

SELF-IMPLEMENTATION IN EARLY DETECTION EFFORTS OF BREAST CANCER IN MEDIUM PRINCESS ADOLESCENTS IN WEST ACEH REGENCY

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ABSTRACT:

In West Aceh Regency in 2015 until 2017 the highest number of breast cancer cases was 24.43% compared to other cancer cases. 52% of cases of breast cancer occur in women aged 50 years and over, 35% in the age of less than 40 years, 22% in women aged 30 years and the youngest age affected by breast cancer are aged 15 and 18 years. This study aims to determine the effect of breast cancer counselling and breast self-examination (BSE) training in an effort to increase the knowledge of young women about breast cancer cases. This study uses a Quasi- Experimental design. The study design is one group before and after Intervention design. The Population in this study was the Senior High School Girl in the West Aceh District with a sample of 30 young women. . The results of the study concluded that the implementation of BSE in early breast cancer detection efforts have been carried out by researchers in risk groups having a positive influence on BSE knowledge and skills so that they are able to detect early at risk groups not to experience breast cancer, so as to reduce cases of breast cancer by not increasing cases new.

KEYWORDS: Implementation of BSE, breast cancer, adolescent girls.

INTRODUCTION:

Based on data from the World Health Organization (WHO) cancer is the leading cause of death in the world and 78% of cases of breast cancer occur in women aged 50

years and over, while 6% of them are less than 40 years. But many women who are aged 30 years suffer from this deadly disease.

In West Aceh Regency, based on SIRS Cut Nyak Dhien Meulaboh in 2015 up to 2017 the highest number of breast cancers was 24.43% compared to other cancer cases. 52% of cases of breast cancer suffered by women aged 50 years and over, while 35.5% of them less than 40 years. But there are also many women who are 30 years old suffering from this cancer which is as much as 22% and the age of the youngest breast cancer cases in West Aceh Regency are 15 and 18 years old.

In the development of health technology, there are various ways to detect early abnormalities in the breast, including by thermography, mammography, ductography, biopsy and breast ultrasound. Besides that there is also an easier and more efficient way to be able to detect breast by yourself which is known as breast self-examination (BSE) .

Early detection of breast cancer aims to find cancer in an early stage so that the treatment becomes better. ¹ Detection carried out by doing breast self-examination, is an easy examination done to find a lump or other kelaianan. BSE is done routinely after menstruation, about 1 week after menstruation

The implementation of BSE as an early detection method for breast cancer is a very easy and inexpensive method, but the main problem in implementing BSE is that it is rarely done correctly. Only 25% to 30% do BSE well and regularly every month

Preliminary study conducted by researchers on February 6, 2018 at MAN Unggul Meulaboh, West Aceh District, through the interview method about BSE (conscious understanding, conscious purpose, how to realize and when to realize) there were 12 students in class X, obtained from 12 students in grade The correct X answers only 1 (one) person.

The purpose of this study was to determine the effect of breast cancer counseling and BSE training in an effort to increase the knowledge of young women about breast cancer and the skills of young women towards breast self-examination (BSE) for the prevention and reduction of breast cancer cases. In addition it is expected that the extension participants and the training can convey and disseminate information both to family and peers by utilizing leaflets and pocket books given during counseling and training.

LITERATURE REVIEW:

Related work of previous researchers should be presented. Minimum 10-15 good and recent works should be presented. This section can be merged with introduction section as well. Here author can discuss the research gap that this study is going or willing to cover. Provide in text citation in APA style. (Harris, M. 2001)

METHODOLOGY:

This study uses a Quasi-Experimental design. This study aims to evaluate the effectiveness of health program interventions in young women. The planned design is one group before and after intervention design, or one group pre and post-test design

The study population was all young women in West Aceh District High School. The determination of the research sample was carried out using a consecutive sampling technique. The sample in this study amounted

to 30 people in the group at risk of developing breast cancer (age 15-17 years, early menstruation and family have a history of cancer) West Aceh District High School students.

