

## The Effect of "Aware" Health Education on Knowledge of Early Detection of Breast Cancer in Adolescent Women in Health Center Area Lut Bargain in 2020

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### ABSTRACT

Breast cancer is one of the most common types of cancer in women. Breast cancer is a malignant tumor that grows in the breast tissue. Every year more than 185,000 women are diagnosed with breast cancer. The incidence of this disease is increasing in developed countries. Around 43,500 deaths from breast cancer each year make this disease the second leading cause of death after lung cancer in women. To find out the effect of carrying out breast self-examination (BSE) on students' knowledge in early detection of breast cancer. This type of research is a quantitative research with a research design using Quasi-Experimental. The instrument used for knowledge is a questionnaire while for the ability to use an observation sheet. The sampling technique in this study was using Purposive Sampling with a sample size of 68 people. Data processing using Wilcoxon statistical test. The results showed that most of the respondents after being given health education had a good level of knowledge about BSE, namely 62 people (91.2%). While the level of knowledge about BSE that is sufficient is 6 people (8.8%). From the results of statistical tests of knowledge and abilities before and after health education, the value of  $p = 0.000$  ( $p < 0.05$ ). It can be concluded that there is an effect of health education on breast self-examination (BSE) on the knowledge of young women in an effort to detect breast cancer early in the Lut Tawar Health Center area. It is hoped that the Puskesmas will always carry out socialization about women's health and cooperate with health workers, especially regarding BSE examinations.

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## INTRODUCTION

The role of the midwife is a way of stating the activities of midwives in practice, who have completed their formal education, are recognized and authorized by the government to carry out nursing duties and responsibilities professionally in accordance with their professional code of ethics. The role of a nurse includes the role of executor, role as educator, role as manager, and role as researcher in implementing midwifery care (Hidayat, 2012).

In North Sumatra, the results of research conducted at the Haji Adam Malik General Hospital Medan showed that there were 13 (4.2%) cases of the 312 cases of breast cancer studied in the age group of 13-25 years. In addition, based on the results of research at Hope Clinic Medan, out of 78 breast cancer patients, 6 cases (7.8%) attacked the age group of 15-25 years (Sinaga & Ardayani, 2016). The relationship between knowledge about self-examination, it will affect the attitude of young women to be aware of the importance of doing BSE examinations to prevent the risk of breast cancer. Carrying out a conscious examination will reduce the death rate from breast cancer by up to 20%, but unfortunately adolescents who do conscious are still low (25%-30%) (Septiani & Suara 2013).

Based on the results of a preliminary survey conducted by researchers on young women in the Lut Tawar Health Center area with the method of interviewing 10 young women, it was found that 6 people did not understand / lacked knowledge about BSE examination, only 4 people understood BSE examination. Furthermore, the 10 young women admitted that they had never practiced BSE, so that the young women BSE is an examination carried out on women using a mirror for early detection of breast cancer which aims to determine the possibility of a lump that develops into malignant cancer (Olfah et al, 2013). The method of health education is an activity to convey health messages to individuals, groups, or communities. With the hope that with this message individuals, groups, or communities can gain knowledge about better health.

This type of research is quantitative research with a quasi-experimental research design. Where this study is used to find a causal relationship with the existence of a particular intervention or treatment. This study uses the pretest-posttest design method by giving a pretest (initial observation) before being given an intervention then after being given an intervention, a posttest (final observation) is given again (Nursalam, 2011).

The results of this study which was conducted on the effect of breast self-examination education (BSE) on the knowledge of young women in an effort to detect breast cancer early in the Lut Tawar Health Center area in 2020 showed that the knowledge of young women before health education was mostly in the poor category, namely 75%, and after health education, most of the knowledge of young women in the good category that is equal to 91.2%. The results of the Wilcoxon statistical test on knowledge both before and after health education obtained a p value = 0.000 because the p value <0.05, so it can be concluded that there is an effect of health education on breast self-examination (BSE) on the knowledge of adolescent girls in efforts to detect breast cancer early in the region. Lut Tawar Health Center 2020.

## RESEARCH METHOD

This chapter will describe research data on the effect of BSE health education on early detection of breast cancer in adolescents in the Lut Tawar Health Center Area in 2020.

**Table 1.** Frequency Distribution of Respondents by Age, Religion, and Ethnicity.

Th (Years)	Frekuensi (Jumlah)	Persentasi (%)
16	33	48,5
17	35	51,5
<b>Total</b>	<b>68</b>	<b>100</b>
Religion	Frekuensi (Years)	Persentasi (%)
Islam	55	80,9
Kristen	13	19,1
<b>Total</b>	<b>68</b>	<b>100</b>
Suku	Frekuensi (Years)	Persentasi (%)
Aceh	29	42,6
Jawa	19	27,9
Batak	20	29,4
<b>Total</b>	<b>68</b>	<b>100</b>

**Table 2.** Wilcoxon Signed Ranks Test

Pengetahuan	N	Mean Rank	Sum of Ranks	<i>p value</i>
postpengetahuan < prepengetahuan	0 <sup>a</sup>	.00	.00	
postpengetahuan > prepengetahuan	68 <sup>b</sup>	32.50	2336.00	.000
postpengetahuan = prepengetahuan	0 <sup>c</sup>			
Total	68			

## RESULTS AND DISCUSSIONS

The results of this study showed that most of the respondents after being given health education had a good level of knowledge about BSE, namely 62 people (91.2%). While the level of knowledge about BSE that is sufficient is 6 people (8.8%). This can be caused by several things, including experience factors that affect one's knowledge and depend on one's memory.

The results of the study based on the level of knowledge of young women about BSE examination are also supported by the results of a study by Suastina, Ticoalu, & Onibala (2013) which stated that prior knowledge of health education about BSE as early detection of breast cancer showed that most young women were categorized as lacking as much as 62%. and after being given health education about BSE, 81.4% of young women's knowledge is categorized as good. According to Pratama (2014) which states that a person's knowledge can be influenced by several factors, namely education, age, interests, surrounding culture, and information. In this study the environment also influenced the results of the questionnaire, the environment at the time of filling out the questionnaire was less conducive because there were several respondents who cooperated in filling out the questionnaire even though they had been reprimanded and warned by the researcher.

## CONCLUSION

The results of this study which was conducted on the effect of breast self-examination education (BSE) on the knowledge of young women in an effort to detect breast cancer early in the Lut Tawar Health Center area in 2020 showed that the knowledge of young women before health education was mostly in the poor category, namely 75%, and after health education, most of the knowledge of young women in the good category that is equal to 91.2%. The results of the Wilcoxon statistical test on knowledge both before and after health education obtained a *p value* = 0.000 because the *p value* < 0.05, so it can be concluded that there is an effect of health education on breast self-examination (BSE) on the knowledge of adolescent girls in efforts to detect breast cancer early in the region. Lut Tawar Health Center 2020.

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