

## HEALTH EDUCATION TO IMPROVE THE MOTIVATION OF YOUNG WOMEN TO DO BREAST SELF-EXAMINATION (BREAKING)

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### ABSTRAK PENDIDIKAN KESEHATAN UNTUK MENINGKATKAN MOTIVASI WANITA MUDA DALAM MELAKUKAN PEMERIKSAAN SENDIRI PAYUDARA (SADARI)

Latar Belakang : Kanker payudara merupakan gangguan yang paling ditakuti perempuan. Banyak penderita kanker payudara datang ke tenaga kesehatan dalam kondisi yang sudah parah. Hal ini dikarenakan kurangnya kesadaran untuk melakukan deteksi dini kanker payudara. Salah satu upaya dalam melakukan pendeteksian secara dini terhadap kelainan-kelainan pada payudara. Pencegahan ini menjadi intervensi dalam melakukan deteksi dini yang paling memungkinkan dan memiliki banyak keuntungan yaitu mudah dan praktis. Jika SADARI ini bisa dilakukan secara rutin dan berkala, maka kanker payudara dapat terdeteksi secara dini sehingga mendapat penanganan lebih lanjut secara cepat dan tepat. Studi pendahuluan yang dilakukan peneliti pada siswa SMK Harapan Mulya Brangsong didapatkan bahwa para siswa belum pernah mendengar tentang pemeriksaan payudara sendiri tapi mereka ada yang sudah tahu tentang kanker payudara. Hasil wawancara dengan guru belum pernah ada penyuluhan kesehatan dari puskesmas sekitar tentang SADARI sehingga peneliti tertarik untuk meneliti tentang Pendidikan Kesehatan Untuk Meningkatkan Motivasi Remaja Putri Dalam Melakukan Pemeriksaan Payudara Sendiri (SADARI).

Tujuan : Untuk mengetahui adanya pengaruh pendidikan kesehatan remaja putri terhadap peningkatan motivasi remaja untuk melakukan SADARI.

Metode : Jenis penelitian adalah eksperimen. Desain penelitian adalah *Pra Experiment Design* dengan rancangan *One Group Pretest Posttest*. Sampel dalam penelitian ini adalah seluruh siswi kelas XI yang berjumlah 32 orang. Pengumpulan data menggunakan instrumen kuesioner terstruktur. Motivasi responden sebelum dan sesudah dilakukan perlakuan, dianalisis dengan metode tendensi central. Analisis bivariante menggunakan uji Wilcoxon test

Hasil : Didapatkan hasil nilai p sebesar 0,000 dengan signifikansi  $p < 0,05$  maka  $H_0$  ditolak, artinya ada pengaruh pendidikan kesehatan terhadap peningkatan motivasi remaja untuk melakukan SADARI.

Kesimpulan : terjadi peningkatan motivasi remaja dalam melaksanakan pemeriksaan payudara sendiri sehingga ada pengaruh yang signifikan pendidikan kesehatan dalam meningkatkan motivasi remaja dalam melaksanakan pemeriksaan payudara sendiri (SADARI).

Saran : Bagi pihak sekolah melakukan kerjasama dengan pihak puskesmas untuk mendapatkan informasi tentang kesehatan khususnya kesehatan reproduksi remaja secara teratur dan terjadwal.

Kata kunci : Motivasi, Remaja putri, SADARI

### ABSTRACT

Background: Breast cancer is the most feared disorder for women. Many breast cancer patients come to the health workers in an already severe condition. This is due to the lack of awareness to carry out early detection of breast cancer. One of the efforts in conducting early detection of abnormalities in the breast. Prevention is the most feasible intervention in early detection and has many advantages, namely being easy and practical. If BSE can be done regularly and periodically, then breast cancer can be detected early so that it gets further treatment quickly and appropriately. A preliminary study conducted by researchers on students of SMK Harapan Mulya Brangsong found that the students had never heard of breast self-examination but some of them already knew about breast cancer. The results of interviews with teachers that there has never been any health counseling from the local health centers about BSE so researchers are interested in researching Health Education to Increase Young Women's Motivation to Doing Breast Self-Examination (BSE).

Purpose: To find out the effectiveness of adolescent girls' health education on increasing adolescent motivation to do BSE.

Methods: The design was experimental using Pre Experiment Design with One Group Pretest Posttest design. The sample in this study were all students of class XI, totaling 32 people. The data collection technique employed a structured questionnaire instrument. The motivation of the answers before and after the treatment was analyzed using the central tendency method. To test the effect, the Wilcoxon Test was used because the data were not normally distributed.

