

## The Effect of Health Education about Check Breast Self (SADARI) on Adolescent Motivation in Early Detection of Breast Cancer

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### ABSTRACT

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An abstract is often presented separate from the article, so it must be able to stand alone. A well-prepared abstract enables the reader to identify the basic content of a document quickly and accurately, to determine its relevance to their interests, and thus to decide whether to read the document in its entirety. The abstract should be informative and completely self-explanatory, provide a clear statement of the problem, the proposed approach or solution, and point out major findings and conclusions. **The Abstract should be 100 to 200 words in length.** References should be avoided, but if essential, then cite the author(s) and year(s). Standard nomenclature should be used, and non-standard or uncommon abbreviations should be avoided, but if essential they must be defined at their first mention in the abstract itself. No literature should be cited. The keyword list provides the opportunity to add 5 to 7 keywords, used by the indexing and abstracting services, in addition to those already present in the title (9 pt).

#### Keywords:

Health Education , BSE, Breast Cancer, Motivation

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## 1. INTRODUCTION

Breast cancer can arise at a young age, even at the age of 14 years can be affected by symptoms of breast cancer and if not detected early will develop into malignant cells. Symptoms of breast cancer are currently showing higher levels, especially among teenagers. In Indonesia, more than 80% are found at an advanced stage and treatment is very difficult. Therefore, knowledge about prevention, early diagnosis and good treatment and rehabilitation efforts is needed for optimal service to patients [9] .

**One of the roles of community nurses at the disease prevention level is primary prevention/health promotion, namely improving public health status through activities, including health education, public health education (PKM) by means of early detection [11]**

One of the prevention of breast cancer is case finding with early detection by doing breast self-examination (BSE) which can be done easily by teenagers. BSE is important to do to find out if there are abnormalities in a woman's breast, if there are lumps or symptoms of cancer it will be easy to detect and diagnose early so that the risk of death from breast cancer can be reduced [7] .

Breast Self-Examination (BSE) is an activity that must be considered because by knowing the changes and the shape of the breast in general, changes will be seen and felt or by choosing to use a special schedule to examine the breasts. A woman's ability to recognize changes in her breast health can be improved through breast self-examination (BSE), then this step is the first step in detecting breast cancer [3].

One of the efforts to increase adolescent knowledge about Breast Examination is to provide health education and stimulation about BSE, with increased knowledge of course adolescents will be motivated from an early age in carrying out early detection of breast self-examination so that if there are lumps or other changes that could be a sign of a tumor or cancer breast cancer, can be detected early and if a person has a strong motivation to perform health behaviors then his behavior will be consistent and predictable [6] . With health education about BSE for women of reproductive age, they will be more aware of the importance of breast self-examination to detect lumps in their breasts early on. Therefore, public awareness about BSE is important to avoid breast cancer and it is hoped that

there will be changes in the respondent's health behavior, which will improve or maintain health (Sopia and Yanuarti, 2022).

## 2. METHOD

This type of research is experimental. The research design used a pre-experiment with the *one group pretest-posttest method*. The population and sample in this study were young women in the Polewali Sub-district, Tanete Riattang Barat District, Bone Regency for the period 26 June - 29 August 2022 as many as 40 young women. The sampling technique was *purposive sampling* in accordance with the inclusion and exclusion criteria. In the first stage, the researcher conducted a study on adolescent motivation for breast self-examination (BSE). The second stage provides *health education* about BSE and the third stage evaluates the impact of the *health education* that has been given to adolescents in motivating adolescents to do BSE before and after the provision of *health education*. Data were collected using questionnaires and observation sheets and analyzed using *the Wilcoxon test*

## 3. RESULTS AND DISCUSSION

### a. Univariate Analysis

Table 1. Frequency Distribution of Adolescent Motivation on BSE Before and After Health Education

Motivation	mean	Minimum	Maximum	Standard deviation
Pretest	2.73	0	13	4.237
Posttest	75.43	40	100	19.981

Source: Primary Data, processed 2022

Based on table 1, that the average score of adolescent motivation before being given *health education* was 2.73, the minimum score for adolescent motivation was 0, the maximum score was 13 with a standard deviation of 4.237, and the average score for motivation of adolescents after being given *health education* was 75, 43, with a minimum score of 40 and a maximum of 100 with a standard deviation of 19,981.

### b. Bivariate Analysis

Table 2. The Effect of Health Education on BSE on Adolescents' Motivation in Early Detection of Breast Cancer

Variable	Treatment	N	Wilcoxon Z Test	p-value
Motivation	Pretest	40	-5.526	0.000
	Posttest	40		

\* *Wilcoxon test*

Based on table 2, it is known that the *p value* is 0.000 with a significant ( $<0.05$ ), then  $H_0$  is rejected, meaning that there is an effect of *health education* on increasing adolescent motivation in doing BSE.

## DISCUSSION

From the results of the Wilcoxon statistical test, a *p value* of  $0.000 < 0.05$  was obtained, which indicated that there was an effect of *health education* on BSE on adolescent motivation in early detection of breast cancer. This means that the provision of *health education* greatly affects the motivation of adolescents in doing BSE.

BSE is an early method of breast examination that is very important for early detection of possible tumors (abnormalities) in the breast. Adolescents' desire to do BSE is influenced by the motivation of adolescents to find out whether their breasts are cancer-free or not. The low motivation of adolescents will lead to no desire to do something that will risk not being able to detect lumps early which is an indication of breast cancer [6].

One method that can increase adolescent knowledge about BSE is *health education* which can influence the motivation of young women to do BSE. Teenagers need to get *health education* directly, so they can increase their motivation to do BSE [5]. A person will be more motivated in providing health education if the information obtained has never been heard by them, causing a person's high interest in the information. *Health education* with a demonstration method using props in the form of a breast mannequin can improve the ability of adolescents because this method involves all the senses to receive information directly about BSE [2].

Research conducted by [1] that by providing health education by combining teaching using power points, leaflets and demonstrations with phantom breasts can increase adolescents' knowledge about reproductive health, especially BSE, thus influencing the motivation of adolescents to do BSE. In line with research [4] says that by providing the right health education about how to act and take care of the breast can make teenagers more understanding and aware of BSE so that they can change their views to remain vigilant in carrying out examinations and in preventing exposure to risks. breast cancer.

#### 4. CONCLUSION

The conclusion in this study is that there is an effect of *health education* on breast self-examination (BSE) on the motivation of young women in efforts to detect breast cancer early. It is very important to give *health education* to adolescents to increase their awareness about breast health and so that they can do BSE properly, so that adolescents are able to detect breast cancer symptoms early.

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