

The Influence of Audiovisual Educational Media on the Knowledge and Attitudes of Female Adolescents at SMUN 5 Pekanbaru regarding Breast Self-Examination (SADARI)

Rika Sri Wahyuni¹, Andriani^{2*}, Hamidah Sari Batubara³
^{1,2,3} Institut Kesehatan Payung Negeri Pekanbaru Indonesia

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Corresponding Author:

Andriani, Institut Kesehatan
Payung Negeri Pekanbaru
Indonesia

Email, andriani@gmail.com

ABSTRACT

The incidence of breast cancer has increased and is ranked first in relation to cancer in Indonesia and is one of the leading causes of death due to cancer with the number of new cases reaching 68,858 cases. This incident can be prevented by early detection which can be done by self-breast examination. The purpose of this study was to see whether there was an influence of audiovisual educational media on the knowledge and attitudes of female adolescents at SMAN 5 Pekanbaru regarding self-breast examination (SADARI). This study was conducted using a quasi-experimental method with a sample size of 81 people were taken by proportioned stratified random sampling. The analysis was conducted using the Wilcoxon test. The results obtained were that there was an influence of audiovisual educational media on the Knowledge and Attitudes of adolescent girls with a pvalue of 0.000 for knowledge and 0.000 for attitudes. It is hoped that in the future the provision of information can be done using audiovisual media.

Keywords: Media, Education, Audio Visual, Knowledge, Attitude, Adolescent Girls, SADARI Examination

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1. INTRODUCTION

Breast cancer is a condition in which malignant cells develop in the breast tissue. Usually, this cancer begins in the milk ducts or lobules (milk-producing glands) (Ministry of Health, 2019).

The exact cause of breast cancer is not yet known for certain. However, there are several risk factors that can increase the likelihood of someone getting this disease, namely: Age; where as age increases, the risk of getting breast cancer increases. Family history: Having a close family member who has or has had breast cancer may increase the risk.; Genetic mutations: Mutations in the BRCA1 and BRCA2 genes may increase the risk of breast cancer., Hormonal factors: Factors such as starting menstruation at a younger age, late menopause, or using hormone replacement therapy after menopause may affect the risk of breast cancer. (Ministry of Health, 2019)

The incidence of breast cancer is currently increasing and is ranked first in terms of the highest number of cancers in Indonesia and is one of the leading causes of death due to cancer. (Ministry of Health, 2022)

Ministry of Health (2022) stated that from Globocan data in 2020, the number of new cases of breast cancer reached 68,858 cases (16.6%) of the total 396,914 new cases of cancer in Indonesia. Meanwhile, the number of deaths reached more than 22 thousand people in cases

Breast cancer incidents occur not only in elderly women but also in teenagers. The results of research conducted by Sulviana and Kurniasari (2021) stated that 32.4% of 75 respondents were aged 18-40 years. This shows that breast cancer can also occur in adolescence, not only in those over 30 years of age which is the age at risk of breast cancer.

To overcome breast cancer, Indonesia has a National Breast Cancer Control Strategy that includes 3 (three) pillars, namely health promotion, early detection, and case management. These three pillars are effective methods in efforts to overcome cancer. With health promotion and education, it can increase public knowledge about breast cancer, early detection such as Breast Self-Examination (SADARI) so that it can increase the hope of recovery and increase life expectancy because it can detect cases early. Likewise, early case management can also reduce mortality rates.(Ministry of Health 2022)

Breast Self-Examination (BSE) is a series of procedures to detect lumps or abnormalities in the breasts early on. BSE is important for every woman to do and master, especially teenagers, by doing BSE in adolescence and finding abnormalities early can provide a better prognosis (Tarmi, 2013 in(2019).

Basically, knowledge will continue to grow and vary according to the process of human experience. The process of gaining knowledge includes 3 aspects, namely the process of gaining information, the process of transformation, and the process of evaluation.

There are many advantages to doing BSE at a young age, because almost 85% of disorders or lumps are found by the sufferer themselves through BSE. Around 95% of women diagnosed with breast cancer in the early stages can survive more than 5 years after being diagnosed (Tarmi, 2013 in(2019).

The knowledge of young women to do SADARI is still lacking even though detecting early stage breast cancer is very easy and can usually be done at home, just a few minutes, once a month, by checking your own breasts so that breast cancer can be found in the early stages and can be treated or cured immediately. The more often you know it, the easier it is to find something wrong, however SADARI is an important part of recognizing breast changes over time.(Azizah, 2014).

2. RESEARCH METHODS

Quantitative research with quasi-experimental design that is, research that only uses one group of subjects and takes measurements before and after giving treatment to the subjects.(Masturoh and Anggita 2018). The purpose of this study was to see the Influence of Audiovisual Educational Media on the Knowledge and Attitudes of Female Adolescents at SMUN 5 regarding Breast Self-Examination (SADARI), in September to November 2024.. The population in this study were all female students of SMUN 5 Pekanbaru totaling 417 people with a sample of 81 people taken by proportioned stratified random sampling. Data collection was done by filling out a questionnaire.

