

EFFECT OF COUNSELING BY USING VIDEO MEDIA AND *LEAFLETS* ON KNOWLEDGE AND ATTITUDE OF BREAST SELF EXAMINATION (BREAST SELF-EXAMINATION) ON STUDENTS AT SMA N 1 WONOSARI KLATEN

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ABSTRACT

Breast cancer is the cancer that most often attacks women in Indonesia (28.7%). Mortality is high in breast cancer sufferers, especially in developing countries, which is known as the practice of Sadari (Self-Examination of Breasts). Profile data from the Klaten Health Service, cases of early detection of breast cancer in 2022 have increased compared to 2021. For the 2021 examination results, there were 643 people, 19 of whom were positive (3%). This research aims to determine the effect of counseling using leaflets and video media on female students' knowledge and attitudes of BSE. This type of research is *pre-experimental research*. The design used is *one group pretest-posttest design*. The sample in the research was all 97 female students from SMAN 1 Wonosari. with an *accidental sampling technique* and the statistical test used was Wilcoxon. Results of analysis there is an influence of counseling using video media and *leaflets* about BSE on the attitudes of female students at SMAN 1 Wonosari with a p-value of 0.000. The average attitude increased by 100%. Conclusion: It is hoped that the Education Department and the Health Service will collaborate in efforts to prevent breast cancer among women, especially teenagers, in all regional schools by conducting outreach on early detection of breast cancer using BSE using video media and leaflets.

Keywords: Attitudes, BSE counseling, knowledge, *leaflets*, video media

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INTRODUCTION

Ca mammae or breast cancer is a malignant tumor in the breast that invades the area around the breast and spreads throughout the body (American Cancer Society, 2020). Breast cancer is a type of cancer that has the highest contribution to the prevalence of cancer in women in Indonesia. Breast cancer has a high mortality rate due to late early detection (Indonesian Ministry of Health, 2021). the highest incidence worldwide and the leading cause of death in women. According to the World Health Organization (WHO) , 2020)

Based on statistical calculations by Global Burden Cancer (GLOBOCAN) in 2020 there were 2.2 million breast cancer incidents worldwide, representing 11.7% of all cancer cases, while 684,996 deaths representing 6.9 % of all cases. Asia with 1 million cases (45.4%), Europe with 531,086 cases (23.5%), and North America with

281,591 cases (12.5%), these countries are the countries with the highest incidence rates. According to the World Health Organization (WHO, 2021. Based on data from Global Burden Cancer (GLOBOCAN) 2020 , breast cancer is the most common type of cancer in Indonesia, followed by cervical cancer and lung cancer. The total number of cancer cases in Indonesia is 396.91, the number This is expected to increase to 89,512 in 2040 (Sutnick & Gunawan, 2020). The most common type of cancer according to Cancer Hospital data is the most common cancer in women. This is a problem that increases the death rate in women after lung cancer and Ranks second after skin cancer. Breast cancer is the most common disease experienced by women in Indonesia. The incidence of breast cancer in Indonesia is 42.1% with an average mortality rate of 17% (Ministry of Health of the Republic of Indonesia, 2021). breasts

are in Central Java at 2.1% (Effendri, Wulandari and Dewi, 2020).

The prevalence of cancer in those aged 15-24 years is 0.6%, and in children aged 1-4 years is 0.1% (Ministry of Health of the Republic of Indonesia, 2022). Many breast cancer sufferers are currently detected at a very young age, even teenagers as young as 14 years old suffer from breast tumors which, if not caught early, can develop into malignant cells that have the potential to become breast cancer (Pramesti et al. , 2020). Currently, breast cancer often occurs in young women aged 13-25 years, as many as 13 cases (4.2%), this is due to a lack of awareness of early detection of breast cancer among teenagers. This is very important for young women to do because considering the large number of incidents of teenagers getting breast cancer, there are efforts to control breast cancer that can be done with early detection. Early detection can reduce the death rate by 25-30%. One of the easiest preventative behaviors to do is breast cancer screening by doing a breast self-examination or what is called BSE. However, this behavior has factors that can influence it, namely motivational factors (Angrainy, 2019)

The high number of breast cancers in Indonesia, especially teenagers, is caused by changes in lifestyle. The risk factors that cause the high incidence of cancer in teenagers in Indonesia according to gender are in men, the prevalence of smoking is 56.7%, frequent consumption of fatty foods 39.4%, frequent consumption of animal foods with preservatives 4.4%, less consumption of vegetables and fruit 96.9%, often consuming grilled or grilled food 4.7% and lack of activity 26.3%. In women, the prevalence of smoking is 1.9%, frequent consumption of fatty foods 41.9%, frequent consumption of animal foods with preservatives 4.2%, less consumption of vegetables and fruit 96.6%, frequent consumption of grilled or baked foods 4.4%, less activity 25.8% (Ministry of Health, 2015). High risk factors for breast cancer include gender, age, family history, genetics, menstrual cycle, childbirth and previous history of cancer (Brest Care Indonesia , 2019).