Results: The p-value of 0.000 with a significance of  $p < 0.05$  means  $H_0$  is rejected, meaning that there is an effect of health education on increasing adolescent motivation to do AWARE.

Conclusion: there is an increase in adolescent motivation in carrying out breast self-examination so there is a significant effect of health education in increasing adolescent motivation in carrying out Breast Self-Examination (BSE).

Suggestion: It is suggested that schools collaborate with the Public Health Center to get health information, especially adolescent reproductive health on a regular and scheduled basis.

Keywords: Motivation, Young women, BSE

## INTRODUCTION

Breast cancer (*Carcinoma Mammae*) is a cell condition that has lost its normal control and mechanisms, resulting in abnormal, fast, and uncontrolled growth that occurs in breast tissue (Suryaningsih, 2009). Breast cancer is the most feared disorder of women. One of the causes is that the disease cannot be cured if it is found in advanced stages. Many breast cancer patients come to health workers in severe conditions. This is due to the lack of awareness to conduct early detection of breast cancer. One of the efforts in the early detection of breast abnormalities is Breast Self-Examination (BSE). The most appropriate time to do IT is 5-7 days after the end of menstruation, at that time the breasts are no longer hardened, enlarged, or painful (Savitri, 2015). This prevention becomes an intervention in conducting early detection that is most possible and has many advantages, namely easy and practical. If BSE can be done routinely and periodically, breast cancer can be detected early so that it can be treated quickly and appropriately.

In line with the times and lifestyles of women, the number of breast cancer sufferers in Indonesia continues to grow. Initially, breast cancer attacked women who were over 30 years old, but now the age of breast cancer patients is the age of women who are young or teenagers (Fres, 2015). Based on the results of research in Hope Clinic Medan, there were 78 breast cancer patients, including 15-25 years old with 6 cases (7.8%) (Francis, 2012). In adolescents, the awareness to conduct early detection IS still very lacking because adolescents argue that it is not beneficial. Teenagers also argue that breast cancer usually occurs in elderly women. This is due to teenagers who are still lacking so they are not motivated to do BSE.

The early cancer detection program, one of which is breast cancer, is expected by the government to change people's behavior in detecting breast cancer by using the method of Breast-Self Examination (BSE). The effort that we can make to increase adolescents' knowledge about breast examination is by providing information and stimulation about BSE, with increasing knowledge, adolescents will be motivated to perform early detection of breast examination themselves so that if there is a lump or other changes that can be a sign of tumors or breast cancer, it can be detected early.

A preliminary study conducted by researchers on students of SMK Harapan Mulya Brangsong found that students had never heard of breast exams themselves but some already knew about breast cancer. Based on the results of interviews with teachers, there has never been health counseling from health centers conducted about BSE so researchers are interested in researching Health Education to Increase the Motivation of Adolescent Girls in Performing Breast-Self Examination (BSE).

## RESEARCH METHODOLOGY

The type of research is experimental. The research design was Pre Experiment Design with the design of One Group Pretest Posttest. The first stage was a study of the motivation of students for their Breast-Self Examination (BSE). The second stage provides treatment in the form of health education to the sample. The third stage analyzes the effect of health education on adolescents' motivation to have their BSE. The research was conducted at the Mulya Brangsong Hope Vocational School. The population in this study is students of class XI at the SMK Harapan Mulya Brangsong. The sample in this study were all class XI students

who were 32 people. Data collection was carried out using a structured questionnaire instrument. Before conducting activities, the questionnaire was prepared and tested. The research was conducted by obtaining primary data through structured interviews with respondents. The motivation of respondents before and after treatment was

analyzed by the central tendency method. The bivariate analysis used the Wilcoxon test.

## RESEARCH RESULT

### Univariate analysis

Motivation for adolescents to do BSE before and After Health Education

Table 1

Motivation	Min	Minimum	Maximum	Standard Deviation
<i>Pre-test</i>	52,53	39	-62-	6,390 users
<i>Post-test</i>	67.47	40	80	8,784

Based on table 1, it can be seen that the average motivation score of adolescents before health education was 52.53, the minimum motivation score of adolescents was 39, the maximum score was 62 with a standard deviation of 6.390, and the average motivation score of adolescents after providing health education was 67.47, with a minimum score of 40 and a maximum score of 80 with a standard deviation of 8.784.

