

# Effectiveness Health Promotion Of Breast Examination Using Video Media On Knowledge About Breast Awareness Young Women At MA Syarif Hidayatullah Paiton Probolinggo

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## ABSTRACT

Breast cancer is a malignancy of breast tissue that can originate from the ductal or lobular epithelium. Cancer is the leading cause of death, accounting for 13% of all causes of death. The incidence of breast cancer from year to year is increasing. This is influenced by the low knowledge of adolescents. Analyzing the effectiveness of health promotion using video media to increase knowledge about BSE in adolescent girls at MA Syarif Hidayattullah. This study is a quantitative study using a quasi-experimental design with a white control group pre-test post-test. implemented as a measure of intervention. The subjects of this study were young women as many as 30 respondents, data analysis used the Wilcoxon test and the Mann Whitney test. The results of the analysis obtained a significant difference from the test results between the experimental group and the control group on the knowledge of young women about BSE. Which in the experimental group the p value  $0.001 < (0.05)$  and the negative group with a p value of  $0.257 > (0.05)$ . And the statistic from the Mann test-significance p  $0.000 < 0.05$ . This shows that there is a significant difference between the Experimental group and the control group on the knowledge of adolescent girls about BSE. There is a significant difference between the control group and the intervention group, which means that the promotion of BSE Health using video media is Effective to increase knowledge about BSE in adolescent girls in MA Syarif Hidayatullah Paiton-Probolinggo.

**Keywords:** BSE, Vidio Media, Knowledge of young women

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## INTRODUCTION

Breast cancer is a malignancy of breast tissue that can originate from the ductal or lobular epithelium. (Heni Eka Puji Lestari, Cintika Yorinda Sebtalezy, S. B. M. (2021). Cancer is the main cause of death, accounting for 13% of all causes of death. Every year, 14 million people worldwide get cancer and 8.2 million of them die due to cancer. If adequate control measures are not taken, it is estimated that by 2030 26 million people will suffer from cancer and 17 million of them will die. This will happen more quickly in poor and developing countries.(Dimyati Achmad Nila Farid Moeloek.2018).

The American Cancer Society noted that the number of cancer sufferers, based on cancer incidence, prevalence, and mortality data, reached at least 18 million patients in 2018. With a world population of 7.7 billion people, the cancer prevalence rate reached 2.3 per thousand population. In 2018, among other types of cancer, breast cancer was the type of cancer with the highest proportion in the world in women, which was 46.31 per 100,000 women, and was ranked second as the type of cancer that caused the highest death (11.6%). , more than 80% of cases are found to be at an advanced stage, so treatment efforts to achieve healing are difficult. (Dina Arihta, Syifa. Fauziah.2020).

Based on data from the Basic Health Research (Riskesdas) in 2018, in general, the national cancer prevalence reached 16 per 100,000 or around 330,000 sufferers, of which an estimated 18.7% of them were breast cancer cases. Breast cancer is also listed as a type of cancer that is the main cause of death in women in Indonesia with an incidence of 40 per 100,000 women. (Boby Febri Krisdianto, 2019). Over time, the number of breast cancer sufferers in Indonesia continues to grow. At first, breast cancer only affects women over the age of 30, but now breast cancer also affects young women or teenagers. This is in line with the results of research that has been carried out at the Haji Adam Malik General Hospital Medan that there are 13 (4.2%) cases of the 312 cases of breast cancer studied attacking the age of 13-25 years. In addition, based on research at Hope Clinic Medan, out of 78 breast cancer patients, 6 cases (7.8%) attacked the age group of 15-25 years. (Tri ardayani Cistria F sinaga.2019).

Based on data from the East Java Provincial Health Office (2019), explained that the number of breast tumor patients reached 12,186 cases. The prevalence of cancer in East Java is 2.2 per 1000 population. If converted to the population of East Java, the number of cancer patients is 86,000. While the data obtained from the city of Probolinggo and the 2019 district health office there were 19 cases of breast cancer and an increase in 2020 to 34 cases of breast cancer and 75% were found at an advanced stage. Data from the Paiton Health Center itself in 2020 there were 4 cases of breast cancer. The incidence of breast cancer is increasing from year to year. This is influenced by the low knowledge of young women about BSE examinations so that 75-85% result in breast cancer being found at an advanced stage (III and IV) and 80% of the public do not understand the importance of BSE. Therefore, BSE examination needs to be understood and known by young women so that it can be applied routinely to detect breast health problems early. (Diyana Kumalasary, Ria Yulianti Tri Wahyuningsih, R. T. W. 2019).

