

## Relationship of Knowledge and Attitude of Adolescent with Implementation of Self Breast Checkup (SBC) in the Sentral Academy of Midwifery Padangsidimpuan in 2018

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### Abstract:

*Breast cancer is one of the most malignant and has a high mortality rate in women. Every year there are 7 million breast cancer patients and 5 million people died. Cases of breast cancer deaths in the world in 2011 showed there were about 508,000 cases. This study uses analytic survey method using cross sectional design approach which aims to show relationship of knowledge and attitude of adolescent with implementation of self breasts checkup in the Sentral Academy of Midwifery Padangsidimpuan in 2018. The results obtained from 40 respondents, obtained 31 people have good knowledge, 4 people enough and 5 people have less knowledge about self breast checkup. Who have a good attitude towards the implementation of self breast checkup there are 5 people, enough 22 people and less as many as 13 people, while from 40 respondents found 16 people doing self-checkup and 24 others did not do breast self-checkup at 7 to 14 days after menstruation. Statistical test by using spearman test obtained p value  $0,002 < \alpha 0,05$  with value of  $r -0,467$  there is correlation between knowledge with implementation of self breast checkup . And there is no correlation between attitude with the implementation of self breast checkup with p value  $0.402 > \alpha 0.05$  with the value of  $r -0.136$ . It is expected that the respondents should better understand the importance of self breast checkup every 7 to 14 days post-menstruation so that female morbidity and mortality due to breast cancer can be decreased.*

**Key words:** knowledge, attitude, self breast checkup

## INTRODUCTION

Cancer is one of the leading causes of death worldwide. In 2012, about 8.2 million deaths are caused by cancer. Lung cancer, liver, stomach, colorectal, and breast cancer are the highest causes of cancer deaths each year. More than 60% of new cases and about 70% of cancer deaths in the world annually occur in Africa, Asia and Central and South America. It is estimated that annual cancer cases will increase from 14 million in 2012 to 22 million in the next two decades (Health Ministry of Indonesia, 2015)

Research conducted by the Global Burden of Disease Cancer Collaboration states throughout 2015 recorded 17.5 million cases of cancer in the world that causes 8.7 million deaths. Not only that, the study also shows cases of cancer in the world increased by 33 percent in the past 10 years.

More than 30% of cancers can be prevented by altering risk factors for behavior and dietary causes of cancer. Cancer that is known early on has the possibility to get better handling. Therefore, prevention efforts need to be done to increase public awareness in recognizing the symptoms and risks of cancer so it can determine the precautionary measures and early detection is appropriate. (Health Ministry of Indonesia, 2015)

According to GLOBOCAN International Agency for Research on Cancer (IARC) data in 2012 it is known that breast cancer is a cancer with the highest percentage of new cases (after controlling by age), which is 43.3%, and the percentage of deaths (after controlled by age) breast cancer by 12.9%.

Breast cancer is one of the most malignant and has a high mortality rate in women. Every year there are 7 million

breast cancer patients and 5 million people died. Cases of breast cancer deaths in the world in 2011 showed there were about 508,000 cases (WHO, 2013).

According to the American Cancer Society in 2015, there are 231,840 new cases of breast cancer (29%) and 40,290 cases of death (15%). Breast cancer cases in developing countries have reached over 580,000 cases each year and approximately 372,000 patients or 64% of the cases die from breast cancer are dangerous (Suryaningsih & Sukosa, 2009). As a result of childbirth, especially in a primiparous, there is usually a wound to the vulva around the vaginal introitus which is usually not in but sometimes can arise much bleeding (Prawirohardjo, 2011).

Based on Basic Health Research data of 2013 for estimation of the highest number of breast cancer patients obtained in some provinces such as Central Java 11,511 people, East Java 9688 people, West Java 6701 people, D.I. Yogyakarta 4,325 people, Jakarta 3,496 people, South Sulawesi 2975 people, North Sumatra 2,682 people, West Sumatera 2,285 people and lowest is West Papua 80 people. (Health Ministry of Indonesia, 2015)

Breast cancer begins when the cells in the breast begin to grow out of control. These cells usually form tumors that are often seen on x-rays or feel as bumps. Malignant tumor cells (cancer) can grow to invade tissue or spread (metastasize) to distant areas around it. Breast cancer occurs almost entirely in women, but men can get it too. Breast cancer can spread through the lymph system. Lymph systems include lymph nodes, lymph vessels and lymph fluids. Breast cancer cells may enter the lymphatic vessels and begin to grow in lymph nodes (American Cancer Society, 2016).

Early detection of breast cancer can be done by performing self breast checkup (SBC) and clinical breast checkup. Realize it can be done when looking at changes in the presence of a mirror and see changes in the shape of the breast

when lying down. Usually done day 7 to day 10 after menstrual blood out. Because at that time the breasts will be very loosened, if there is a change or a slight bump will be more pronounced. SBC is generally done at age 20 (Noristera Pawestri, 2017).

