respondents disagree with number 12, lifestyle changes like the intake of alcohol and smoking can reduce the chances of developing prostate cancer, and were in agreement with numbers 13, 14, 15 and 16; early detection reduces the risk of developing prostate cancer, proper diet and regular exercises reduces the chance of developing prostate cancer with the mean value above 2.5.

IV. DISCUSSION OF THE FINDINGS

Based on the data analyzed, the findings of the study are presented according to the order of research questions. The researcher discovered that, the major level of knowledge of prostate cancer among male teachers are; The age at risk of prostate cancer is from 50 years above, prostate cancer can be cured depending on when it is detected and high levels of knowledge were found to be associated with high level of education. It was discovered that presence of a tumor in the prostate, hormonal abnormalities, and high intake of fatty foods, red meat and dairy products are all associated with the level of knowledge of causes of prostate cancer among male teachers. Finally, the researcher discovered that early detection, proper diet and regular exercises play a major role on how to determine the level of knowledge of the preventive measures of prostate cancer among male teachers.

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