The phenomenon of breast cancer in Indonesia is currently very worrying. Currently, breast cancer has attacked the age of 15 years (Langgogeni, 20). Adolescents in Indonesia are currently experiencing a very rapid social change from traditional society to modern society. It changes the norms, values and even the lifestyle of today's teenagers. The lifestyle of today's teenagers leads to a decrease in health status. Teenagers like to eat fast food (junk food) and also use many electronic devices that can emit radiation exposure. This lifestyle is very influential on the emergence of the risk of breast cancer in adolescents (Tanjung, Syarifah & Syahrial, 2012). Efforts to detect breast cancer as early as possible in the form of BSE must begin to be applied by Indonesian teenagers.

Lack of information and knowledge of adolescents about breast cancer and its early detection efforts make adolescents have a negative attitude about it. This is in line with the research journal from Shahrabaki (2011) which states that the lack of adequate knowledge and skills makes women unable to carry out early detection of breast cancer, resulting in these women ignoring it. REALIZE as early as possible, the life expectancy of 80-90% higher recovery. (Tiara Indriani, 2017). Early examination or early detection of breast cancer symptoms is very important for a cure. Some of the reasons why women do not do conscious, because they do not understand about being aware.

Based on the results of Evy Nurachma's research at SMA 36 Samarinda regarding the benefits of providing health education about mindfulness, it shows that there is a significant effect of health education on being aware of the respondents' knowledge and shows that there is a significant difference in the knowledge and attitudes of young women before and after being given health education. There are still many young women who do not know how to do conscious and are afraid to find something bad when doing conscious. After being given health

education about being aware of the results, it was found that there was an increase in knowledge to do awareness. (Rosliana Dewi, 2021).

Based on these data, a comprehensive and integrated cancer treatment is needed, starting from promotion, prevention, early detection, therapy, rehabilitation, and palliative therapy. Because currently management in hospitals (RS) is more focused on therapy, while early detection and rehabilitation/palliative get a smaller portion. This is understandable, hospitals with heavy service burdens in the JKN era are certainly difficult to carry out this comprehensive program. (Dimiyati Achmad Nila Farid Moeloek, 2018).

Breast self-examination (BSE) can be done after a woman gets her period. Breast self-examination (BSE) aims to get signs of breast cancer at an earlier stage (down staging). With BSE, women can do it independently without spending money to do it and can increase awareness and alertness of an abnormal lump in the breast. Because the knowledge and motivation to do BSE among adolescent women is still low. (Lailana Deviani; Al Asyary, Rizki Edmi E.2019).

Based on the results of the preliminary study interview conducted by the researcher with the principal and 5 students of MA Syarief Hidayatullah, the principal said that previously no one had conducted research on BSE, as well as knowledge about health was still very lacking because the average student in the school coming from a village that is quite far from the city, he also said that children often snack or eat foods that contain lots of dyes and instant spices, he believes that this is very unhealthy. and from the results of 5 students who were interviewed and given several questions saying they had never done BSE and did not know about health education about BSE, at the school there was also one student whose mother died of breast cancer, and there were some students who had irregular menstruation .

Based on the high incidence of breast cancer and the lack of public knowledge, researchers are interested in examining the Effectiveness of Health Promotion of Breast Self-Examination Using Video Media on Adolescent Girls' Knowledge of Breast Self-Examination (BSE) at MA Syarief Hidayatullah Paiton Probolinggo.

