

THE EFFECT OF EARLY BREAST CANCER DETECTION EDUCATION WITH VIDEO ON WOMEN'S KNOWLEDGE OF RESTLESS AGE ABOUT BSE

Lola Aprillia¹, Enny Fitriahadi²

^{1,2}Faculty of Health Sciences, University 'Aisyiyah Yogyakarta

Email : lolaaprillia28@gmail.com

ABSTRACT

Breast cancer is a condition where irregular breast cells proliferate uncontrollably and create tumors. The DIY Health Service conducts prompt identification of breast cancer every year through the Clinical Breast Examination program at least in Kulon Progo Regency 1.4%. The aim of the research was to assess the impact of video education on early breast cancer detection on the awareness of women of reproductive age regarding BSE. The approach utilized in the research was Cross Sectional, with a preliminary experiment research type utilizing a single group pre-test post-test research framework. The sampling technique used in this study was probability sampling with a nonparametric statistical test with the Wilcoxon match pair test technique. The results of the research on the early identification of breast cancer education with videos on the knowledge of women of childbearing age about BSE with a p-value of 0.000 <0.05. The conclusion in this study is that there is an influence and there is an increase before and after being given education about breast cancer with videos regarding the understanding of women of reproductive age about BSE at the Pengasih I Health Center Kulon Progo.

Keyword : Awareness, Education, Knowledge

Copyright © 2025 Authors



This work is licensed under a Creative Commons Attribution Share Alike 4.0 International License

INTRODUCTION

Breast cancer refers to a disorder in which the breast's aberrant cells proliferate out of control and develop into tumors. These tumors have the potential to spread throughout the body if left untreated and potentially lead to death. Breast cancer originates within either the milk ducts or the lobules that produce breast milk. The first stage of this cancer (in situ) is not considered life-threatening. Cancerous cells may invade nearby breast tissue, resulting in a tumor that manifests as a lump or thickening (WHO, 2023).

The causative factors of breast cancer are divided into 2 (two), namely Risk factors can be classified into those that are unchangeable and those that are alterable. An example of an unchangeable risk factor is gender, genetics, or

heredity, age and hormonal influence. Meanwhile, risk factors that can still be changed are related to an unhealthy lifestyle such as obesity, diet, or consumption of foods that are not good for health, alcohol consumption, smoking, use of oral contraceptives, and stress (Kemenkes, 2024).

In 2022, the World Health Organization reported that 2.3 million women were diagnosed with breast cancer, accounting for 29.7% of global deaths. By the end of 2020, there were 7.8 million women alive who had been diagnosed with breast cancer in the previous five years, establishing it as the most prevalent common breast cancer in the world. Breast cancer can develop in women of any age after puberty, regardless of the country they live in. Nevertheless, the frequency of occurrence varies rate increases later in life (WHO, 2023). In Indonesia, breast cancer is the most common type of cancer and one of the most causes of deaths from cancer, according to Globocan data from 2020. There were 68,858 new breast cancer cases (16.6%) out of a total of 396,914 newly diagnosed cancer cases in Indonesia (Kemenkes, 2022). The Yogyakarta health office conducts early breast

cancer detection every year through the clinical examination of the breasts program at least 1.4% in Kulon Progo Regency. The workspace of the Pengasih I Medical Facility is 0 or 0.0% of women of childbearing age who carry out clinical breast examinations (Dinkes Kabupaten Kulon Progo, 2023).

The Government's efforts The Republic of Indonesia's Health Minister's Regulation No. 29 of 2017 was issued in an effort to lower the number of deaths from breast cancer concerning the Control of Breast Cancer and Cervical Cancer. The Chairman of the National Cancer Control Committee, the Indonesian Cancer Foundation, and representatives from professional organizations made a joint commitment by conceiving the Indonesian Cancer Control Commitment. A common preventive step carried out by the community is to carry out an early diagnosis, namely a breast examination itself with the aim of feeling and recognizing the curves of the breasts so that if there is a change, it can be immediately known (Kemenkes, 2017)

Midwives have an important role to provide correct information about breast cancer and steps to do awareness. The role of midwives is to carry out preventive efforts as outline The Permit and Implementation of Midwife Practice Regulation Number 28 of 2017 issued by the Minister of Health (Permenkes) namely in article 18, midwives are authorized to provide maternal and child health services and women's reproductive health services (Kemkes, 2017)

Previous research conducted by (Prasetyorini & Kustriyani, 2022). With the title The effect of health education with videos on knowledge about Sadari in women of childbearing age in the Ngaliyan Semarang health center area. Conducted on 43 respondents in women of childbearing age, the outcomes of the study obtained were that the level of knowledge before being provided Health Education was 27.5% and after being given to 36.2% for sufficient knowledge before being given Health Education 8.95% and after being given to 6.7% less knowledge before being given Health Education 6.55% and after being given 0.1. The results of Z -5.588 and Asymp from the Wilcoxon test were obtained from the Wilcoxon test. The Sig

(2-tailed) value was 0.00 or equal to a pvalue 0.05. The influence on marital status, education, and employment value variables is significant (Prasetyorini & Kustriyani, 2022).

