



The Use of Video Media Against Adolescent Knowledge Level of Breast Self Examination (BSE)

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ABSTRACT

Breast cancer is one of the diseases that contributes to the highest mortality rate in Indonesia. The low knowledge of young women about BSE examinations is one thing that affects the high cases of breast cancer. Counseling using video media can be an alternative to increase the knowledge of adolescent about BSE examinations. The purpose of the study was to know the effect of counseling using video media on the level of knowledge related to BSE examinations in adolescent girls at SMK HMPTI Tulang Bawang. This type of quantitative research with a quasi-experimental design uses a one group pretest posttest approach. The population is all students of class X SMK HMPTI Tulang Bawang, the sample used is 28 students with a sampling technique using purposive sampling. The analysis used is the paired t-test. The results of the analysis obtained knowledge of students before counseling BSE 9.04, after being given counseling 11.14. Then obtained a p-value of 0.001 which means that there is an effect of health education on BSE on increasing students' knowledge. It is hoped that the results of the study can be used as information material to increase knowledge so that young women can carry out BSE examinations correctly.



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Kata kunci:

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ABSTRAK

Kanker payudara menjadi salah satu penyakit yang menyumbang angka kematian terbanyak di Indonesia. Rendahnya pengetahuan remaja putri mengenai pemeriksaan SADARI menjadi satu hal yang mempengaruhi tingginya kasus kanker payudara. Penyuluhan menggunakan media video dapat menjadi alternatif untuk meningkatkan pengetahuan remaja putri mengenai pemeriksaan SADARI. Tujuan penelitian diketahui pengaruh penyuluhan menggunakan media video terhadap tingkat pengetahuan terkait pemeriksaan SADARI pada remaja putri di SMK HMPTI Tulang Bawang. Jenis penelitian kuantitatif dengan design quasi eksperimen menggunakan pendekatan one group pretest posttest. Populasinya adalah seluruh siswi kelas X SMK HMPTI Tulang Bawang, sampel yang digunakan 28 siswi dengan tehnik pengambilan sampel menggunakan purposive sampling. Analisis yang digunakan adalah uji paired t-test. Hasil analisis didapatkan pengetahuan siswi sebelum penyuluhan SADARI 9.04, sesudah diberikan penyuluhan 11.14. Kemudian didapatkan p-value 0,001 yang berarti adanya pengaruh penyuluhan kesehatan tentang SADARI terhadap peningkatan pengetahuan siswi. Diharapkan hasil penelitian dapat digunakan sebagai bahan informasi untuk menambah pengetahuan sehingga remaja putri dapat melakukan pemeriksaan SADARI dengan benar.



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INTRODUCTION

Breast cancer is still a big problem in the world, including in Indonesia. The morbidity and mortality rates from breast cancer tend to increase. Breast cancer patients are mostly detected at an advanced stage, which makes it difficult to carry out proper prevention efforts. Prevention efforts that are carried out early can be one of the efforts to prevent breast cancer in women (Kartikawati & Erni, 2012). Early detection of breast cancer can be done with breast self-examination. The behavior of a person to perform a breast self-examination is basically different. This is influenced by the knowledge that someone has about BSE (Khairunnissa et al., 2018).

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 (Kemenkes RI, 2015). Data from the Global Cancer Observatory in 2018 shows the incidence of cancer in Indonesia (136.2/100,000 population) is at number 8 in Southeast Asia, while in Asia it is at 23. The highest incidence rate for women is breast cancer, which is 42.1 per 100,000 population with an average death rate of 17 per 100,000 population followed by cervical cancer at 23.4 per 100,000 population with an average death rate of 13.9 per 100,000 population (Kemenkes RI, 2019).

Patients with breast cancer in Lampung Province is quite high. This is based on existing data from the Lampung Provincial Health Office in 2014 there were 2,119 breast cancer patients and 383 cases of cervical cancer (Dinas Kesehatan Provinsi Lampung, 2015), then based on data from the Medical Record RSUD Dr. H. Abdoel Moeloek as a type B hospital and a referral hospital for the province of Lampung, breast cancer is included in the list of the top 10 inpatient diseases and breast cancer is ranked first as a large list of inpatient diseases. There were 906 cases of breast cancer in Lampung in 2012-2013, of which West Lampung was 103 (11.36%), Pringsewu 102 (11.25%), Way Kanan 98 (10.81%), Metro 94 (10.37%), Bandar Lampung 89 (9.71%), South Lampung 89 (9.71%), North Lampung 81 (8.94%), Mesuji 79 (8.71%), Pesawaran 53 (5.85%), Tulang Bawang 51 (5.62%), Tulang Bawang Barat 50 (5.52%) and Pesisir Barat District 17 (1.88%) (Dinas Kesehatan Provinsi Lampung, 2014).

