

# Knowledge and attitudes of young women regarding BSE at state Junior High School 21 Palu, South Palu District, Palu City, Central Sulawesi

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## ABSTRACT

The incidence of cases in Palu City as the Municipality of Central Sulawesi is with a rate of 11 new cases per year 2022, 4 old cases per year 2022, and 4 cases of deaths per year 2022. This research aims to find out how young people's knowledge and attitudes are. Putri about SADARI State Junior High School 21 Palu. The type of research is descriptive. This research uses secondary data and primary data and is analyzed using univariate analysis. The population taken in this research was the total number of 2nd and 3rd grade female students at SMPN 21 Palu as many as 30 female students. The sample in this study was the entire population, namely 30 female students. The results of the research show that of the 30 respondents in this study, there were more who had sufficient knowledge, namely 53.3% and had a fair attitude, namely 73.3%, compared to respondents who had good knowledge, which amounted to 6.6% and the remaining respondents who had less knowledge, amounted to 40%. and 26.6% of respondents had a negative attitude towards BSE. The conclusion of this research is that more female students are knowledgeable and have adequate attitudes about BSE. The suggestion in this research is that it is hoped that State 21 Palu Junior High School will further intensify the BSE movement through outreach activities regarding early examination.

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## INTRODUCTION

One of the various non-communicable diseases that arise in society is cancer. Cancer is still something scary for Indonesians (Triratnawati & Novyantari, 2020), (Ratnaningsih, Riansih, Siswatibudi, & Rupita, 2022). Society still interprets cancer as a deadly disease, cannot be cured, cannot be prevented and requires large costs for treatment. On the other hand, there is still little information about cancer and its prevention, there are still many problems and obstacles faced in

efforts to control and prevent cancer, for example the lack of information about cancer, the public's perception about cancer is incorrect and cancer control and prevention programs have not been prioritized in each region (Fandinata & Ernawati, 2020), (Kadir & Kes, 2022).

Cancer is a disease whose incidence rate is still quite high globally. The top five cancers are lung cancer, mammary carcinoma, colon cancer, stomach cancer and liver cancer in the world, a survey conducted by the World Health Organization (WHO) reported that 8-9% of women suffer from mammary carcinoma (Ardhiansyah, 2019), (Dewi et al., 2021). Cancer is one of the various important causes of mortality, with 8.2 million people dying due to the impact of cancer (Buana & Harahap, 2022), (Nugraha, Shidiq, & Rahayu, 2019). Breast cancer, mammary carcinoma, is the growth of cells that cannot be controlled by the glands that produce milk (lobular), the glandular ducts from the lobular to the nipple of the breast (duct), the tissue data that supports the breast that surrounds the lobular, ducts, blood vessels and blood vessels. lymph, but skin is not included (SIMANULLANG, 2022), (Setiawan, 2023).

Breast cancer (carcinoma mammae) is a condition in which this disease has lost control and the normality of its cells, resulting in a trigger for abnormal, rapid and unresolved growth that appears in the breast tissue (Adi Nugroho, 2023), (Putra, 2022)

In the world in 2022, there will be 670,000 deaths due to breast cancer (WHO, 2022). According to the American Cancer Society report (2022), there are 231,840 current cases due to breast cancer (29%) and a 40,290 mortality rate (15%) (Latifah, 2022). According to 2022 information from Globocan, the International Bureau for Research on Cancer (IARC), breast cancer is the cancer that has the highest percentage of current cases globally, namely 43.3% or 50 per 100,000 women, whereas the percentage of deaths due to breast cancer is 12.9% (Lestari, n.d.), (Pulungan & Hardy, 2020).

The survival value in the last 5 years will continue to increase in breast cancer that has received a series of appropriate treatments at an early stage (Hamzah et al., 2021), (Fatrida, Elviani, & Keb, 2022). According to the Indonesian Oncology Association (2010) in Megawati (2012), reported that the Federation of Different Oncology Experts in Indonesia diagnosed breast cancer as seen from the diagnosis stage, namely: stage 1 as much as 85%; stage 2 as much as 60-70%; stage 3 as much as 30-50%; and stage 4 as much as 15% (Raidanti & Wijayanti, 2022). However, in developing countries, sufferers generally go to health services for check-ups when they are in the final stage (III-IV), compared to developed countries where people suffer from data when they are still in the early stages (stage I-II) (Hartanti, 2020). Nearly 80% of the cases of breast cancer screening at the health service in Indonesia are late, resulting in an advanced stage, which can make the diagnosis of the sufferer worse. If we look at the Case Fatality Rate, breast cancer cases found in the early stages are only 7.2% (Novitarum, Siregar, Siregar, & Lubis, 2023), (Prasetya et al., 2023).