## **METHODS**

The research design or method used by the researcher to conduct a study that provides direction for the course of the research. This research is a quantitative study using a quasi-experimental design with a white control group pre-test post-test. The population in this study were all students of MA. Syarief Hidayatullah Paiton Probolinggo 2022. The sample used was a total sampling of 30 students who were divided into two groups, namely 15 students in the experimental group and 15 students in the control group. Data collection techniques using an instrument in the form of a questionnaire

## RESULTS

### Univariate Analysis

#### Characteristics of Respondents Based on Age

- a. Table. 4.3 Frequency Distribution of Age of Respondents Given Health Promotion BSE in Ma. Syarief Hidayatullah Piton-Probolinggo

No	Age	Experiment Group		Control Group	
		Amount	%	Amount	%
1	15 years old	-	-	3	20.0 %
2	16 years old	8	53.3%	7	46.7%
3	17 years old	4	26.7%	3	20.0%
4	18 years old	3	20.0%	2	13.3%
	Amount	15	100%	15	100%

Based on table 4.3 above, it shows that the age of the majority respondents was 16 years old, namely 8 respondents (53.3%) in the intervention group, in the control group the majority aged 16 years, namely 7 respondents (46.7%).

### Bivariate Analysis

- b. Table 4.4 Results Statistical of the frequency of knowledge in the intervention group with video in Ma Syarief Hidayatullah Piton-Probolinggo.

No	Knowledge	Less		Sufficient		Good		<i>P Value</i>
		F	%	F	%	F	%	
1	<i>Pre-Test</i>	15	100	0	0	0	0	0.001
2	<i>Post-Tes</i>	0	0	2	13.4	13	86.7	
	Total	15	100	2	13.4	13	86.7	

Based on table 4.4 above, it shows that the overall pre-test knowledge of respondents is less (100%) as many as 15 respondents, after being given health promotion using video media and doing post-test there is an increase in knowledge of respondents who have sufficient knowledge (13.4%) as much as 2 and respondents who have good knowledge to (86.7%) as many as 13 respondents. The results of statistical analysis of the Wilcoxon test in the intervention group obtained a p value of 0.001 < 0.05. The significance value shows that it means that there is an effect of the intervention given to the experimental group on the level of knowledge of young women about BSE.

- c. Table 4.5 Statistical results of knowledge frequency in the control group in Ma Syarief Hidayatullah Piton-Probolinggo.

No	Knowledge	Less		Sufficient		Good		<i>P Value</i>
		F	%	F	%	F	%	
1	<i>Pre-Test</i>	15	100	0	0	0	0	0.257
2	<i>Post-Tes</i>	14	73.4	1	6.7	0	0	

Total	29	193.4	1	6.7	0	0
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Based on table 4.5 above, it shows that the pre-test knowledge of respondents overall has less knowledge (100%) as many as 15 respondents, and after the post-test there is an increase in knowledge of respondents who have sufficient knowledge (6.7%) as many as 1 person. The results of statistical analysis of the Willcoxon test in the control group obtained a p value of  $0.257 > 0.05$ . The significance value shows that there is no effect of the pre-test and post-test of the control group on the level of knowledge of young women about BSE.

d. Table 4.6 Statistical results of knowledge differences in the intervention group using video media and the control group Ma Syarif Hidayatullah Piton-Probolinggo.

No	Treatment	N	Mean Rank	Sum of Rank	Mann - Whitney	P Value
1	Experiment Group	15	18.50	222.00		
2	Control Group	15	6.50	78.00	0.000	0.000
	Total	30				

Based on table 4.6 above, it shows the results of statistical analysis of the Mann-Whitney-test in the experimental group and the control group, the significance value of  $p 0.000 < 0.05$  is shown. This shows that there is a significant difference between the experimental group and the control group on the knowledge of young women about BSE. and it can be concluded that the experimental group is very effective in increasing knowledge of young women in Ma Syarif Hidayatullah.

## DISCUSSION

Health Promotion is the process of empowering individuals and communities to increase their ability to control the determinants of health so as to improve their health status.

### A. Characteristics of Respondents

In this study, the statistical results obtained from the characteristics of respondents in Ma Syarif Hidayatullah who were classified by age in the Experimental group. Most of them were 16 years old, namely 8 respondents with a percentage of 53.3% and a small percentage of 18 years old as many as 3 respondents with a percentage of 20.0%. In the control group, most of them were 16 years old, namely 7 respondents with a percentage of 46.7% and a small portion aged 18 years, namely 2 respondents with a percentage of 13.3%. This shows that the average age of the respondents in this study was at the age of 16 years.