The method of implementation in this research activity consisted of 1). Preliminary survey to SMAN in West Aceh Regency, 2) Licensing to the research location is to SMAN in West Aceh District. 3) Pre-Test Activities, Pre-Test activities are carried out with survey techniques using a questionnaire containing breast cancer and breast self-examination in young women, directly and carried out once. This pre-test activity aims to determine the level of understanding and early ability of young women about breast cancer and BSE, and to get young women with inclusion criteria as young women. 4). Counseling about breast cancer and BSE, The content of counseling is to explain about breast cancer and prevention efforts. Counseling material is provided through media slides, videos, pocket books and leaflets given to each extension target the same, complete and delivered in communicative language and ways with counseling methods accompanied by discussions with young women, 5). BSE Training, this activity is carried out with an interpersonal communication system through media slides, videos, pocket books and leaflets that are delivered to each target of equal education, discussion and Simulation of BSE by using breast mannequins in young women. The training time is given once during the study, 6). BSE Practice, Girls can practice breast self-examination (BSE) properly according to the BSE stage. 7). Post Test, the post-test activity is carried out by using a survey technique using a questionnaire containing breast cancer and breast self-examination in young women directly and is carried out once. This pre-test activity aims to find out the success of counseling about breast

cancer and awareness (promkes method) and to find out the absorption capacity of young women about counseling that they provide.

DISCUSSION / ANALYSIS:

Characteristics of young women in the control and treatment groups

Table 1. Frequency Distribution of Respondent Characteristics between Control Groups and Treatment Groups

Variable	Treat ment group (n=30)		Contr ol Group (n=30)	
Age (year)				
16	2	0	4	6,7
17	8	0	6	3.3
Age of first menstruation				
9		6.7		
10		0		
11	5	0		
12		3		
13				3.3
14				6.7
15			5	0
16				0

The characteristics of young women in this study are seen from the age of young women at the time of the study in the year and the age of the first time menstruating girls. The highest proportion of adolescent girls was 17 years old in the treatment group (60%) and in the control group (53.3%). The age range for first time menstruating girls in the treatment group is 9-12 years, most

proposition is the first time menstruation is 11 years old (50%). The age range of first menstruation in the control group is 13-16 years, the proportion at most is 15 years old (50%).

Univariate Analysis

Knowledge and actions of young women in the control group and the treatment group before the intervention

Table 2. Distribution of Knowledge Frequency and Actions of Respondents in the Control Group and Pre-Intervention Treatment Groups (Pre Test)

Variable	Teatme n Group (n=30)		Control Group (n=30)	
Knowledge e score				
6	9	0	0	3
7	8	0	1	7
8		0		
Self Awareness Score				
0	3	6.7	00	1
2		.7		
3		0		
4		.7		

Description of the level of knowledge about SADARI teenage girls in West Aceh District High School in the treatment group most of the girls had a point value of 7 (60%). The most proportion of BSE knowledge in control group has 9 points (70%). Description of the Self-Awareness Actions of girls in Negerai High School in West Aceh Regency before the intervention of the treatment group, the highest proportion of points was 0 (76.7%) and the control group was 0 (100%).

Knowledge and Actions of Young Women Control Group and Treatment Group After Intervention

Table 3. Distribution of Knowledge Frequency and Actions of Respondents in the Control Group and Treatment Group (Post Test)

Variable	Treatment Group (n=30)		Control Group (n=30)
	f	%	f
Knowledge Score	6		3.3
	7		6.7
	9	3.3	1
Self-Awareness Score	6	6.7	
	10		0
	10	100	1

Description of the level of knowledge about SADARI teenage girls in the West Aceh District High School in the treatment group most of the girls had a point value of 10 (86.7%). The highest proportion of BSE knowledge in the control group has 7 points (76.7%). Description of the Self-Awareness Actions of girls in Negerai High School in West Aceh Regency, the treatment group with the highest proportion was 10 (100%) and the control group 0 (100%).

Bivariate Analysis

The knowledge of young women about BSE before and after being given BSE counseling and training

The description of knowledge about breast cancer and breast self-examination

before and after the intervention for three months can be read in the table below:

Significant differences from the results of knowledge before and after the intervention can be seen by using the Wilcoxon test, the following results are obtained

Table 4. Frequency distribution of Respondent Actions before and after BSE counseling and training (n = 30)

	S	I	D	Value
Pre-test	0	.7	.3	.342
Post-test	0	0	.000	.000

The mean score of pre-test 6.8 and the average value of post-test 9.8, there was an increase of 3 with a value of P 0,000, which means the difference between the statistics of the improvement group that was carried out in the rescue and BSE training.

This means that counseling is able to improve the level of knowledge of adolescent girls to be even better, so it is expected to be able to influence the behavior in the efforts of early detection of breast cancer by breast self-examination method (BSE).

