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The Influence of Health Education on Breast Self-Examination (BSE) Knowledge for Early Detection of Breast Cancer in Women of Reproductive Age

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ABSTRACT

Breast cancer is one of the main causes of death in women throughout the world. A total of 2.3 million women were diagnosed with breast cancer and 670,000 deaths worldwide. Early detection is very important to increase the success of treatment, one of which is breast self-examination (BSE). However, there are still many suburban age women who lack knowledge about BSE. Therefore, this study aims to determine the effect of health education about BSE on increasing knowledge of early breast cancer detection in suburban-age women in the Garung Community Health Center working area. This study used a pre-experimental design with a one-group pretest-posttest design. The sample consisted of 5 women of childbearing age who were selected using the Accidental Sampling Technique. The research results showed that there was a significant increase in the level of knowledge of respondents after being given BSE health education. Before the intervention, only 20% of respondents had a good level of knowledge, while after the intervention, this figure increased to 100%. The Wilcoxon test shows a p value of 0.043 (<0.05), which indicates that there is a significant influence of health education on increasing respondents' knowledge. Health education about BSE has a positive effect on increasing knowledge of early detection of breast cancer in women of childbearing age.

Keywords: BSE; early detection; health education, women of childbearing age

Introduction

Cancer breast is disease characterized by with growth abnormal cells in the breast that can spread to other organs if No handled. Every

annually, around 2.3 million woman diagnosed suffer cancer breast cancer, with 670,000 deaths worldwide. Risk factors covering age, obesity,

history family, exposure radiation, as well as style life No Healthy. (1)

Detection early is very important For increase effectiveness treatment and lowering number death. One of recommended method is Breast Self Examination or BSE or (SADARI). BSE is a simple, economical and motivating method for prevent disease cancer breasts. Woman knows the body herself clearly. Health education might play a role important in increasing awareness woman about BSE and the signs of screening of breast cancer.(1) BSE is recommended to be done every month, especially at 7 days after menstruation. It is the best and the important steps to identify breast tumors at an early stage. Regular BSE examination can prevent women from morbidity and mortality of severe breast cancer. (2)

Based on previous study stated that the most dominant variable that is media information value 16.295 means exposed respondents with mass media information have 16.2 times chance to perform BSE compared to with respondents who are not exposed to mass media (3).

Health Education is a process of educating man about health. Health education is "The process of continuity learning that enables human, as individual or member structure social so that we can make decision " Health education itself " is business strive for behavior individual, group, or public have influence positive to maintenance and improvement health. Use

method demonstration moment give knowledge health is effective (4).

Based on results description above Still researcher interested do mini research related to " counseling health about BSE towards knowledge detection early cancer breasts in women age fertile in the work area health center Garung of Wonosobo. All respondents who followed this study signed the informed consent beforehand.

Methods

This study is pre- experimental with one group pretest and posttest design. Data normality test conducted using the *Shapiro -Wilk* test. Data analyzed by Wilcoxon test.

Results and Discussion

Overview of the level of knowledge of women of childbearing age before and after being given BSE health education. Data study This analyzed using analytical statistics to report research results in the form of frequency distribution or percentage (%) in each variable. The level of knowledge is grouped into 3 levels, namely Good (76-100%), sufficient (56-75%), and lacking (<55%).

Table 1 Distribution frequency level knowledge before and after given education BSE health

From table 1 can known that from 5 Respondent at the level of knowledge before being given health education interventions about BSE in women of childbearing age in the Garung Health Center work area of Wonosobo, namely good level of knowledge as much as 1 Respondent (20%), enough as much 1

Level of Knowledge	BSE Health Education			
	Pretest		Posttest	
	f	%	f	%
Good	1	20	5	100
Enough	1	20	0	0
Not enough	3	60	0	0
Amount	5	100	5	100

Respondent (20%), and less as much 3 Respondent (60%). From table 4.1 also can known that from 5 Respondents who were given BSE health education had a good level of knowledge, as many as 5 respondents (100%). Before conducting bivariate analysis, first conduct a data normality test to determine whether the data is normally distributed or not using the *Shapiro-Wilk test* because the number of respondents is 5 people (<50).

The following are the results of data normality tests and bivariate analysis of the influence of BSE health education on the level of knowledge of women of childbearing age in the Garung Health Center work area.

Table 2 Test of data normality and influence education health to level knowledge

Level	N	P value	Mean±SD	P value
Anxiety				
Pretest	5	0.777	48±0.837	0.043
Posttest	5	0.314	88±8367	

Results test normality data Which shown on table 2 It was found that *the p-value* of the level of education before being given BSE health education was 0.777 (>0.05) and after being given BSE health education is 0.314 (<0.05) then it can be concluded that the data is not normally distributed so the statistical test uses the Wilcoxon test.

The level of knowledge before being given BSE health education was an average of 48 and after being given BSE health education the average was 88. The results of the Wilcoxon statistical test obtained a p value of 0.043 (<0.05), which means that there is a significant difference in the level of knowledge of women of childbearing age before and after being given BSE health education in the Garung Health Center work area of Wonosobo.

Conclusion

Level of knowledge before given education BSE the score of knowledge of health averaged at 48, however, after given education the score increased at 88. There is a significantly influence education of BSE health towards level of woman knowledge with *p value* 0.043 (<0.05).

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