One of the efforts that can be done to control breast cancer is to carry out primary prevention such as controlling risk factors and increasing communication, information and education. Secondary prevention is carried out through early detection of breast cancer, namely breast self-examination (BSE) (Kemenkes RI, 2015). BSE is the simplest and easiest method of examination that can be done using the fingers. Breast cancer found at an early stage has a 95% chance of being cured. BSE is done in front of a mirror by inspection to see changes in breast shape and palpation through palpation to detect a mass (Lestari et al., 2016).

Health education is the first step in increasing one's knowledge, because health education can provide a person with knowledge, including health education about breast self-examination because BSE can reduce the incidence of breast cancer in women. The behavior of a person or society about health is determined by knowledge, attitudes, beliefs and traditions. There is still a lack of awareness of Indonesian women in carrying out early detection of breast cancer, in fact there are still many women who do not know ways to detect breast cancer early, causing the incidence of breast cancer to be quite large (Suastina et al., 2013).

Increasing adolescent knowledge about BSE as early as possible can have a good influence on adolescents to become adult women later. One of the efforts that can be done to increase the knowledge of adolescents in doing BSE is by providing health education. Health education is the first step in increasing one's knowledge, because health education can provide a person with knowledge, including health education about breast self-examination because BSE can reduce the incidence of breast cancer in women (Handayani & Sudarmiati, 2012).

Based on the results of a preliminary study conducted at the HMPTI Tulang Bawang Vocational School, data obtained from class X students as many as 26 people. The results of interviews with 10 female students showed that as many as 7 people (70%) did not know about early detection of breast cancer, while as many as 3 people (30%) knew about early detection of breast cancer (BSE). This shows that the level of knowledge and motivation about BSE in class X SMK HMPTI Tulang Bawang is still low, so it is necessary to do health education about BSE. Based on the above phenomenon, researchers are interested in providing counseling using video media to students to determine the level of knowledge of students on BSE examinations. The research results are expected to be used as information material to increase knowledge so that young women can carry out BSE examinations correctly and can reduce the number of deaths caused by breast cancer.

METHOD

This research is quantitative research, with a quasi-experimental design using a one group pretest posttest approach with control design. The study was conducted in May 2021. The population in this study were all students of class X SMK HMPTI Tulang Bawang. The sample in this study was 28 students who in this study were divided into two groups, namely the experimental group of 14 people who were given counseling and the control group of 14 people who were not given counseling. The analytical test used is the paired t-test.

RESULTS AND DISCUSSION

Based on table 1, it can be seen that before being given counseling the average knowledge of students is 9.04. after being given BSE counseling the average knowledge of students has increased is 11.14.

Based on table 2. It can be seen from the results that the average value of student knowledge after receiving counseling from the experimental group was 8,429 and the control group was 13,857. The results of the independent t-test showed a p (p-value) of 0.000 ($p < 0.05$) so it can be concluded that there was a significant effect on the experimental group that was given counseling and the control group that was not given BSE counseling.

Knowledge is the result of knowing, and this happens after people sense a certain object (Notoatmodjo, 2012). Knowledge is a person's guide in forming an action and behavior. The higher the level of knowledge, the higher the understanding and readiness to perform breast self-examination BSE (Al-Naggar et al., 2011). Knowledge is everything that can be directly or indirectly that at first did not know to know after sensing a certain object. Sensing

occurs through the five human senses, namely the senses of sight, taste and touch. The prevalence of BSE implementation increases when knowledge about BSE is high, where the prevalence of knowledge about BSE is high, more women

will do early detection or BSE compared to young women's knowledge about BSE is less so that there is a significant relationship between knowledge and BSE implementation (Wahyuni et al., 2015).

Table 1
The average level of knowledge of students before and after being given counseling on BSE examinations

Category	N	Mean	Std Deviation	SE	P Value
Knowledge Before Counseling	28	9,04	2,151	0,407	0,001
Knowledge After Counseling	28	11,14	3,015	0,57	

Table 2
The average level of knowledge of students after being given BSE counseling by group

Group	N	Mean	Std Deviation	S.E	P-Value
<i>Posttest</i>	Eksperimen	14	8,429	1,222	0,327
	Control	14	13,857	1,231	0,329

Attitude is a reaction or response of someone who is still closed to a stimulus or object. In the process of forming attitudes, it is influenced by several factors, namely knowledge, the influence of other people who are considered important, and the influence of the social environment. Stimulus that a person gets, both visual (seeing) and audio (hearing) has a very large impact on changes in that person's attitude. Attitude shows the connotation of a suitable reaction to a particular stimulus. Before the intervention was carried out, many respondents' attitudes were lacking and the cause of most of the respondents' attitudes was lack of knowledge (Azwar S, 2011).