The type of cancer that most women experience and worry about is breast cancer. Basically, breast cancer affects women, it may also affect men, but it is very low, namely 1: 1000 (Mulyani, 2013). In Indonesia, the incidence of cancer is still unknown, which is the exact cause because there has not been a population-based cancer registration conducted (Zahra, 2020) (Melati, 2022). Based on the hospital information system in 2010, breast cancer was the highest type of cancer that occurred in outpatients or inpatients, namely around 12,014 patients (28.7%) (Fajri, Nurhamsyah, Aisyah, Mudrikah, & Azjurnia, 2022).

A total of 36,761 cases occurred in women throughout Indonesia aged 30-50 years as seen from data from the Cancer Sub-Directorate for Control of Non-Communicable Diseases (PPTM) of the Indonesian Ministry of Health. From 2015 to 2019, 644,951 women have attempted early detection (1.75%) with findings of suspected breast lumps (tumors) in 1,682 people (2.6 per 1000 population) (Ministry of Health of the Republic of Indonesia, 2020) (Faroqi, WS, & Nugraha, 2016).

For Central Sulawesi, based on the health profile of Central Sulawesi in 2022, the overall incidence of breast cancer increased in 2022 compared to 2021, namely 102 incidents in 2021, an

increase of 147 incidents in 2022. This means that Central Sulawesi Province still ranks 25th with a prevalence level. 0.7 and the absolute value is around 2,508 cases. Meanwhile, the incidence of cases in Palu City as the municipality of Central Sulawesi is with a rate of 11 new cases per year in 2015, old cases of 4 cases per year (Faroqi et al., 2016).

One of the various appropriate efforts to carry out initial detection of breast disorders, especially breast cancer, is to carry out breast self-examination (BSE). The method of prevention here is an early detection measure that has great potential and has many advantages, including being easy and efficient. If BSE can be tried regularly and routinely, then breast cancer can be found early so that further action can be taken immediately and appropriately. However, breast self-examination (BSE) has not received more attention among Indonesian citizens, especially as knowledge, motivation and attitudes of women regarding the application of self-breast examination are considered to be lacking (Erica & Azzahroh, 2022).

Based on initial interviews with class teachers on June 14 2022, it shows that the school has not conducted health research regarding BSE. Then, seeing that the number of sufferers and those who die from breast cancer is increasing every year, it is necessary to develop the BSE movement (Self-Examination of Breasts) which is realized as early as possible by women and teenagers. This encouraged the author to carry out research on "Knowledge and Attitudes of Young Women About BSE State Junior High School 21 Palu, South Palu District."

## RESEARCH METHOD

The type of research used was descriptive in nature, namely to find out the knowledge and attitudes of young women regarding BSE at SMP Negeri 21 Palu. The research here was carried out on 10 - 24 September 2022 at SMPN 21 Palu School, South Palu District. The variables in this research are the characteristics that will be studied. The variables in this research are female students' knowledge and attitudes about things that female students (respondents) know and understand about BSE. How to measure interviews, measuring tools, questionnaires, ordinal measuring scales. Measurement results 0 = not good (if the respondent's answer score is <56%) 1 = sufficient (if the respondent's answer score is 56-75%) 2 = good (if the respondent's answer score is ≥ 76-100%).

The method for collecting data is that before conducting an interview, the respondent must state that he is willing to be a respondent in this research and the completed questionnaires are collected in their entirety and then the researcher checks their completeness.

Data were collected using a questionnaire containing eight questions for each variable. The respondent's knowledge question consisted of 8 statements about BSE through the use of the Gutman scale with alternative right and wrong answers. The value for the correct answer choice is 1 and the value for the wrong answer choice is 0. The respondent's attitude questionnaire regarding BSE consists of 10 questions, statements and a Likert scale, for positive statements the numbers are 1, 5, 3, 7, and 9 with answer choices Strongly Agree (SS) with a value of 4, Agree (S) with a value of 3, Disagree (TS) with a value of 2, Strongly Disagree (STS) with a value of 1 and for negative statements there are numbers 2, 4, 6, 8 and 10 with the answer choices Strongly Agree (SS) with a value of 1, Agree (S) with a value of 2, Disagree (ST) with a value of 3, , Strongly Disagree (STS) with a value of 4. Data analysis in this research is analysis Univariate was carried out to determine the frequency distribution of each variable included in the research variables.