Video media is a type of media that relies on the sense of hearing and sight. Audiovisual media has the advantage of being able to show objects that cannot be seen normally, describing a process precisely that can be witnessed repeatedly so that it can encourage attitudes, invite thoughts and discussions (Prasetyorini & Kustriyani, 2022). Education is one of the efforts that can be used to shape a person's knowledge and attitude. The role of educational media also determines the success of education. Good educational media is able to provide information in accordance with the target acceptance level. Educational media that involve more of the five senses, for example videos that include audio-visual media so that a person is able to remember 50% of what is seen and heard and is able to produce more memory retention (Retna et al., 2022)

Cancer patient groups view that medical treatment of cancer can cause severe negative side effects There are concerns about the medical treatment of breast cancer, namely surgery that is suspected to make the cancer spread, then forms of radiotherapy and chemotherapy treatment related to side effects and doubts about its effectiveness Concerns about the negative side effects of medical treatment for cancer can encourage patients to undergo traditional treatment (Shabrina & Iskandarsyah, 2019).

In February, the patient in the maternal and child health room at the Pengasih 1 Kulon Progo Health Center. The results were obtained from 10 women of childbearing age (WUS), 9 of whom had never heard of breast self-examination (Sadari) and 1 of them had heard and done Sadari but for an irregular period of time for the reason of frequent forgetfulness and no complaints about their breasts. From According to the above description, the researcher is eager to investigate "The effect of early identification education of breast cancer using video on the knowledge of women of childbearing age about Sadari at the Pengasih 1 Kulon Progo Health Center".

METHOD

This study uses a type of quantitative research, the method in this study uses cross sectional is a research with data collection at a time where subjects and variables are only observed and measured at that time. This type of research is Pre Experimental Design with the research design of The one group Pre test-Post test, namely with one group there is a pre test before being given treatment and a post test is carried out after being given treatment (Rahmiati, 2018). The study's sample consisted of women between the ages of 20 and 49 who were of childbearing age. who met the inclusion and exclusion criteria in the work area of the Pengasih I Kulon Progo Health Center which amounted to 67 respondents.

The tools used are questionnaires, LCDs, laptops, and video media. The study employed a questionnaire comprising 28 statements with two characteristics: supportive (favorable) and unsupportive (unfavorable) statements. The questionnaire was utilized for both the pretest and posttest And the video media issued by the Non-communicable Disease Prevention and Control Directorate (Peraturan Menteri Kesehatan Republik Indonesia Nomor 28 Tahun 2017, 2017).

This research has been carried out ethical clearance at the ethics commission of 'Aisyiyah University Yogyakarta and has received a statement of ethical feasibility in accordance with 7 (seven) standards with ethical approval No.3817/KEP-UNISA/VII/2024.

RESULTS

The following table shows what women of childbearing age knew about Sadari prior to receiving health education.:

Table 1. Women of Childbearing Age Knowledge About Sadari Before Being Given Health Education in the Working Area of the Pengasih I Kulon Progo Health Center in 2024.

Level of Knowledge	Frequency (f)	Presented (%)
Less Knowledge	2	3.0
Enough Knowledge	65	97.0
Good Knowledge	0	0
Total	67	100

Considering the table 1 thus it can be said that prior to receiving health education regarding Sadari in women between the ages of 20 and 49 who are of childbearing age The majority of respondents 65 or 97% had adequate knowledge in the Pengasih I Kulon Progo Health Center's working area.

Table 2. Women of Childbearing Age Understanding of Awareness Following Health Education in the Working Area of the Pengasih I Kulon Progo Health Center in 2024

Level of Knowledge	Frequency (f)	Presented (%)
Less Knowledge	0	0
Enough Knowledge	6	9.0
Good Knowledge	61	91.0
Total	67	100

Considering the table 2 it can be concluded that after being given health education about Sadari in women of childbearing age in the workplace, ages 20 to 49 of the Pengasih I Kulon Progo Health Center, the majority of respondents had good knowledge, namely 61 respondents (91.0%).

Table 3. Differences in Knowledge About Awareness Before and After Being Given Health Education Regarding Awareness

Categories Knowledge	Pretest		Posttest		Difference	
	F	%	F	%	F	%
Less Knowledge	2	3.0	0	0	-2	-3.0
Enough Knowledge	65	97	6	9.0	-59	-88
Good Knowledge	0	0	61	91	61	91
Total	67	100	67	100	0	0

Considering the table 3, According to reports, 65 respondents (97.0%) had the majority of women of childbearing age knowledge in the sufficient

category prior to receiving education about Sadari. In the meantime, women of childbearing age

knowledge rose to the majority following Sakari health education.