3. RESULTS AND DISCUSSION

Results

Table 1. Distribution of Average Values of Knowledge and Attitudes of the Influence of Audiovisual Media on the Knowledge and Attitudes of Female Adolescents at SMUN 5 regarding Self-Breast Examination (SADARI)

Variables	Intervention	N	Mean	Min	Max	SD	<i>pvalue</i>
Knowledge	<i>Pre Test</i>	22	55	50	85	10.2	0.000
	<i>Post Test</i>	22	90	65	100	10.5	
Attitude	<i>Pre Test</i>	22	37.5	13	75	13.3	0.000
	<i>Post Test</i>	22	87.5	38	100	17.9	

Source: primary data

The table above shows that the average knowledge score before the intervention was 55 with a minimum score of 50, a maximum score of 85 and the average knowledge score after the intervention was 90 with a minimum score of 65, a maximum score of 100. The average attitude score before the intervention was 37.5 with a minimum score of 13, a maximum score of 75 and the average score after the intervention was 87.5 with a minimum score of 38, a maximum score of 100.

The results of the Wilcoxon test showed that the p-value for knowledge was 0.000 and the p-value for attitude was 0.000, which means that there is an influence. Audiovisual Media on Knowledge and Attitudes of Adolescent Girls at SMUN 5 regarding Breast Self-Examination (SADARI).

Table 2. The Influence of Audiovisual Media on the Knowledge and Attitudes of Adolescent Girls at SMUN 5 regarding Breast Self-Examination (SADARI)

	Effectiveness	Amount
Posttest Knowledge-Pretest Knowledge	Negative Rank	1
	Positive Rank	80
	Ties	0
	total	81
Posttest Attitude-Pretest Readiness	Negative Rank	2
	Positive Rank	72
	Ties	5
	total	81

Primary Sources

The table above shows the results of posttest knowledge that is better than the pretest, there are 80 people, while the posttest knowledge is lower than the pretest knowledge, only 1 person, as well as the results of the posttest attitude that is better than the pretest, there are 72 people, while the posttest attitude is lower than the pretest attitude, only 2 people. This means that audio-visual media is effective in educating about breast self-examination (SADARI) in female adolescents at SMAN 5 Pekanbaru.

Discussion

One of the reasons for the still high incidence of breast cancer is because patients usually come in an advanced stage because they are reluctant to undergo early detection of breast cancer, so they are late in diagnosing breast cancer (Kwok et al in Gani et al., 2022)

Lack of understanding about SADARI is one of the reasons why women do not do SADARI. There are still many young women who do not know how to do SADARI and are afraid of finding something bad when doing SADARI (Ozdermir in Nurachma and Hendriani (2019).

This can be seen from the results of the average value of knowledge of female adolescents about self-examination before being given audiovisual education about self-examination, which is 55 and after being given Audiovisual education about SADARI 90

The results of this study are in line with research conducted by Lestari, Laksmi, and Sintari (2019) that There is an influence of health education with audio-visual media on the knowledge of adolescent girls about breast self-examination (SADARI), where the number of people with less knowledge was 17 people and sufficient 16 people in adolescent girls before being given treatment experienced an increase where the knowledge was less 0, sufficient 13 people and good 24 people

Based on the results of research conducted by Mahyuni, Rahmadi, and Anggraeny (2018) which states that there is no relationship between knowledge and attitudes of female adolescents at SMAN 3 Banjarbaru regarding breast self-examination.

However, from the results of this study, in addition to an increase in the average value of knowledge in female adolescents at SMAN 5 Pekanbaru, there was also an increase in the average value of attitudes, which before being given audiovisual education about SADARI examinations was 37.5 and after being given education, the average value of attitudes was 87.5..

There are many ways or media that can be used to convey information or education. One of them is audio-visual media which is currently widely used. Audio-visual media is a type of media that not only contains sound elements but also contains visual elements that can be seen, such as video recordings, various sizes of films, sound slides and so on. (Nuraini, 2018)

Study Ervina, Sandra Devi, and Warsiti (2019) declare there is the influence of audio visual video media counseling on the level of knowledge about BSE. Likewise, the results of the data analysis obtained showed that there was an influence of audio visual educational media on the knowledge and attitudes of female adolescents at SMAN 5 Pekanbaru about BSE examinations and was an effective media in providing education about Breast Self-Examination as seen from the post-test knowledge value which was better than the pre-test knowledge value of 80 people and the post-test attitude value was better than the pre-test attitude value of 72 people.

This can be used as input for health workers in providing information using audio-visual media so that it can improve the knowledge and attitudes of young women in carrying out BSE as expected. Good knowledge and attitudes can guide young women to carry out BSE so that breast cancer can be immediately detected and treated.

As expressed by the Advisor to the DWP Ministry of Health, Ida Budi Gunadi Sadikin at the commemoration of Breast Cancer Awareness Month, at FX Senayan Jakarta, if cancer is treated at an early stage, it will provide a chance of recovery of more than 90%. Therefore, the key to success in dealing with breast cancer is by preventing breast cancer risk factors through the implementation of a healthy lifestyle and early detection. (Recording, 2022).

4. CONCLUSION

There is an influence of audiovisual educational media on the knowledge and attitudes of female adolescents at SMAN 5 Pekanbaru regarding breast self-examination (SADARI)

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