Changes in lifestyle in teenagers who tend to consume fast food and junk food , frequent

exposure to radiation from electronic media, and changes in the conditions of the surrounding area are thought to be causal factors in the development of breast cancer. Other factors that contribute to the increase in the number of cases of breast cancer include: lack of public awareness of the problem, fear of surgery, laziness and shame when exposing the breast, as well as ignorance about early detection and treatment options (Julaecha, 2022). Efforts to prevent breast cancer are important because breast cancer cases have a tendency to increase. Breast Self-Examination (BSE), which seeks to identify whether breast cancer is present or not at an early stage, is a program that has been designed by the Ministry of Health of the Republic of Indonesia (Julaecha, 2022).

BSE has been a national program since April 21 2008. To prevent breast cancer from an early age, efforts such as Breast Self-Examination (BSE) are necessary. BSE can reduce the mortality rate due to breast cancer by up to 20%. Nevertheless. There are still many women who don't know what BSE is or how to practice it to find out if there are any abnormalities in their breasts. One of the causes of the still high morbidity and mortality rates due to breast cancer in Indonesia and throughout the world is because only around 25-30% of women practice BSE (Sarina et al., 2020). Through guidance or health education, BSE is a series of steps that are important to take to determine whether or not there are abnormalities in the breasts. The most accurate and economical way to detect breast cancer at an early stage is by practicing BSE.

With the number of deaths reaching more than 22 thousand cases. data from the Ministry of Health also states that based on this data, there is a need for action such as health education to increase women's awareness in efforts to detect breast cancer early. Health education can be given to teenagers and adults. Counseling can be carried out using print media, electronic media or social media. Early detection efforts are very important because cancer found at an early stage can be treated immediately and the chance of cure reaches 80-90%. The use of video media in outreach activities is not just as a tool, but as a

carrier of information or messages to be conveyed. The use of videos and lectures about BSE can clarify the picture of the importance of breast self-examination (Sarina et al., 2020) .

According to Nurhayati et al., (2023) the video method is the right way to distribute health education using video media, enabling young women to increase their knowledge. Because video media presents images and sound which can provide opportunities for young women to repeat the information received. Repeating the same information several times can strengthen the information, so that it can last longer compared to receiving information without repetition. Video media can attract the attention of respondents to focus more on paying attention to the material being presented so that young women can understand and understand, because video media presents the material. through images and sound. According to Alini & Indrawati (2018), video media has the ability to be considered better and more interesting than other media, because it contains two elements, namely being able to be heard and seen.

The use of appropriate media is very important in conveying information. Researchers chose video media because it is considered best for teenagers, apart from being able to be heard, video media also displays visual images that are easy to understand and comprehend in increasing teenagers' knowledge about breast self-examination (BSE). According to Nurwahidah et al., (2021), video media uses the senses more than other media, with this viewing participants can see and hear the video presented. Some of the health promotion media, video media, have been shown to be more effective for teenagers, this is because teenagers more easily understand the content of the material presented. According to Maymunah & Watini, (2021), video media has an influence on humans more quickly than other media, because its presentation is in the form of a focused light, so it will influence human thoughts and emotions.

Media Leaflet is a piece of paper containing printed writing about a specific problem for a target with a specific purpose. Leaflet is also defined as a medium that uses a sheet of paper containing printed writing about a specific problem for targets

who can read and is usually presented in folded form which is used to convey information or strengthen the message conveyed. Leaflet is a short publication from various forms of communication media in the form of leaflets containing information or information about companies, products, health information, organizations and services or ideas for the public to know. The advantages of using leaflets are that they are attractive to look at, easy to understand, stimulate imagination in understanding the contents of the leaflet, more concise in conveying the information content (Eti. 2020).