### Bivariate Analysis

The Influence of Health Education on Adolescent Motivation to do BSE

Based on table 2, it is found that the p-value of 0.000 with a significance of  $p < 0.05$ , then  $H_0$  is rejected, meaning that there is an effect of health education on increasing adolescent motivation to do BSE.

Table 2

Variable	Treatment	N	Wilcoxon Z test	p-value
Motivation	<i>Pre-test</i>	32	-4,939	0.000
	<i>Post-test</i>	32		

## DISCUSSION

### Univariate analysis

The results showed that before being given health education with the method of motivation, adolescents were less motivated to do BSE with an average motivation score of 52.53. BSE is an early breast examination method that is very important for the early detection of possible tumors (abnormalities in the breast). Consciousness does not require costs and provides benefits to women in increasing their knowledge and ability to do conscious (Olfah, et al, 2013). The desire of adolescents to do conscious is influenced by the motivation of the adolescent to find out the condition of their breasts whether they are free from cancer or not. The low motivation of adolescents causes the desire to do nothing, which risks not detecting lumps early so that it is an indication of breast cancer.

The results of this study are in line with Majid's (2017) study, about the motivation of women of fertile age to perform BSE to detect early breast cancer at Depok 1 Sleman Health Center Yogyakarta in 2017. The results of the data analysis showed that most of them had low motivation, namely as much as 54.7%. This is supported by

research from Zamahsari (2014), about the effect of health education on BSE and the motivation to perform BSE by adolescents aged 17-21 years in Puron Hamlet, Trimurti Village, Srandakan District, Bantul Regency. The results showed that the frequency of motivation of girl adolescents to perform BSE before health education was 30.0% (in the low category). According to Sunaryo (2016), whether or not health information is received by the community will determine public health behavior. Information can be received through direct officers in the form of counseling, and health education, from village officials through broadcasts in *dasawisma* groups or others, through mass media, leaflets, television broadcasts, and others.

Based on the results of the study, the average score of motivation after health education was 67.47, the results showed that after being given health education, the motivation of adolescents to perform BSE was high. The results above show that the motivation of respondents to perform BSE was in a better direction. Before health education was given, the results showed that the motivation to perform BSE was mostly low and turned into mostly having good motivation after health education. This

happened because respondents, before being given health education, had mostly not received information regarding early detection of breast cancer through performing BSE. This is in line with the research of Hayati, (2013), regarding the effectiveness of the simulation method on the knowledge and attitudes of girl adolescents about the efforts to detect breast cancer early by performing BSE. There are differences in knowledge and attitudes of girl adolescents before and after the simulation method. In line with the research of Ditya et al (2017) regarding the effectiveness of health education about breast cancer on the motivation to perform BSE by women of fertile age, the results showed that there are significant differences in the average motivation before and after the provision of health education

The motivation of respondents to perform early detection of breast cancer after being given health education by simulation methods increased due to their increased knowledge of respondents. This is following the opinion of Notoatmodjo (2014), that knowledge is a very important domain in shaping one's actions. Poor respondent knowledge can be caused by low respondent education or by a lack of exposure to information about the early detection of breast cancer.

Motivation based on the *theory of planned behavior* is an intention that directly affects individual behavior. Based on the theory Self Determination, motivation is divided into two, namely intrinsic and extrinsic motivation. This is adjusted to Hamalik Uno's theory, that learning motivation is divided into two consisting of intrinsic motivation and extrinsic motivation. Intrinsic motivation is a learning motivation that comes from individuals in the form of a desire to succeed, encouragement to meet learning needs, and expectations to achieve ideals. Extrinsic learning motivation is a learning motivation that comes from outside the individual such as appreciation, a conducive learning environment, and interesting learning activities. (Glanz et al., 2008, Ryan and Deci, 2000, Hamalik, 2011, Uno, 2007).