There were 61 respondents (91%) in the good category; prior to receiving awareness-raising

instruction, it was found that no respondents fell into the good readiness category.

Table 4 Distribution of Frequency of Increasing Respondents' Knowledge Based on Group Age.

Age	Increased Knowledge						F	%
	Not Increasing		Remain		Increase			
	F	%	F	%	F	%		
20-30 Age	0	0%	2	6.9%	27	93.1%	29	43.3%
31-40 Age	0	0%	2	9.1%	20	90.0%	22	32.8%
>40 Age	0	0%	0	0%	16	100%	16	23.9%
Total	0	-	4	-	63	-	67	100%

Considering the table 4. showed the results of increasing the knowledge of respondents using the classification of Increased, namely 27 participants (93.1%). In the classification of participants aged 31-40 years, the majority had increased knowledge with the category increasing

by 20, the category of respondents aged 20-30 years had the majority of respondents (90.0%). Meanwhile, respondents aged >40 years all had an increase in knowledge with an increase in knowledge category, namely 16 respondents (100%).

Table 5. Wilcoxon Match Pairs Analysis Test of Women of Childbearing Age Knowledge about Sadari within the Operating Zone of Pengasih I Kulon Progo medical facility

	Mean	Minimum	Maximum	Z	P-Value
Pretest	69.90	54	75		
Posttest	84.76	68	96	-7.937 ^b	0.000

According to the findings from the data analysis presented in table 5, it was found that the outcome of the statistical test employing the wilcoxon test on the knowledge of Sadari before and after the provision of interventions in the form of health education obtained a Z value of -7,937^b and a P-Value of 0.000 or $p < 0.05$. The findings suggest there is a substantial connection between health education regarding self-reported health outcomes and Ha's acceptance and rejection of Ho.

DISCUSSION

The arrangement of wellbeing instruction approximately Sadari has been given by analysts, this instruction was carried out within the lobby of the house of Mrs. Dukuh Sendangsari Town on July 20, 2024. This instruction was given utilizing LCD and Video Media issued by the Board of Anticipation and Management of Non-communicable Illnesses, Service of Wellbeing of the Republic of Indonesia on June 14, 2017, which contained fabric on mammary carcinoma and self-examination of breasts. The provision of this video intends to make it easier for

researchers to deliver educational materials, as well as to simplify things for respondents to obtain the information provided. The video provided is an animated video intended to attract the attention of respondents, this is in order for women of reproductive age do not get bored and easily understand the material.

It is known that the typical understanding of women of reproductive age prior to receiving health education about Sadari is 69.90 and the average awareness among women of reproductive age following health education sessions is 84.76. The change in the average value of knowledge about Sadari in this school shows a rise in the mean value of understanding about Sadari before and after being provided health instruction about Sadari. In this study, there was no decrease in the category of knowledge about Sadari, this can be seen from the lack of knowledge of 2 respondents (3.0%) to no respondents with the category of lack of knowledge, from 65 respondents (97.0%) with the category of sufficient to 6 respondents (9.0%) with sufficient knowledge, and from no respondents with the

category of good knowledge to 61 respondents (91.0%) with the category of good knowledge.

Based on the results of the pretest and posttest from questions 1 to 28, the least correct answers during the pretest were 14 (19.4%), 17 (10.4%), 19 (17.9%), 22 (11.9%). Meanwhile, during the posttest, the number 14 question increased by (52.2%), question number 17 became (38.8%), question number 19 became (43.3%), and question number 22 became (62.7). Which is a statement about the steps of Awareness, the signs and symptoms of Awareness, and the purpose of being Awareness.

According to (Sinuraya, 2020) the aim of wellness education is intended to improve individuals ability to maintain and improve their health. To achieve optimal physical, psychological, and social health, people must also be able to identify and meet their needs and goals as well as adapt or overcome their environment. To prevent breast cancer, this study highlights the significance of health education in changing the attitudes and understanding of women who are of reproductive age.

The outcomes of the statistical examination utilizing the paired Wilcoxon the test indicated a p value of 0.000 which showed that health instruction via video platforms had an effect on the understanding of women of reproductive age regarding self-examination.

In line with the research of (Rahmawati et al., 2022). Titled "The Effect" of Breast Cancer Prevention instruction on Conscious Behavior at SMA Negeri 2 Bone." This study's p value was $0.000 < 0.05$. shows that students' knowledge, attitudes, and behaviors about the Sadari approach in breast cancer prevention are different before and after receiving health education.