Data results from the Klaten Health Service profile for cases of early detection of breast cancer in 2022 experienced an increase compared to 2021. For 2021 examination results there were 643 people, 19 of whom were positive (3%). Meanwhile, for breast lumps in 2021, of the 643 examined, no lumps were found. For the number of patients examined in 2022, there were 1233 people, 71 (5.8%) were positive. Meanwhile, for breast lumps in 2022, of the 643 examined, 9 people were found to have lumps (0.7%) and were referred to hospital. The target was women. There were 177,973 people aged 19-30 years, but only 1233 people were examined, this was due to several reasons, including: 1) Not all targets wanted to be examined because they were afraid and were working, 2). The level of public knowledge about breast cancer is still lacking, 3). There is training for Health workers but it only finished in December so they cannot carry out examinations yet, 4). The duties of the trained health workers are multiple tasks so that services cannot be carried out every day (Klaten Health Office 2022).

Based on a preliminary study through interviews conducted by researchers with 10 people on 26 February 2024 at SMA N Wonosari Klaten, it was found that there were 2 female students who knew about breast self-examination from the experience of parents who had suffered from breast tumors. However, most of the 8 female students did not know about breast self-examination, because no one had provided health education about breast self-examination (BSE) at their school. So, it seems that female students are

indifferent regarding reproductive health. Also, there is no KRR (Adolescent Reproductive Health) program from the relevant agency that carries out *follow up* at SMA N Wonosari Klaten.

Based on the results above and the importance of prevention efforts in female students, researchers are interested in examining the influence of breast self-examination education (BSE) using video media and *leaflets* on knowledge and attitudes towards early detection of breast cancer in female students at SMA N 1 Wonosari Klaten.

METHOD

The type of research carried out was *pre-experimental research* using a *one group pretest posttest design*. The population in the study was 531 There are 203 female students, namely class X students, 182 students in class XI and 146 students in class XII. To remember that the population is so large, the number of populations used as a sample is limited. To take the sample size, *accidental sampling* or often also called *convenience sampling*. So from the total number of female students, totaling 531, only the female students who attended the counseling were taken, namely 97 who were present during the research in May 2024. Research was carried out on 2 May - 7 May 2024. The instruments and materials for this research use the Knowledge Questionnaire in this research adapted from research by Naila & Tri (2020). The questionnaire uses *the Guttman scale* (Naila L, Tri M, 2020) containing 13 statements. The analysis used in this research is bivariate analysis analysis carried out to determine the relationship between 2 variables. In bivariate analysis, the samples used can be paired or each independent with its own treatment, therefore researchers use the Wilcoxon test. Research ethics in this study according to Abu Bakar (2021) uses the principles of *Informed Consent*, *Anonymity*, *Confidentiality*. Cleren ethics in this research is guided by the results of clearing research titles from the Estu Utomo Boyolali library.

RESULTS

In this study, univariate analysis was carried out to determine the average knowledge and attitudes of respondents regarding BSE before and after being given counseling using video media and leaflets to female students at SMA Negeri 1 Wonosori Klaten.

Table 2 Knowledge of female students before and after providing counseling

Knowledge	Pretest		Posttest	
	Frequency	%	Frequency	%
Not enough	35	36.1	11	11.3
Enough	34	35.1	39	40.2
Good	28	28.9	47	48.5
Total	97	100.0	97	100.0

Based on table 2, it can be seen that the distribution of respondents is based on Most of the female students' knowledge about BSE examinations before the counseling was lacking 35 respondents (36.1 %) and after counseling most of them had good knowledge 47 respondents (48.5%)

Table 1 The attitude of female students before and after giving counseling

attitude	Pretest		Posttest	
	Frequency	%	Frequency	%
Negative	36	37.1	28	28.9
Positive	61	62.9	69	71.1
Total	97	100.0	97	100.0

Based on table 1, it can be seen that the distribution of respondents is based on The attitude of female students regarding BSE examinations before counseling mostly had a negative attitude 36 respondents (37.1%) and after counseling most of them had a positive attitude 69 respondents (71.1%).

