

Colon Cancer Awareness and Prevention Practices in La Trinidad, Benguet

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Abstract

The study was conducted to determine the level of awareness and prevention practices on Colon Cancer of residents in La Trinidad, Benguet in terms of age, sex, civil status, employment status, and educational attainment.

The study used descriptive quantitative method. Stratified random sampling was used in the selection of respondents. In like manner, the researchers used Mann-Whitney U-test, Friedman two-way Analysis of Variance by ranks and Spearman Correlation Coefficient in the data analysis.

The study was conducted within the two boundaries of La Trinidad, Benguet considering the four barangays which are Betag, Poblacion, Cruz, Pico on January- March 2013.

Findings show that there is no significant difference with their level of awareness on Colon Cancer in terms of age, sex, employment status, and educational attainment. However, in terms of civil status, there is a significant difference with the level of awareness on Colon Cancer. There is no significant difference with their level of practice on Colon Cancer prevention in terms of age, civil status, and educational attainment. However, in terms of sex and employment status, there is a significant difference with their level of practice on Colon Cancer Prevention.

In conclusion, the residents in La Trinidad know some of the aspects on Colon Cancer. Age, sex, employment status, and educational attainment of the residents of La Trinidad do not affect the knowledge or awareness on Colon Cancer. However in term of civil status, their



awareness on Colon Cancer is affected. The residents in La Trinidad occasionally practice the preventive practices on Colon Cancer. Age, civil status, and educational attainment do not affect the prevention practices Colon Cancer. However, in terms of sex and employment status, the prevention practices of the residents are affected. The residents' level of awareness affects the prevention practices on Colon Cancer in terms of age, sex, civil status, employment status, and educational attainment.

From the conclusion, the following recommendations are presented: The La Trinidad Municipal Health Centers should conduct a forum, symposiums, seminars and the like on Colon Cancer especially on the month of March which is the Colon Cancer Awareness Month. The municipal government should coordinate with the barangays and hospitals to spread information about the screening tests done for colon cancer especially for the single and the widow or widower. Posters about practices against Colon Cancer should be distributed for the residents of La Trinidad for them to be more informed. The barangay officials will sponsor on the production of the posters and brochures. Cancer prevention programs like IWAS SAKIT DIET project by the DOH and the like, that focus on a healthy lifestyle as a way of reducing risk should be directed in a barangays for the residents to be informed. Media campaign like having a segment on the BSU on the air should be held for easier dissemination. The Barangay Health Station in each barangay should also add to their house to house visit to notice if there is any problem in their health not only to the sick ones. They should encourage them to ask questions and to consult the doctor and not to fear the results. The residents of La Trinidad should remove their attitude of negativity.



Summary

The study dealt in determining the level of awareness and prevention practices on Colon Cancer of residents in La Trinidad in terms of age, sex, civil status, employment status, and educational attainment. Also, it is intended to know if there is a significant difference between the level of awareness and prevention practices in terms of age, sex, civil status, employment status, and educational attainment. In addition, the study was to determine the relationship between the Colon Cancer awareness and prevention practices of residents in La Trinidad.

The study was conducted within the boundaries of La Trinidad, Benguet considering the four barangays which are Betag, Poblacion, Cruz, and Pico on January – March 2013.

The study used descriptive quantitative method. Stratified random sampling was used in the selection of respondents. In like manner, the researchers used Mann-Whitney U-test, Friedman two-way Analysis of Variance by ranks and Spearman Correlation Coefficient in the data analysis.

Findings

1. The residents in La Trinidad are slightly aware on Colon Cancer in terms of age, sex, civil status, employment status, and educational attainment.
2. There are no significant differences with their level of awareness on Colon Cancer in terms of age, sex, employment status, and educational attainment. However, in terms of civil status, there is a significant difference with the level of awareness on Colon Cancer.
3. The residents in La Trinidad are occasionally practicing the preventive practices on Colon Cancer in terms of age, sex, civil status, employment status, and educational attainment.
4. There are no significant differences with their level of practice on Colon Cancer prevention in terms of age, civil status, and educational attainment. However, in terms of sex and employment status, there is a significant difference with their level of practice on Colon Cancer prevention.
5. There were significant relationships between the residents' level of awareness and prevention practices on Colon Cancer in terms of age, sex, civil status, employment status, and educational attainment. In terms of age and sex, there were positive correlations between the residents' level of awareness and prevention practices on Colon Cancer.



However, in terms of civil status, employment status, and educational attainment, there were negative correlation between the residents' level of awareness and prevention practices on Colon Cancer.

Conclusions

From the data gathered, the following conclusions were drawn:

1. The residents in La Trinidad know some of the aspects on Colon Cancer.
2. Age, sex, employment status, and educational attainment of the residents of La Trinidad do not affect the knowledge or awareness on Colon Cancer. However in terms of civil status, their awareness on Colon Cancer is affected.
3. The residents in La Trinidad occasionally practice the preventive practices on Colon Cancer.
4. Age, civil status, and educational attainment do not affect the prevention practices Colon Cancer. However, in terms of sex and employment status, the prevention practices of the residents are affected.
5. The residents' level of awareness affects the prevention practices on Colon Cancer In terms of age, sex, civil status, employment status, and educational attainment.

Recommendations

Based on the findings and conclusions, the following are forwarded:

The La Trinidad Municipal Health Centers should conduct forums, symposia, seminars and the like on Colon Cancer especially on the month of March which is Colon Cancer Awareness Month.

- a) The municipal government should coordinate with the barangays and hospitals to spread information about the screening tests done for colon cancer especially for those who are single, widow or widower.
- b) Posters about practices against Colon Cancer should also be distributed to the residents of La Trinidad for them to be more informed. The barangay officials' should sponsor the production of those posters and brochures.



- c) Cancer prevention programs like IWAS SAKIT DIET project by the DOH and the like, that focus on a healthy lifestyle as a way of reducing risk should be directed to barangays for the residents to be informed.
- d) The BSU on the air should at times schedule health personnel of the university to have a time slot for health tips dissemination related to Colon Cancer.
- e) The Barangay Health Station in each barangay should also add to their duties a house to house visit to find out if there are problems in the health of the residents and not only to the sick ones. They should encourage the residents to ask questions and to consult the doctor and not to fear the results.
- f) The residents of La Trinidad should change their attitude of negativity towards prevention of Colon Cancer.



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