Women's knowledge about the risks and benefits of early detection of breast cancer has a positive effect on their beliefs about health, attitudes, and behavior, so that health care professionals can develop effective breast health programs (Erbil & Bolukbas, 2012). With sufficient knowledge, it is hoped that adolescents will be able to motivate themselves to take actions related to early prevention efforts. These risk factors can be dangerous, when preventive measures through early detection are not carried out. This needs to be done because most of the new cases of breast cancer that are found are already at an advanced stage, so this greatly affects the patient's recovery rate (Abdullah et al., 2013).

Knowledge can be increased or increased by the presence of information using a variety of media, namely print media and electronic media. Print media include posters, leaflets, brochures, magazines, newspapers, stickers and pamphlets, while electronic media include television, radio and tape recorders, vcd, video (Notoatmodjo, 2012). According to the assumption of the researcher, it was found that the knowledge of students increased after being given counseling. Students become more aware of and understand what a BSE examination is, the benefits of BSE, and the impact of not doing a BSE examination. This is due to the existence of counseling that contains explanations and pictures so that young women understand and understand about BSE examinations. This shows that the delivery of information about BSE with health education can change the level of knowledge of students SMK HMPTI Tulang Bawang. Based on this, there is a change aimed at each group member towards knowledge before and after being given treatment into a form of response to the given stimulus. The change of improvement is also a step to change behavior.

The results of this study are in line with research (Wijayanti et al., 2020) who stated that the provision of health counseling about BSE through video media was effective in increasing the knowledge of young women at SMK Muhammadiyah Cawas Klaten. The results of the study found that before health counseling with video media, the majority of female adolescent knowledge was sufficient as much as 47.8% and after being given health education with video media, the majority of female adolescent knowledge was good as much as 58%. The results of the hypothesis test showed that the significance was $0.000 < 0.05$ so that there were differences in the knowledge of young women before and after health education about BSE through video media.

This is also in line with the results of research which states that using media video has a more impact on health education, namely relying on hearing and vision of the target, interesting, the message conveyed is fast and easy to remember and can develop the mind and develop the imagination of young women. The use of video media in providing education or counseling provides a different atmosphere so that it is easier for respondents to follow the material provided, as is the case in health counseling for BSE examinations. Respondents can not only listen but can see first hand the steps and interesting pictures from the video that is displayed (Aeni & Yuhandini, 2018).

After being given counseling, respondents experienced an increase in their abilities. The results of this study prove that the counseling provided has provided additional knowledge and skills about breast self-examination or BSE. This research is in line with research (Hidayati & Salawat, 2012), where there is a difference in the average knowledge and practice of BSE before and after being given counseling in the experimental group. existing media. Teachers or schools are expected to provide explanations or counseling about reproductive health to students or can work together with the nearest puskesmas to ask experts to provide counseling. So that individuals not only know about breast cancer, after being given an intervention in the form of counseling on BSE examinations, it is hoped that they can form healthy behavior so that they can reduce morbidity and mortality from breast cancer by doing early prevention of breast cancer.

This is also in line with the research results (Purba, 2018) which states that there is a relationship between knowledge and attitudes of women of childbearing age (WUS) about BSE in carrying out BSE examinations. In this case, it is also

mentioned the importance of the role of health workers to provide information regarding the importance of carrying out BSE as early as possible to prevent breast cancer in the future.

BSE is one of the early detection steps to prevent breast cancer which will be more effective if done as early as possible when women reach reproductive age. BSE is considered the cheapest, safe, simple way. With breast self-examination, it is not impossible that more early-stage breast cancer can be detected. However, BSE is still considered ineffective. This is due to fear and anxiety in facing reality, and there are still few women who use this method. In addition, the understanding of BSE is technically still not mastered. The technique of breast self-examination also feels still common, because there are still very few women who routinely carry out breast self-exams every month (Rizani et al., 2015).

CONCLUSIONS AND SUGGESTIONS

The researcher concluded that there was a significant influence on the level of knowledge of adolescents before and after being given counseling related to BSE examinations. The use of video media is a form of health promotion and an effort to increase a person's knowledge and in this case increase knowledge related to BSE examinations, which is expected to increase adolescent knowledge regarding the importance of BSE examinations can be an effort to reduce the incidence of breast cancer in Indonesia.

Based on the results of these studies, the researchers provide advice, especially for adolescents, to always pay attention to health and apply the knowledge that has been given, especially BSE examinations, and for further researchers to be able to carry out more comprehensive follow-up research using more varied media so that maximum results can be obtained

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