Bivariate analysis was carried out to analyze the influence of education and health attitudes with counseling using video media and leaflets about BSE at SMA Negeri 1 Wonosari with *the Wilcoxon test* with an error rate of 0.5% ($\alpha=0.005$). The results of the bivariate analysis are presented in table form as follows:

Table 3 The influence of counseling using video media and leaflets on BSE knowledge at SMA Negeri 1 Wanosori Klaten

Variable	Mean rank	Negative rank	Positive rank	Ties	p value
knowledge	46.00	0	91	6	0,000

Based on table 3, it is known that the knowledge variable has a *mean rank value* of 46.00, with a *negative rank value* of 0 and a *positive rank value* of 91 respondents and a *t ies value* of 6 respondents. Based on the *Wilcoxon* test, a p-value of 0.000 was obtained, this shows that there is an influence of BSE examination education using *video media* and *leaflets* on knowledge about breast self-examination (BSE) at SMA Negeri 1 Wanosori Klaten.

Table 4 The influence of counseling using video media and leaflets on the attitude of BSE at SMA Negeri 1 Wanosori Klaten

variable	Mean rank	Negative rank	Positive rank	Ties	p value
Attitude	43.00	0	85	12	0,000

Based on table 4, it is known that the attitude variable has a *mean rank value* of 43.00, with a *negative rank value* of 0 and a *positive rank value* of 85 respondents and a *ties value* of 12 respondents. Based on the *Wilcoxon* test, a p-value of 0.000 was obtained, this shows that there is an influence of BSE examination education using *video media* and *leaflets* on attitudes about breast self-examination (BSE) at SMA Negeri 1 Wanosori Klaten

DISCUSSION

Student Knowledge Level Before and After Giving Counseling Using Video Media and Leaflets

The results of this research showed that the median value of students' knowledge before being given the intervention was 8.00 with a standard deviation of 1.573 and a min value of 6 and a max value of 12. After being given the intervention, students' knowledge obtained a median of 9.00 with a standard deviation of 1.619 and a min value of 7 and a score of maix 13. The results of the

research showed that the majority of students' knowledge before being given the intervention was in the poor knowledge category, 35 respondents (36.1%) and after the intervention knowledge was mostly in the good category, 47 respondents (48.5%).

Knowledge is the result of efforts to obtain information or understanding about a thing or event experienced (Rukmi et al., 2021). The formation of knowledge usually begins after carrying out the process of sensing certain objects. It is important to note that knowledge has a significant impact in shaping behavior, because behavior tends to be more consistent and focused if it is based on a strong understanding (Agus, 2019).

Knowledge of BSE not only gives them practical skills in monitoring their own breast health, but also increases awareness of the importance of self-care and overall health. In addition, understanding BSE can also help reduce the stigma and fear associated with breast examinations, thereby encouraging active participation in early detection of breast cancer, which in turn can save lives.

Based on research (Siregar & Murhalina, 2021) states that the research sample was obtained using a total sampling technique totaling 120 grade 3 students who met the inclusion criteria. Data analysis uses *paired t test analysis*. The level of knowledge was significantly different before and after counseling with $p=0.000$. So there is a relationship between counseling and the level of knowledge.

Wijayanti & Ani, (2019) in their research on the effectiveness of awareness health education using video media on knowledge among young women at SMK Muhammadiyah Cawas Klaten, which was conducted on 69 female students, stated that the majority of respondents who had a sufficient level of knowledge for young women were 47.8% and after given health education using video media, the majority of young women's knowledge is good as much as 58%. The results of the hypothesis test show that the significance is $0.000 < 0.05$, so there is a difference in the knowledge of young women before and after health education about BSE through video media.

Based on research conducted by Lestari et al., (2021) it was said that as many as 176 respondents the average score before being given the leaflet was 8.6 and after being given the leaflet was 11.1. Based on the research results, an increase in the average score was obtained before and after being given the leaflet. The results of the paired t test showed a p value of $0.000 < 0.05$, which means that leaflet media is effective in increasing female students' knowledge. This is because women still lack interest in understanding breast cancer in order to prevent themselves from breast cancer and how to detect it early. This research aims to find out how effective leaflet media is in increasing female students' knowledge about BSE.

This research highlights the influence of knowledge on female students' level of BSE, with a focus on the effectiveness of video media and leaflets in increasing their understanding. The research results show that the knowledge gained through video media and leaflets significantly contributes to increasing female students' level of self-consciousness. Video media provides a strong visual experience and in-depth understanding of the BSE procedure, while leaflets provide written information that can be reconsidered. Thus, these two media have proven effective in providing the knowledge necessary for better BSE practice among female students.