Population is an abstraction area consisting of subjects or subjects that have special qualities and characteristics that are determined by the researcher to be studied and after that conclusions are drawn. The population taken in this research was the total number of 30 female students in grades VIII and IX at SMPN 21 PALU. The sample is a part or number and characteristics of the population. If the population is large, and it is impossible for researchers to study everything in the population, for example due to budget, energy and time limitations, then

the researcher will take samples from that population. What is learned from the sample, the conclusions will be applied to the population. Therefore, the sample obtained from the population must be truly representative. The sample in the research here is the entire population, namely 30 female students, consisting of 15 female students in class VIII and 15 female students in class IX at SMPN 21 Palu.

## RESULTS AND DISCUSSIONS

### Research Result

#### Respondent Characteristics

##### Age

The age division in this study is categorized into 12-14 years and 15-16 years and can be seen in table 3.1, namely:

**Table 1.** Distribution of respondents based on age of young women regarding BSE at state Junior High School 21 Palu

| No     | Age | Frequency | Percentage(%) |
|--------|-----|-----------|---------------|
| 1      | 13  | 3         | 10%           |
| 2      | 14  | 18        | 60%           |
| 3      | 15  | 6         | 20%           |
| 4      | 16  | 3         | 10%           |
| Amount |     | 30        | 100%          |

Source: Primary Data, 2022

Based on table 3.1, it can be seen that from the 30 respondents, the largest age range is between 14 years old with a percentage result of 60%, while the lowest age range is 13 years old and 16 years old with a percentage result of 10%.

##### Grade Level

The class levels in this study consist of classes VIII and IX and can be seen in table 3.2, namely:

**Table 2.** Distribution of respondents based on class level of young women regarding BSE at state Junior High School 21 Palu.

| No     | class | Frequency | Percentage(%) |
|--------|-------|-----------|---------------|
| 1      | VIII  | 15        | 50%           |
| 2      | IX    | 15        | 50%           |
| Amount |       | 30        | 100%          |

Source: Primary Data, 2022

Based on table 3.2, it can be seen that 50% of respondents each were from classes VIII and IX.

### Research Variable

#### Knowledge

Based on the respondents' answers, the knowledge of Palu 21 State Junior High School students about BSE can be categorized as good if the percentage results are 76% - 100% of the questionnaire answers, sufficient knowledge if the percentage results are 56% - 75% of the questionnaire answers, and less if the percentage results < 56% of the questionnaire answers which can be seen in table 3.3 are:

**Table 3.** Distribution of respondents based on knowledge about BSE in 21 Palu state Junior High Schools

| No | Category   | Frequency | Percentage(%) |
|----|------------|-----------|---------------|
| 1  | not enough | 6         | 20%           |
| 2  | Enough     | 21        | 70%           |
|    | Good       | 3         | 10%           |
|    | Amount     | 30        | 100%          |

Source: Primary Data, 2022

Based on table 3.3, it can be seen that of the 30 respondents, 20% had poor knowledge about BSE, while 70% of respondents had sufficient knowledge about BSE, and 10% of respondents had good knowledge about BSE.

### Attitude

Based on the respondents' answers, the attitude of students at State Middle School 21 Palu regarding BSE can be categorized as good if the percentage result is 76% - 100% of the questionnaire answers, knowledgeable enough if the percentage result is 56% - 75% of the questionnaire answers, and poor if the percentage result is < 56% of the questionnaire answers which can be seen in table 3.4 are:

**Table 4.** Distribution of respondents based on young women's attitudes regarding BSE at Public Middle School 21 Palu

| No | Category   | Frequency | Percentage(%) |
|----|------------|-----------|---------------|
| 1  | not enough | 12        | 40%           |
| 2  | Enough     | 18        | 60%           |
|    | Good       | -         | 0%            |
|    | Amount     | 30        | 100%          |

Source: Primary Data, 2022

Based on table 3.4, it can be seen that 40% of the 30 respondents had a poor attitude about BSE, while 60% of the respondents had a fair attitude about BSE and 0% had a good attitude about BSE.

