

EFFECT OF BREAST SELF EXAMINATION (BSE) ON BEHAVIOR IN AGED

AT WOMEN FERTILE IN THE GEDANGAN AREA

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ABSTRACT

Background: Breast self-examination is a way to detect breast cancer early, in women's health and is a cost-effective method for diagnosing breast cancer, BSE is very important to detect breast cancer early, especially in women's health and is a cost-effective method costs for diagnosing breast cancer at an early stage. In addition. **Objectives:** To determine the influence of BSE on the behavior of women of childbearing age in Gedangan village, to determine the behavior of women of childbearing age in efforts to detect breast cancer early before being affected by BSE and to determine the behavior of women of childbearing age. fertility in efforts to detect breast cancer early after being given the influence of BSE. **Method:** Type of pre-experimental research design with one group pre-post test design. The sample used was 24 people with purposive sampling. The population in this study was women of childbearing age aged between 20-50 . **Results:** Based on the analysis of the results of the Wilcoxon sign rank test, the results showed that the pre-posttest health education breast self-examination of respondents' behavior had a p value = 0.001 (p<0.05). **Conclusion:** There is an influence of breast self-examination health education on the behavior of women of childbearing age in Gedangan village. Future researchers are advised to conduct research on breast self-examination on young women with a larger sample.

Keywords: Breast self-examination (BSE), breast cancer, Wilcoxon, pre-experimental, one group pre-post test

INTRODUCTION

Cancer is a non-communicable disease that is an important health problem throughout the world because its prevalence is quite high and continues to increase every year. Cancer is also the biggest risk factor that can cause death. Breast cancer is the first cancer in women in the world. In Indonesia, the increase in cancer incidence is quite worrying, including breast cancer. Breast cancer (Carcinoma Mammary) is a malignant tumor that attacks the mammary glands, ducts and supporting tissues of the breast. Breast cancer is a disturbance in the growth of normal breast cells where abnormal cells arise from normal cells and multiply and infiltrate the lymphatic tissue and blood vessels (Humaera & Mustofa, 2017). The causes of breast cancer are genetic weaknesses in the body's cells that make it easier for cancer cells to appear, chronic irritation and inflammation which can then develop into cancer, solar radiation and x-rays, chemical compounds, such as aflatoxin B1, asbestos, nickel, arsenic, charcoal, tarr, cigarette smoke, oral contraceptives, and so on, as well as foods that are carcinogenic, for example foods rich in carbohydrates that are processed by frying, salted fish, and so on (Suryaningsih and Sukaca, 2009 in Ayu et al., 2015). Boyolali Regency data on cancer incidence in 2021 was 78 women with details of suffering from breast cancer, while the rest suffered from cervical cancer, thyroid cancer, skin cancer and muscle cancer (Boyolali District Health Service, 2021). Most breast cancer clients cannot immediately receive optimal treatment and care. In Gedangan Boyolali Village itself, 1 case of breast cancer was found, one of which was a post-operative breast cancer patient. The general objective of this research is to determine the effect of breast self-examination (BSE) on behavior in women of childbearing age in Gedangan village. The specific objective is to determine differences in behavior. before being given the influence of BSE, to determine differences in behavior after being given the influence of BSE and to determine the influence of behavior before and after the breast self-examination intervention in women of childbearing age in the Gedangan area.

METHOD

This research method is quantitative research with a pre-experimental design method with a one group pre-post test design. The sampling technique was carried out using non-

probability sampling techniques. The data collected from the subjects of this research are primary data including the results of questionnaires filled in by respondents and sample characteristics based on age. The data analysis technique used Shapiro Wilcoxon because the respondents were under 50 people and the normality test results obtained at pre-intervention were $p=0.001$ ($p<0.05$).