Level of Attitude of Female Students Before and After Being Given Counseling Using Video Media and Leaflets

The results of this research showed that the median value of students' attitudes before being given the intervention was 80.00 with a standard deviation of 12.965 and a min value of 56 and a max value of 100. After being given the intervention, students' knowledge obtained a median of 83.00 with a standard deviation of 12.921 and a min value of 56 and a score of maix 100. The results of the research showed that the majority of female students' attitudes were in the positive category as many as 61 respondents (62.9%) and after the intervention the majority had positive attitudes as many as 69 respondents (71.1%).

Based on research results (Mastiana, 2020), of 80 young women with good knowledge and good attitudes, 25 respondents (56.8%), young women who have good knowledge and poor attitudes are 19 respondents (43.2%), young women. Those who had less knowledge and good attitudes were 8 respondents (22.2%), young women who had less knowledge and good attitudes were 28 respondents (77.8%).

Research conducted (Putu et al., 2019) regarding Counseling to Increase Knowledge, Attitudes and Behavior Regarding Breast Self-Examination (Sadari) in Efforts for Early Detection of Breast Cancer in Female Students at Sman Mengwi Badung stated that as many as 63 respondents had been tested and produced that method. counseling and leaflets can improve attitudes in the treatment group compared to giving leaflets to the control group in an effort to detect early breast cancer in female students at SMAN Mengwi Badung in 2012. Based on statistical testing using the t test to analyze attitudes in the treatment and control groups, all p values were obtained < 0.05 .

Next, namely (Ernawati et al., 2022). discussing the description of the knowledge and attitudes of young women before and after counseling on breast self-examination (BSE), stating that before the counseling the majority of respondents had a disapproving attitude towards BSE, namely 29 people (69.5%). Meanwhile, after being given counseling, respondents' attitudes towards BSE experienced a very significant increase, with all respondents being 42 people (100%). This means that providing counseling has an effect on changing the attitudes of young women regarding BSE.

This research found that female students showed a positive attitude towards the practice of BSE after being exposed to it through video media and leaflets. The research results show that both media are effective in increasing female students' understanding and awareness of BSE, which in turn encourages better attitudes towards this self-examination practice. Video media provides a visual dimension that is evocative and emotionally touching, while leaflets provide detailed information and can be studied independently.

Thus, both play a role in forming positive attitudes towards BSE among female students, demonstrating its effectiveness in promoting health awareness and preventive measures.

The influence of counseling using video media and leaflets on knowledge and attitudes of BSE at SMA Negeri 1 Wanosori Klaten

The results of the research show that there is an influence of BSE examination counseling using video media and leaflets on knowledge about breast self-examination (BSE) among female students with a p value of 0.000 where as many as 91 respondents experienced an increase in knowledge with an average (mean rank) of 46.00 and the tie value or similar level of knowledge of 6 respondents was due to factors such as similar educational backgrounds or initial understanding of BSE before counseling was carried out.

The reason why 6 female students still have a level of similarity or ties in BSE knowledge even though counseling has been carried out using video media and leaflets is due to several factors. First, the female students already had the same level of knowledge about BSE before the counseling began, so the increase in knowledge after the counseling was not reflected in significant differences. Second, individuals' abilities to absorb and understand the information presented may vary, and some female students require a more personalized approach or different teaching methods to achieve significant increases in knowledge. Finally, external factors such as the learning environment, personal interests, and active involvement in counseling can also influence how well female students understand and internalize the information provided.

This is proven by the questionnaires in this study on 2 questionnaires out of 13 questionnaires regarding BSE knowledge. Correct knowledge of BSE (breast self-examination) includes understanding that pain or soreness in the breasts is not a normal symptom that occurs in women in general. Pain in the breasts can be a sign of a health problem that needs to be examined further by medical personnel. In addition, correct knowledge about breast cancer risk factors also includes understanding that the older a woman is

when she first becomes pregnant, the higher her chances of developing breast cancer. Therefore, proper awareness and knowledge regarding BSE and breast cancer risk factors is very important for early detection and prevention of this disease.

The research results show that there is an influence of BSE examination counseling using video media and leaflets on attitudes about breast self-examination (BSE) among female students with a p value of 0.000 where as many as 85 respondents experienced an increase in knowledge with an average (mean rank) of 43.00 and the tie value or similarity level of knowledge of 12 respondents.