The results of this study are supported together with the research of Yulinda (2018) an increase in the knowledge of young women about BSE after being given counseling and training interventions in SMKN 5 Surabaya. With the results of statistical tests using Wilcoxon Signed Rank Test shows p-value (0,000) > α (0.005), meaning that there are differences in knowledge before and after health education.

In accordance with Bloom which states that a person's knowledge is part of the "cognitive domain" that is how the process of learning which consists of six levels, namely know (know), understand (comprehension), application (application), analysis (analysis), synthesis (synthesis) and evaluation.

Knowledge or cognitive is also a very important domain in shaping someone's actions (over behaviour). Knowledge will shape behaviour which is an outcome of the learning process. (Notoatmodjo, 2003)

Actions of young women about BSE before and after being given counseling and BSE training

Table 6. Distribution of Knowledge Frequency Responding before and to the Treatment Group (n = 30)

	Kn nowledge	ean	ncrease	I D	Value
Pre test	0	.7	.06	0 .466	.157
Po st test	0	.76		.430	

Based on the results of the study note that the female teenage breast self-examination Actions mean pre-test score 0.7 and post-test average value 10, there was an increase of 9.3 with a P value of 0,000, which means that there was a statistically significant difference in the treatment group breast self-examination for the treatment group after counseling and BSE training

An increase in BSE action after an intervention for three months from never having done BSE before doing BSE in accordance with predetermined BSE measures.

This means that counseling and training can increase the awareness of female teenage breast self-care measures to be better in accordance with predetermined breast self-care measures.

From the research it is known that only a small proportion of respondents undertook BSE measures, and the BSE steps taken by respondents before the intervention were still not good, from some respondents who were asked by respondents not to do according to the steps because the respondent did not know the BSE steps that were in accordance with the provisions and felt ashamed, the respondent only took steps to feel the breast.

Before being given an intervention (counseling and training) the majority of young women had never done breast self-examination. Only a small proportion of young women do BSE, and the BSE steps taken by young women before intervention are still not good, from a small proportion of young women asked by young women not to do according to the steps because girls do not know the BSE steps according to the provisions and feel ashamed, young women just take steps to feel the breast. BSE training that young women receive can change young women to do BSE according to the BSE steps.

According to Notoatmodjo (2007), action is the process of doing what is known or what it reacts to (considered good). In addition, there are four levels for taking action, namely: 1). Perception, is to recognize and choose various objects in connection with the actions taken, 2). Guided response is the ability to do things in the right order in accordance with the example, 3). The mechanism is if someone has been able to do something right automatically or something has become a habit, 4). Adaptation is an action that has developed well, has been modified by not reducing the truth of the action.

The results of this study are supported by the study of Qiong Ouyang (2014) an accurate increase in breast self-examination after being given a training intervention in breast self-examination.

Adolescent girls' knowledge about BSE before and after in the Control Group

Table 6. Frequency distribution of respondent's knowledge before and after the Control Group (n = 30)

	Kn nowledge	ean	ncrease	I D	Value
Pre test	0	.7	.06	0 .466	.157
Po st test	0	.76		.430	

Based on the results of the study note that the average value of pre-test 6.7 and mean post-test 67.6, an increase of 0.006 with a P value of 0.157, which means that there is no statistically significant difference in the level of knowledge of the control group

This means that counseling is able to improve the level of knowledge of adolescent girls to be even better, so it is expected to be able to influence the behavior in the efforts of early detection of breast cancer by breast self-examination method (BSE).

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In accordance with Bloom which states that a person's knowledge is part of the "cognitive domain" that is how the process of tofu which consists of six levels, namely know (know), understand (comprehension), application (application), analysis (analysis), synthesis (synthesis) and evaluation. Knowledge or cognitive is also a very important domain in shaping someone's actions (over behavior). Knowledge will shape behavior which is an outcome of the learning process. (Notoatmodjo, 2003)

CONCLUSION:

Breastfeeding Breast Cancer Implementation in the early detection of breast cancer that has been carried out by researchers in young women has a positive influence on breastfeeding knowledge and actions so as to prevent those at risk from developing breast cancer, so as to reduce the number of breast cancer cases by not adding new cases.

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LIMITATION AND STUDY FORWARD:

No study covers all aspect of the research problem. Author should discuss the limitations or gaps of this study. And also present future scope or plan of the study.

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