### **Bivariate Analysis**

The Influence of Health Education on Adolescent Motivation to Perform BSE

The results showed a p-value of 0.000 with a significance of  $p < 0.05$ , so  $H_0$  was rejected, meaning that there was an effect of health education on increasing adolescent motivation to do BSE. Health education can provide information, materials, and techniques for early detection of breast cancer, so that adolescents become aware,

understand, and apply them in daily life. According to Notoatmodjo (2014), knowledge is one of the predisposing factors that affect a person's behavior or society towards health. Someone is motivated to take early detection of breast cancer if they know the purpose and benefits of breast health. Knowledge of early detection of breast cancer in this case is related to finding as early as possible the signs or symptoms of breast cancer. The *Health Belief Model/HBM* (Muzaham, 2005) theory, explains that people who lack the minimum knowledge and motivation relevant to health do not seek medical help or disease prevention. This is supported by the results of the study Hayati, (2013), regarding the effectiveness of simulation methods on the knowledge and attitudes of girl adolescents about the efforts of early detection of breast cancer by performing BSE, the results show that there are differences in knowledge and attitudes of girl adolescents before and after the simulation method, namely, there is an increase in knowledge about early detection of breast cancer and the attitude of adolescents to perform BSE.

Health education has been able to expand adolescent insight, knowledge, and skills in terms of early detection of breast cancer signs and symptoms. Through health education, there will be a process of communication and information exchange between health workers and the target group. This process of communication and information exchange will be effective if health education is well planned, using appropriate methods with media support or appropriate props. Under Birhane et.al (2017) research, simulation, or practice of Breast Self-Examination is very important to provide an understanding of the skills to perform breast exams to detect early the presence of abnormalities in the breast. In line with research by Dwi Astuti (2016), the motivation to conduct BSE before and after health education about breast cancer in women of fertile age, the result showed that there are differences in the motivation to perform BSE before and after health education in women of fertile age in Wuwur village of Stati Regency

Health education about BSE of simulation will cause adolescents to be more focused on understanding the information provided so that the level of knowledge of adolescents is not just to know, but to arrive at the stage of analysis, namely adolescents can describe and analyze the whole information with the conditions encountered in the field. According to Guion (2001), the simulation method provides motivation and active involvement as well as good feedback at the end of learning, so

it can be understood that this method has the power to be able to attract attention which ultimately health education can be comprehensively understood in daily life. Reinforced by the opinion of Notoatmodjo (2010), which states that health education can influence and or invite others, both individuals, groups, and communities to carry out healthy behavior. Operationally, it is an activity to provide knowledge, attitudes, and practices to the community in maintaining and improving their health. The behavior change strategy is to provide information on how to avoid disease and improve people's knowledge. Furthermore, this knowledge can cause awareness and motivation in the community to behave under their knowledge.

According to Anny et al (2015), there are different motivations to perform BSE before and after health education in women of fertile age in Sukolilo Village RW 4 Pati Regency. The purpose of health education is under the opinion of A Joint Committee On Terminology in Health Education of the United States (1973) that health education is a process that includes the dimensions and activities of intellectual, psychological, and social that are needed to improve human ability to make decisions consciously and that affect self, family, and community welfare (in Susilo, 2011). This means that health education is an intellectual, psychological, and social activity used by researchers to improve human abilities, especially knowledge, which is one of the factors that affect one's motivation. In this study, especially, women of fertile age in Sukolilo village, Pati Regency, influence their mindset and are better motivated to perform preventive behavior because they are aware of the benefits obtained.

Health education activities are included in health promotion efforts to form motivation and skills THAT are then useful in improving self-efficacy in the early detection of breast cancer. The notion of self-efficacy according to experts, Bandura (1986) states that self-efficacy is a confidence in his ability to do something to achieve success. Self-efficacy has an important role for each individual because it can influence the individual in thinking, behaving, feeling, and motivating himself/herself.

Health education is a health promotion effort. According to WHO (2016), health promotion is a process of seeking people/individuals and communities to improve the ability to control factors that affect health to increase the degree of health. According to who (2012), the purpose of health education is the dissemination of information related to health as well as fostering the motivation, skills, and self-efficacy needed to take action to improve

health. The results of the evaluation of health education about performing BSE show that health education provided can increase motivation about performing BSE.

From the literature review conducted by Solehati, Rery, and Aulia (2019), the results of scientific article analysis indicate that counseling or health education affects people's behavior to take conscious actions. Health education is the right medium to increase public interest in screening for breast cancer using conscious methods.

Knowledge has an important role in the formation of behavior in a person. Health education is believed to be one of the methods that play a role in improving one's knowledge, one of which is in increasing the knowledge and behavior of performing BSE.

## CONCLUSION

Increased motivation of adolescents in carrying out BSE has a significant influence on health education in increasing motivation of adolescents in carrying out Breast Self-Examination (BSE).

## SUGGESTION:

It is suggested that the school cooperate with the Public Health Center to get health information, especially adolescent reproductive health regularly and scheduled.

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