From the results of the preliminary survey at the Sentral Academy of Midwifery of 10 female students who know SBC only 4 people who implement it on postmenstruation. shows that good knowledge does not support good practice. Based on the description, the researcher is interested to know the relationship of knowledge and attitude with the implementation of SBC.

The purpose of this study was to determine the relationship of knowledge and attitude of adolescents with the implementation of SBC in Sentral Academy of Midwifery Padangsidimpuan in 2018. Provide information for respondents in the prevention and early detection of breast cancer incident Give input to teenagers to change attitudes and implement SBC.

## **RESEARCH METHODS**

This study uses analytic survey method using cross sectional design approach which aims to see the relationship of knowledge and attitude of adolescents with the implementation of SBC in Sentral Academy of Midwifery Padangsidimpuan in 2018. Where data related to independent variables and dependent variables will be collected in the same time. Location of research at Academy of Midwifery Padangsidimpuan City.

The population in this research is the fifth semester student which amounts to 40 students, and the entire population is used as the research sample.

## RESULTS AND DISCUSSION

### Results

From the results obtained from 40 respondents obtained 31 people are have good knowledge, 4 people enough an 5 people have less knowledge about self breast checkup. Who have a good attitude towards the implementation of self breast checkup there are 5 people, 22 people and enough less as many as 13 people, while of the 40 respondents known 16 people do self breast checkup and 24 others do not perform self breast checkup at 7 to 14 days after menstruation with the majority of reasons due to forget and not too devoted.

**Table 1. Distribution of Knowledge Frequency, Attitude and Implementation of Self Breast Checkup at the Sentral Academy of Midwifery Padangsidimpuan in 2018**

No	Variable	N	%
<b>I</b>	<b>Independent Variable</b>		
1	<b>Knowledge</b>		
	Good	31	77.5
	Enough	4	10.0
	Less	5	12.5
2	<b>Attitude</b>		
	Good	5	12.5
	Enough	22	55.0
	Less	13	32.5
<b>II</b>	<b>Dependent Variable</b>		
3	<b>Implementation of Self Breast Checkup</b>		
	Yes	16	40.0
	No	24	60.0

Relationship of knowledge with the implementation of SBC, based on the results of statistical tests using spearman test results obtained p value  $0.002 < \alpha 0.05$  with a value of r -0.467 which means  $H_a$  is accepted, there is a correlation between knowledge with the implementation of SBC with the power of relationship is very high

Relationship of attitude with the implementation of SBC, based on the results of statistical tests using spearman

test results obtained p value  $0.402 > \alpha 0.05$  with the value of  $r - 0.136$  which means there is no correlation between the attitude with the implementation of self breast checkup with the strength of the relationship is very low.

**Table 2. Relationship of Knowledge and Attitudes with the Implementation of Self Breast Checkup at the Sentral Academy of Midwifery Padangsidimpuan in 2018**

No.	Knowledge	Implementation of Self Breast Checkup						p value	Coefficient Correlation
		Yes		No		Total			
		F	%	F	%	F	%		
1	Good	16	40	15	37.5	31	77.5	0.002	0.467
2	Enough	0	0.0	4	10.0	4	10.0		
3	Less	0	0.0	5	12.5	5	12.5		
<b>Total</b>		16	40.0	24	60.0	40	100		
No	Attitude								
1	Good	1	2.5	4	10	5	12.5	0.402	-0.136
2	Enough	9	22.5	13	32.5	22	55.0		
3	Less	6	15	7	17.5	13	32.5		
<b>Total</b>		16	40	24	60	40	100		

### Relationship of Knowledge with the Implementation of Self Breast Checkup at the Sentral Academy of Midwifery Padangsidimpuan

Based on the results of statistical tests using spearman test results obtained p value  $0.002 < \alpha 0.05$  with a value of  $r -0.467$  which means  $H_a$  is accepted, there is a correlation between knowledge with the implementation of self breast checkup with the strength of the relationship is very high.

Good knowledge strongly supports a person doing self breast checkup for breast cancer prevention because respondents have understood the danger is very large if breast cancer is not detected as early as possible, because faster the cancer is known the greater the hope of recovery. From research results Imeldyanti (2010), obtained the result that there is no significant relationship between the knowledge of young women to the implementation of self breast checkup (SBC).

Statistical test results obtained value of P value of 0.065. The value of P value is greater than 5% (0.05). The result of this research is similar to the result of previous research entitled Relationship of Knowledge and Attitudes in Young Women Against SBC implementation at State Senior High School II Pasar Kemis Tangerang District in 2010 using cross sectional research design, there is no significant relationship between knowledge level about SBC with SBC behavior with  $p = 1,000$  (Imeldyanti A, 2010).