### Discussions

Based on the research results, it shows that of the 30 respondents in this study, there were more than 53.3% who had sufficient knowledge and only 6.6% of respondents who had good knowledge. The remaining knowledgeable respondents amounted to less than 40%, in this case many respondents knew what BSE was, but still did not know the correct steps for doing BSE, there were still many respondents who answered questions incorrectly about the steps for doing BSE.

Researchers assume that more respondents who answered the question correctly were respondents who were in class IX with an average age of 14, 15 and 16 years. The higher the respondent's class level, the more experience and insight they will have, so they tend to have better knowledge. about BSE compared to respondents who are in class VIII. Apart from that, good knowledge is caused by various factors, namely educational factors and information obtained, this is related to the question in the questionnaire that BSE is very important for them to know and understand how to prevent lumps from occurring in the breast, while those with less knowledge do not know about how to prevent their occurrence. lumps early on. This means that experience is one source of a person's knowledge of something or information. The older an individual gets, the more mature their thinking will be or they will be better at assuming and acting. Age influences a person's level of insight. As age continues to increase, the experience you have also continues to become more numerous and varied, so that experience this increases the person's understanding (Anggriani R, 2016).

Adolescence is an energetic stage of progress in a person's life. This era is a period of transition from childhood to old age which is characterized by accelerated physical, psychological, emotional and social progress and occurs in the second decade of life (Sarwono, 2013).

Education is an activity or training method to improve specific skills so that the learning targets can stand on their own. The level of learning also determines whether it is easy for a person to absorb and master the insights they gain, in general it continues to be the level of a person's learning so that their knowledge continues to improve (Ngatimin, 2010).

According to Mulyani (2013), this type of breast cancer knowledge can be done using a simple method and can even be realized quickly, especially by young girls, by checking their own breasts. The SADARI approach to early prevention of breast cancer has been tried by the majority of respondents who carry out SADARI but not regularly every month. Respondents said there were many alibis, including heavy legs, lack of free time, embarrassment, not knowing the method regarding BSE and there were those who responded that BSE was not necessary.

The results of this research are in line with research conducted by Ambrawati, Sugiata& Susilowati (2014) at SMA N 1 Karawang Dowo Klaten based on the results of her research, it was found that of the 109 respondents the highest level of insight was in the good category, namely 73.4%, whereas the lowest level of insight was in the poor type, 11.1%. The low level of public insight regarding the significance of BSE checks is caused by the lack of information and the level of public awareness regarding breast cancer.

Based on the research results, it shows that of the 30 respondents in this study, there were 26.6% of respondents who had a poor attitude towards BSE (Self-Breast Examination), 73.3% who had a sufficient attitude towards BSE (Self-Breast Examination), and 0% who had an adequate attitude towards BSE (Self-Breast Examination). good for BSE (Breast Self-Examination). In this case, there are still many respondents who are still wrong about the BSE steps.

The researcher assumes that the good knowledge that the respondent has greatly influences a person's attitude in acting. The results of the research show that the respondent does not have a good attitude towards BSE, which is probably because the respondent has not received health promotion activities or counseling activities carried out by health workers, because the researcher conducted an interview with one of the female students at SMP Negeri 21 Palu that there had never been any health education about BSE. Apart from that, female students who behave well are influenced by several factors related to the statements in the questionnaire, such as BSE should be done every month because it is one way to detect the appearance of lumps in the breast, while female students who behave less related to the questions in the questionnaire, such as they don't know how to detect them. the appearance of a lump in the breast.

Action is the readiness to react to a subject in the environment such as or deepen the subject. The reaction can be to carry out BSE or not to carry out BSE related to the encouragement they receive. If the encouragement obtained is supportive so that the respondent wants to carry out BSE, but if the encouragement obtained is not supportive then the respondent will not carry out BSE.

Attitude is the response or reaction of a person who is closed to an action or subject (Notoatmodjo, 2014). If someone reacts or has a good reaction then it leads to a good attitude, and vice versa, if the reaction is not good then the attitude is not good either.

## CONCLUSION

Based on the results of the research and discussions conducted by the researchers, it can be concluded that of the 30 respondents consisting of class VIII and class IX female students who had sufficient knowledge of attitudes and knowledge of BSE, they were less interested in BSE.

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