Consistent with the findings of (Aulia, 2020). Title "The Effect of Audiovisual Media Guidance on Information and Interest in Awareness Examination in MA Ali Maksum Krpyak Bantul Students." This study proves that audio-visual media has an influence on the understanding of Sadari of MA Ali Maksum pupils with a $0.000 < 0.05$ p-value.

In surah Al-Muzadallah: 11 describes how we can be enthusiastic in pursuing knowledge, have broad insights, plan opportunities to attend scientific

conferences, be enthusiastic in learning, prepare all resources to increase scientific insights, and always deepen faith and piety. Increasing knowledge about Sadari is an effort to add health science as a good effort for him.

CONCLUSION

Based on the results of research conducted on suburban women in the operating area of the Pengasih I Kulon Progo Health Center who are between 20 and 49 years old. Therefore, the hypothesis that there is an effect of the use of films to educate women of childbearing age about breast cancer on their understanding of SADARI can be used to end the debate. This is evidenced by the results of the Wilcoxon matched pair test which shows a significance value of $p \text{ value } 0.000 < 0.05$.

Researchers can make the following recommendations based on the previously mentioned results it is hoped that the findings of this study can improve respondents' understanding of breast cancer and allow for accurate early awareness identification, in an effort to prevent breast cancer and reduce the mortality rate from the disease, it is hoped that this study will be a guide to educate women of childbearing age about breast self-examination, and it is hoped that the next researcher can conduct more in-depth research, such as research related to the control of disruptive influences and awareness of mindsets, which has not been carried out in this study.

REFERENCE

- Aulia, A. R. N. (2020). Hubungan Kekurangan Energi Kronik Pada Ibu Hamil Dengan Kejadian Bblr Di Puskesmas Pleret Bantul Tahun 2018. Poltekkes Kemenkes Yogyakarta.
- Dinkes, Kabupaten Kulon Progo. (2023). Profil Kesehatan Data Tahun 2022, Dinas Kesehatan Kabupaten Kulon Progo.
- Peraturan Menteri Kesehatan Republik Indonesia Nomor 28 Tahun 2017, 21 1 (2017).
- Kemenkes, R. (2022). kanker Payudara Paling Banyak Di Indonesia, Kemenkes Targetkan Pemerataan Layanan Kesehatan. Data Kanker Payudara Di Indonesia, 1–60.
- Kemenkes, R. (2024). Pencegahan Kanker Payudara. Kemenkes Direktorat Jendral Pelayanan Kesehatan.
- Prasetyorini, E. H., & Kustriyani, M. (2022). Pengaruh Pendidikan Kesehatan Dengan Video Terhadap Pengetahuan Tentang Sadari Pada Wanita Usia Subur

- Di Wilayah Puskesmas Ngaliyan Semarang. Jurnal Ilmu Keperawatan Dan Kebidanan, 13(2), 530–536. <https://doi.org/https://ejr.umku.ac.id/index.php/jikk/article/view/1533>
- Rahmawati, Ajsal, A. A. A., Dewi Andi Sitti M, & Puspitasari, M. (2022). Pengaruh Edukasi Pencegahan Kanker Payudara Terhadap Perilaku SADARI di SMA Negeri 2 Bone [Universitas Pahlawan]. In Jurnal Pendidikan dan Konseling (Vol. 4, Issue 6). <https://doi.org/https://doi.org/10.31004/jpdk.v4i6.8568>
- Retna, T., Firnanda, D. A., & Wahyurianto, Y. (2022). Pengetahuan Ibu Hamil Trimester III (Primigravida) Tentang Persiapan Persalinan Di Kecamatan Semanding, Kabupaten Tuban. Jurnal Keperawatan Widya Gantari Indonesia, 6(1), 46–56. <https://ejournal.upnvj.ac.id/index.php/Gantari/article/view/3429>
- Shabrina, A., & Iskandarsyah, A. (2019). Pengambilan Keputusan mengenai Pengobatan pada Pasien Kanker Payudara yang Menjalani Pengobatan Tradisional. Jurnal Psikologi, 46(1), 72. <https://doi.org/10.22146/jpsi.31902>
- Sinuraya, E. N. (2020). Pengaruh Edukasi Kesehatan Berbasis Empowerment Terhadap Tingkat Pengetahuan Tb Paru Di Desa Tuntungan II Pancur Batu Tahun 2019. Paper Knowledge . Toward a Media History of Documents, 12–26. https://doi.org/https://www.mendeley.com/catalogue/4008b1fc-96da-3a78-834f-c1ad3bd73ed1/?utm_source=desktop&utm_medium=1.19.8&utm_campaign=open_catalog&userDocumentId=%7B0e59ecc8-8920-41ad-8e29-b93b9f2d251b%7D
- World Health Organization (2023). *Cancer Today*, World Health Organization.