### B. Frequency of Young Women Knowledge

a. Based on table 4.4 Statistical results of the frequency of knowledge of the intervention group before and after being given treatment:

The results of statistical tests with the Willcoxon Signed Rank Test in the treatment group obtained a significance value (p):  $0.001$  smaller than  $= 0.05$  so that the hypothesis was accepted, which means that there was a significant difference in knowledge categories between before and after the intervention was given. This is supported by the results of the Pre-test

before being given a Health promotion regarding BSE with video media, it was obtained data that all students knew less knowledge. And after being given health promotion using video media and doing a post-test in the treatment group, it showed an increase in knowledge about BSE, 2 people with sufficient knowledge and 13 people with good knowledge.

b. Based on table 4.5 the results of the statistical test of the frequency of knowledge of the control group :

In the control group, after the pretest was carried out, it was found that all students had less knowledge and after the post-test was carried out in the control group, there was an increase, namely 1 student had sufficient knowledge and the results of statistical tests with Willcoxon Signed Rank in the control group obtained a significance value (p): 0.257 is greater than 0.05 so that the hypothesis is rejected, which means that there is no significant difference in scores from the results of the Pre-test and Post-test in the control group. This is because most of the students in the control group still have less knowledge.

c. Based on table 4.6 Statistical results of differences in knowledge in the intervention group using video media and the control group :

The difference in the value of the Willcoxon Signed Rank Test statistic in the intervention group and the control group was strengthened by the results of the Mann Whitney U Test statistical test, which obtained a significance result (p): 0.000 less than 0.05 indicating that the hypothesis is accepted, which means that there is a significant difference in effectiveness. Health Promotion of breast self-examination with video media on BSE knowledge.

The results of the study at MA Syarif Hidayatullah are in line with several previous studies that have proven the effectiveness of using video media to increase knowledge about BSE, including research conducted by Sulastris, (2012) at MSAN 9 behind the board stating that before being given health education with video media, namely 18 ,44 while after being given health counseling with video media there was an increase of 49.22 this shows that health counseling on BSE examination with video media can increase the knowledge of young women. This study is also comparable to the research by Shorea, et al (2011) at SMAN 2 Pekanbaru which stated that the knowledge of a teenager before being given Health Education about SA-DARI using video media was 7.77 after being given Health Education with a video about BSE. ,05. This shows that video media about BSE can improve students' learning systems about breast self-examination (BSE) so that students know the ways and steps of breast self-examination (SA-DARI).

C. The Effectiveness of Health Promotion of Breast Self-Examination Using Video Media on Adolescent Girls' Knowledge of Consciousness at MA Syarif Hidayatullah.

The results showed that there was an effect of health promotion on breast self-examination with video media on the level of knowledge about BSE examinations in adolescent girls at MA Syarif Hidayatullah Paiton-Probolinggo. Health Promotion using video media can increase the knowledge of young women where teenagers know and understand so that they have the awareness, willingness and ability to live a healthy life. BSE Health Promotion with video media is effective in increasing the knowledge of young women in MA Syarif Hidayatullah Paiton-Probolinggo proven by the results of statistical tests using the Willcoxon test in the control group getting a significance value: 0.257 and in the intervention group getting a significance value of 0.001 strengthened again with the results of the Mann-Whitney test that

there is a significant difference between the control group and the intervention group with a value of 0.000.

A significant increase in the score in the intervention group proves that video media can be used intensively. This is in accordance with the theory which states that the retention process (absorption and memory) of students on student learning materials can be significantly increased if the learning process is through the senses of hearing and sight.

According to the researcher's assumption, this significant increase in knowledge in adolescent girls is influenced by the intervention, namely health promotion regarding BSE using video media. Through this health promotion, young women will have better knowledge and skills. Health promotion regarding awareness can also be a learning experience for young women as a guide for routinely detecting breast cancer early.

## **CONCLUSION**

Based on the results of the above study entitled "The Effectiveness of Breast Self-Examination Health Promotion Using Video Media on Knowledge About BSE in Young Women at MA Syarief Hidayatullah Pai-ton-Probolinggo" which was held on February 14, 2022 with a total sample of 30 samples that have been analyzed, the conclusion is obtained as follows :

1. Characteristics of respondents in this study Most of them are 16 years old.
2. There is an increase in knowledge before and after being given BSE health promotion using video media.
3. There is a significant difference between the control group and the intervention group, which means that the promotion of BSE Health uses effective video media to increase knowledge about BSE in adolescent girls at the Syarief Hidayatullah Islamic Court Paition-Probolinggo.

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