

Health Education Counseling About BSE Examination as Early Detection of Breast Cancer in Mangga Village, Medan Tuntungan District

Arva Rochmawati¹, Desi Anggreini²

Darmo Medan Midwifery Academy

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ABSTRACT

The purpose of this study was to determine the effect of health education with demonstrations and videos on the knowledge of female students/adolescents about BSE examinations in the Ladang Bambu Village, Medan Tuntungan District. And the activities carried out were to increase students' knowledge about BSE examinations in the Ladang Bambu Village, Medan Tuntungan District. Increasing the influence of health education knowledge with demonstration and video methods on adolescent knowledge in the Ladang Bambu Village, Medan Tuntungan District. The results of the research are To achieve the objectives of the above activities, activities were carried out including the delivery of material about the importance of early detection of the breast itself by doing BSE,

E-mail:

mawatiarva86@gmail.com
anggraini88desi@gmail.com

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1. Introduction

Adolescents are children aged 12-24 years who have experienced development and as a transitional period of development between childhood and adulthood and as the starting point of the reproductive process. At the age of adolescence a person's physical changes continue to develop as well as cognitive and psychological aspects. At this time, especially young women should begin to pay attention to the changes that occur in themselves, especially changes in the breasts. Currently breast cancer is getting higher in adolescence due to the lack of knowledge and awareness of adolescents about early detection of breast cancer and changes in lifestyle that are not good.

Breast cancer is one type of cancer that is often experienced by women in the world. Based on GLOBOCAN data, the International Agency for Research on Cancer (IARC) in 2012 in infodatatin (2016) showed that breast cancer was the highest type of disease at 43.1% with a mortality rate of 12.9%. In Indonesia in 2013 the estimated cases of breast cancer were 61,682 cases. The highest prevalence of breast cancer is in Yogyakarta Province, which is 4.1% (Health Data and Information, 2015). Data from the DIY Health Office (2013), shows that breast cancer occurs in women aged 15-44 years, in Bantul district as many as six people, Yogyakarta city 64 people, Gunung Kidul 44 people, and Sleman 30 people (Dyayadi, 2009 in Mugiyasti 2017).

Adolescent girls' knowledge about BSE is very low. Health education is one of the efforts to help increase the knowledge of adolescents and the community, especially health education about BSE examination so that it is hoped that there will be growth, development or change for the better (Alhamda and Sriani, 2015).

The process of health education in delivering material on BSE requires effective methods and media. Health education methods and media are one of the ways used to convey information to adolescents so as to help increase knowledge in the hope of changing their behavior. Effective methods and media in health education to help increase adolescent knowledge about BSE is to use demonstration methods and video media.

2. Method

The direction or purpose of this activity can be carried out by providing counseling to female students/adolescents about the importance of carrying out early detection of breast cancer by means

of BSE. It is carried out at the following location: Medan Tuntungan District Hall, Darmo Midwifery Academy Lecturer, totaling 2 and 1 student. 12 – 20 years old

2.1. Activity steps

As a community service activity, the following preparations are carried out:

a. Hold a meeting with the Head of the District in terms of supporting this activity and obtain permission to carry out the extension.

- 1) Asking for permission from the Head of the District in carrying out outreach activities to students, especially young women about the importance of carrying out early detection of breast cancer by means of BSE
- 2) Determination of participants who will take part in the counseling.
- 3) Determination of community staff who participate in the smooth running of outreach activities to female students/adolescents about the importance of early detection of breast cancer by means of BSE
- 4) Determination of the facilities and infrastructure needed to support the implementation of the extension activities.
- 5) Other things that are considered important in carrying out activities

b. Coordination meeting with the activity implementation team in this case:

- 1) Set the day, date of activity
- 2) Place of activity
- 3) Prepared equipment
- 4) The committee that helped
- 5) Amount of fee required
- 6) Facilitators who participate in providing materials
- 7) Things that are deemed necessary

2.2. Activity Process

On October 23, 2021, data collection was carried out for participants who will take part in counseling activities for female students/adolescents about the importance of doing breast cancer early detection by means of BSE. :

- a. Lecture
- b. FAQ
- c. Discussion

After giving the material, there will be a demonstration about the practice of BSE to students or young women, in order to increase knowledge and prevent breast cancer.

3. Results and Discussion

a. Target Audience

This activity is targeted at female students or young women in Mangga Village, Medan Tuntungan Sub-district, to female students/adolescents about the importance of early detection of breast cancer by means of BSE that is carried out in accordance with the support of the parties concerned as well as a good reception from the Kepling sub-district of Mango and midwife in Mangga Village, Medan Tuntungan District.

b. Linkages

In carrying out this service activity the fields of science that are considered related include reproductive health in adolescents and health promotion and public health.

c. Evaluation Plan

In this case the evaluation carried out was an evaluation of the status of knowledge on behavioral changes (knowledge, attitudes, and actions) as well as increasing the degree of adolescent reproductive health by increasing information about health, impacts and prevention and benefits of reproductive health for female students about the importance of doing early detection of breast cancer by means of BSE.

d. Supporting and Inhibiting Factors

- 1) Supporting factors

Enthusiasm of young women is quite large. The school, in this case the principal, provides time and place so that the counseling can run well

- 2) Obstacle factor

Awareness of young women on the importance of reproductive health counseling, especially BSE, is lacking so that in the process of activities it requires a large enough

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effort to attract interest so that they want to know and practice and listen to counseling. So that communication must be maximized

4. Conclusion

The report on the implementation of community service activities in the form of counseling to students / adolescent girls about the importance of carrying out early detection of breast cancer by means of BSE which is carried out in the Ladang Bambu Village, Medan Tuntungan District, can be stated as follows1. The activity was carried out in accordance with the objectives and plans. This activity received a good response from the school, the principal and their staff. This activity provides a new discourse for young women to be able to disseminate the health information they get and for themselves.

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