Similarly, Fajriani's research showed that of 32 respondents (100%) of respondents who did not have knowledge about self breast checkup (SBC) as many as 21 respondents (65.6%), from 11 respondents (100%) of knowledge respondents there are enough self breast checkup (SBC) as many as 7 respondents (63.6%) and from 2 respondents (100%) of respondents who are good knowledge there are doing self breast checkup (SBC) as much as 2 respondents (100%). Test statistic (Chi-Square test), obtained value  $P = 0,065$  ( $P > 0,05$ ) showed that there is no correlation between knowledge of young woman to management of self breast checkup (SBC).

The difference of the results of this study can be seen from the respondents who researched where the researchers took the respondents of the fourth semester midwifery vocational program (D3) students who have received good knowledge about SBC in Reproductive Health lessons, while 2 previous studies took student respondents at junior highschool and senior highschool who do not get specific knowledge about the SBC.

According to the researcher's assumption of the research data, adolescent knowledge is closely related to the impact that will occur on the implementation of SBC in accordance with the theory that said the better knowledge of a person will be as good as his actions.

Researcher assumptions in the field, young women need to know and understand the conditions in the normal and abnormal breast so that when the results of the examination with SBC has been obtained, the young woman can distinguish whether the results obtained is a normal or not. Follow-up and handling of health workers need to be immediately obtained by young women if only abnormal circumstances obtained when performing SBC. Moreover at this time most students have easier access to information by using the internet media compared with other types of mass media. In addition, the Internet media also presents more creative information and has a good education.

### **Relationship of Attitude with SBC Implementation**

Based on the results of statistical tests using spearman test results obtained  $p$  value  $0.402 > \alpha 0.05$  with the value of  $r -0.136$  which means  $H_0$  is accepted, there is no correlation between the attitude with the implementation of SBC with the strength of the relationship is very low.

The results of this study differ from the results of research conducted by Inna (2014), it is known that the proportion of students who are positive with good behavior in self breast checkup (SBC) of 71.4%, while the proportion of students who are positive with less behavior in self breast checkup (SBC) of 39.1%. This shows that the proportion of students who are positive with good behavior in self breast checkup (SBC) is higher than the proportion of students who are positive with less behavior in self breast checkup (SBC). The difference of proportion shows a significant relation which is proved from  $p$ -value = 0,042 ( $p$ -value  $< \alpha$ ) so that the null hypothesis is rejected which means there is relationship between attitude with self breast checkup (SBC) on students at STIKES YPIB Academy of Midwifery Majalengka City Level I.

The results of this study differ from the study of Novi (2008), in women with breast cancer with cross sectional design, ie there is a relationship between attitude and implementation of (SBC) with  $p = 0.09$ . Differences in the results of the analysis can be caused by different research subject factors. Research subjects used Novi is a child with breast cancer while this research use the subject of research from students of Sentral Academy of Midwifery Padangsidimpuan.

Researcher assumption in field got attitude not become benchmark student do breast self checkup or not. More implementation of self breast checkup on the category attitudes enough and less due to a great fear of breast cancer that in fact each year an increase in mortality due to breast cancer. Moreover breast cancer is still the number one cause of cancer death in Indonesia.

Female deaths from breast cancer can be minimized by knowing early on that women are aware of breast abnormalities, which are known to routinely perform self breast checkup (SBC). Enough 1 time a month at 7 to 14 days post-menstruation of a woman of childbearing age regardless of her marital status.

## **CONCLUSIONS AND RECOMMENDATIONS**

### **Conclusions**

1. Students who have good knowledge amounted to 31 students (77.5%), enough knowledge amounted to 4 students (10.0%), and less knowledge amounted to 5 students (12.5%).
2. Students who have good attitude in self breast checkup amounted to 5 students (12.5%), enough amounted to 22 students (55.5%), and less amounted to 16 (32.5%).

3. Implementation of self breast checkup that did amounted to 16 students (40.0%), and who did not do amounted to 24 students (60.0%).
4. The result of statistical test by using spearman test done got p value  $0,002 < \alpha 0,05$  with value of r  $-0,467$  which mean  $H_a$  accepted, there is correlation between knowledge with implementation of self breast checkup with very high relation strength.
5. The result of statistical test by using spearman test done got the result p value  $0,402 > \alpha 0,05$  with value of r  $-0,136$  which mean  $H_o$  accepted, there is no correlation between attitude with implementation of self breast checkup with very low relation strength.

### **Recommendations**

1. It is expected to the respondent to better understand the importance of the implementation of self breast checkup every 7 samapai 14 days after menstruation.
2. It is expected that this research could be as an additional knowledge and experience in research.
3. It is hoped that it can be used as an additional literature in the library of Sentral Academy of Midwifery and as an input for those who will conduct further research.

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