RESULTS AND DISCUSSION

1. Behavior of women of childbearing age pre-intervention on the influence of BSE in the Gedangan area in 2023

Based on the research obtained from the results of 20 pretest respondents who carried out BSE health education, it was found that the most behavior was behavior that was not carried out by 12 respondents (60.0%) and the least behavior was carried out by 8 respondents (40.0%). This was influenced by behavior that was not carried out. This occurred because the respondents had never received information about BSE. Lack of health information about breast cancer examinations causes women of childbearing age not to know the signs and symptoms of breast cancer. Women of childbearing age who have never received BSE health education will have low knowledge so it will be difficult to practice breast self-examination because they have no insight into BSE. The results of this research are in line with the results of research conducted by Ekanita & Khosidah (2013) which concluded that The behavior of most women of childbearing age who never realize it can influence the discovery of cancer at an advanced stage, so that treatment will be even more difficult. This is because there has been no more intensive education about reproductive health issues for women of childbearing age in the community and their limited knowledge about reproductive health education.

2. Behavior of women of childbearing age post intervention on the influence of BSE in the Gedangan area in 2023

Based on the research results, the results obtained from 20 post-test respondents who carried out BSE health education showed that the most behavior was carried out by 19 respondents (95.0%) and the least was behavior not carried out by 1 respondent (5.0%). This is influenced by individual response factors which are based on good attitudes and practices regarding early detection of signs and symptoms of breast cancer, which will result in a positive response to BSE. If knowledge, attitudes and practices are lacking then it will not lead to good behavior towards BSE. The same thing happened to respondents, having good knowledge, a positive attitude and practicing BSE led to changes in behavior in respondents if they had awareness of the importance of early breast cancer detection. Delivering material to increase insight and form good behavior requires the right method. About BSE. The demonstration method is the right method for women of childbearing age to be more active in understanding and being able to practice BSE steps. The lack of behavior that still appears is due to the lack of awareness of respondents regarding the importance of breast self-examination to find out the signs and symptoms of breast cancer. Knowledge and awareness are the most important things that respondents have to be able to practice BSE so that young women have good behavior regarding BSE. The results of this research are in line with the results of research conducted by Masita (2019), there is a relationship between awareness behavior and attitudes and practices so that it is hoped that there will be health education related to early prevention of breast cancer or creating disease prevention programs, for example by having awareness posters which will then be seen and read by residents in order to increase students' knowledge about realizing, receiving more information about realizing.

3. The influence of breast self-examination on behavior in the Gedangan area in 2023

Based on the analysis of the results of the Wilcoxon sign rank test, the results obtained were that the BSE health education pretest on respondent behavior had a p value = 0.001 ($p < 0.05$). These results show that there is a significant influence of BSE health education on the behavior of women of childbearing age in the Gedangan village area. This shows that the influence provided by BSE education causes changes in behavior in women

of childbearing age, because they have received accurate information about BSE. Interventions carried out using demonstration techniques to convey information about breast self-examination can make it easier for women of childbearing age to understand the material presented and apply it in their daily lives. Teaching is carried out for women of childbearing age by carrying out BSE steps together and taking turns to increase respondents' awareness of the dangers of breast cancer so that women of childbearing age respond well to the teaching given. To maintain this, continuous efforts to increase knowledge are needed through various methods of health education regarding breast self-examination and also the importance of providing motivation to women of childbearing age to be able to carry out breast self-examination every month. The results of this research are in line with Sulistiyowati's (2018) research, that providing health education about awareness has a positive impact on women of childbearing age, experience and knowledge in dealing with early detection of breast cancer, and can change behavior that was previously wrong so that it becomes correct. This can be seen from 20 fertile women who realized they were wrong before being given health education. More than 60.0% of their behavior was wrong when they were given health education, meaning that there was a decrease in the percentage of mistakes in doing it. Supported by research by Suharmanto (2020), BSE behavior in was on the 7-10th day after menstruation every month on a regular basis after providing information using the peer education method is an indication that the respondent has good attitudes and skills to carry out BSE. The peer education method can increase WUS' understanding of BSE so that it can increase WUS' motivation to do BSE, influencing the behavior of respondents. Health education methods have the same effect on beliefs about the importance of health.

CONCLUSION

Based on the results of research with a sample size of 20 respondents regarding the influence of BSE on the behavior of women of childbearing age in Gedangan Jipangan Village, Banyudono Boyolali in 2023, it was concluded that there was a difference in conscious behavior before the intervention was 40.0 and a difference in conscious behavior

after the intervention was 5.0. The influence of breast self-examination on awareness skills in women of childbearing age in Gedangan Jipangan Village, Banyudono Boyolali.