Ties or similarity values at the level of female students' attitudes about BSE as many as 12 respondents can occur for several reasons. First, attitudes towards breast self-examination (BSE) had been formed before the counseling was carried out, either from personal experience, previous education, or the influence of family and friends, so that the counseling did not change their attitudes significantly. Second, some female students have the same understanding of the importance of BSE but differ in actual actions, which are not detected through counseling. In addition, factors such as cultural beliefs, level of comfort in discussing personal health topics, and perceptions of the relevance of the information presented can influence an individual's response to counseling. Third, the method of conveying information through video media and leaflets is less effective for some female students who need a more interactive or personal approach to change their attitudes. As a result, the 12 female students showed similarities in their attitudes even though they had received the same information through counseling.

This is proven by 1 attitude questionnaire in this research out of 26 questionnaires. Respondents' attitudes towards BSE show that their willingness to carry out breast self-examination is greatly influenced by the availability of adequate equipment. The statement "I will carry out a BSE examination if there is sufficient equipment" reflects the importance of adequate facilities in encouraging prevention and early detection of breast cancer. Although BSE does not

actually require special equipment, this understanding indicates a perception that certain equipment may be necessary. This indicates the need for further education to remove unnecessary barriers and strengthen the belief that BSE can be performed easily and routinely, even without special equipment, to improve early detection and breast health.

In this research, the increase in female students' knowledge and attitudes about BSE can be seen from the results of the *pre-test* and *post-test*. Based on the analysis that has been carried out on respondents' questionnaire answers, it can be seen that there has been an increase in knowledge and an increase in respondents' attitudes which are categorized as good and positive.

Respondents who have a good level of knowledge means they have been aware of BSE from an early age. shows a deep understanding of the importance of early detection of breast cancer. They know the correct steps for doing a breast self-examination, the best time to do it, and the early signs to look out for.

Respondents who have a good understanding of BSE tend to carry out breast self-examination more regularly, which has the potential to increase the chances of early detection and more effective treatment if abnormalities or signs of breast cancer are found. This shows that education and outreach about BSE is very important in efforts to prevent and treat breast cancer.

Respondents in the sufficient category showed a basic understanding of the importance of early detection of breast cancer, but their knowledge may not have been completely in-depth or complete. They may know some of the general steps in performing a breast self-examination and understand its importance, but may be less clear about specific details, such as proper examination technique, ideal frequency, and subtler early signs to look out for. Respondents who had a positive attitude showed a strong belief in the benefits and importance of carrying out breast self-examination as a preventive measure against breast cancer. This positive attitude is usually reflected in their commitment to regularly doing BSE and

encouraging other people around them to do the same.

Meanwhile, respondents who have a negative attitude tend to underestimate or even ignore the importance of carrying out regular breast self-examinations. This negative attitude may be due to a lack of accurate information, previous negative experiences, or a belief that they are not at risk for breast cancer.

Research conducted by (Wahyu et al., 2019) on the effectiveness of video media and leaflet media about awareness (self-breast examination) on changes in adolescent behavior stated that as many as 498 female students used a sampling technique, cluster sampling. The sample was divided into two groups, namely: The treatment group with leaflet media was 249 students, and 249 students for the leaflet media group resulted in that Video Media was more effective than leaflet media although there was no significant difference in the effect on health education with video media compared to leaflet media on changes in adolescent behavior about awareness.

Meanwhile, research conducted by (Ajeng & Yunita, 2018) on the Differences in the Effectiveness of Health Education for Breast Self-Examination (Sadari) Using Leaflet Media and Audio Visual Media in Young Women at Nu Ungaran Vocational School stated that based on the independent t test, the calculated t value was obtained amounting to 2.090 with a p-value of 0.040 and a p-value of $0.040 < \alpha (0.05)$, namely that audio-visual media is more effective in providing health education to the knowledge of young women.

The use of audio-visual media is more effective in providing health education to young women. This research shows that female students have better knowledge about BSE after being exposed to it through video media and leaflets. Apart from that, the research results also revealed that female students showed a positive attitude towards the practice of BSE after being exposed to these two media. Video media provides a strong visual dimension, while leaflets provide detailed information.

CONCLUSION

Thirty-seven of the schoolgirls who responded (36.1% of the total) said their knowledge was bad before the intervention. After the intervention, 47 of them (48.5%) said their knowledge was good. Most of the female students (61 out of 79 respondents, or 62.9% of the total) had a good attitude before the intervention, and most of them still did after it (30.9% of the total).

Counseling about SADARI exams through video and leaflets impacts students' understanding of SADARI (breast self-examination), as shown by a p-value of 0.00 or less than 0.05. Based on this information, more studies should be done on how to teach health education about breast self-examination (SADARI) through different media or independent health education.

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