

HEALTH COUNSELING ON EARLY DETECTION OF BREAST CANCER "LET'S MAKE SADARI OUR BESTIE"

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Abstract

Breast cancer is one of the biggest health issues for women worldwide. It is a free radical that develops in breast tissue and causes malignant neoplasms that can lead to death in women. Breast cancer is also a malignant disease that begins to attack the cells of the breast. One of the reasons for the rise in breast cancer is the low awareness regarding screening or early detection. SADARI or Breast Self Examination is easy, inexpensive, effective, and non-invasive method for the early detection of breast cancer, yet it is still not widely recognized and performed regularly. The purpose of this community service activity is to enhance awareness for early screening or early detection to prevent breast cancer by promoting a healthy lifestyle and encouraging self-breast examinations (SADARI) from an early age. The participants in this activity are 76 female high school students from Perguruan Advent Salemba, and they have never participated in similar activities related to Breast Self-Examination. This activity went smoothly and successfully, as evidenced by the increase in the students' knowledge before and after the counseling, and several students were able to perform SADARI practice correctly and well.

Keywords: Breast cancer, Knowledge, SADARI

INTRODUCTION

According to Globocan data, the burden of cancer worldwide is currently increasing, with 18.1 million new cases and a mortality rate of 9.6 million deaths in 2018. One in five men and one in six women globally experience a cancer event, while one in eight men and one in eleven women die from cancer. The incidence and mortality of cancer in Indonesia continue to rise, one of the most common cancers among women is cervical cancer, occurring in about 0.8% per 1,000 population. (Gee, Lebuan & Purwarini, 2021). One of the most common cancers among women is breast cancer, which is a malignant tumor that grows within the breast tissue, including the milk glands, milk ducts, fatty tissue, and connective tissue of the breast. (Lubis, 2017). Breast cancer that is detected will have better treatment effectiveness and a higher chance of survival. Breast cancer screening methods include self-breast examination (SADARI), clinical breast examination, and mammography, and these are usually performed in combination.

SADARI is an examination that can be easily performed by every woman to detect any lumps or other abnormalities in the breast. The main goal of breast self-examination (SADARI) is to detect cancer in its early stages so that treatment can be more effective; unfortunately, the number of women performing breast self-examinations is still very low. (Wijayanti, Triyanta & Ani, 2020).

Indonesian youth are currently experiencing rapid social change from a traditional society to a modern one, which is also altering their norms, values, and lifestyles. Lifestyle and the development of the times are important factors that significantly influence teenagers in facing the risk of breast cancer. (Hinga, 2019). The still low number of Indonesian women, especially teenagers, engaging in breast self-examination (SADARI) is also influenced by the fact that many Indonesian teenagers are not yet aware of the importance of caring for their own breasts. They are more sensitive to acne that appears on their faces than to the symptoms of breast cancer. Additionally, this is compounded by a lack of information and the willingness to seek out information regarding breast cancer prevention. Breast Self-Exam (BSE) is a method recommended in developing countries because it is easy, comfortable, private, safe, and does not require special equipment. (Kissal & Kartal, 2019).

When a teenage girl has entered puberty and begins to experience breast development, self-breast examination (SADARI) should be performed regularly. This is one of the ways to detect breast cancer early. As many as 70% of breast cancer patients are diagnosed at an advanced stage, resulting in a low recovery rate. This is due to the lack of information, awareness, and knowledge among the public about breast cancer. (Pratiwi, Arini & Karina, 2018). A lack of knowledge about Breast Self-Examination (BSE) will lead to a lack of concern regarding the efforts of Breast Self-Examination (BSE). This indifference towards Breast Self-Examination (BSE) will encourage a student to have poor actions regarding early detection for breast cancer prevention.

IMPLEMENTATION METHOD

This community service activity takes place in three stages: first, conducting an initial assessment to understand the level of knowledge and existing issues through brainstorming; followed by an interactive health counseling session titled “Let’s Make SADARI Our Bestie,” using PowerPoint, videos, and a phantom for simulation. This activity concluded with a question-and-answer session and a post-test evaluation using a Google Form.

The event began with a greeting from the nursing students, followed by a prayer led by the Guidance and Counseling teacher from “SMA Perguruan Advent Salemba Jakarta Pusat”. The main event is divided into three sessions. The first session was conducted a day before the outreach activities in this community service began, which involved distributing a questionnaire containing knowledge about Breast Self-Examination. This questionnaire was created in the form of a Google Form and was distributed through each class teacher.



Figure 1. First Session Activity

The second session began with a brainstorming activity led by nursing students regarding what the female students know and whether they have ever participated in SADARI activities. The event continued with a presentation by Mrs. Tuti Asrianti on the topic "Physical and Psychological Development in Adolescent Girls." This session ended with a question and answer segment related to the material presented. Before the final session took place, the host conducted an ice-breaking activity aimed at preventing the students from feeling bored and fatigued. The ice-breaking was done with songs and movements, which helped to re-energize all the participants.



Figure 2. Second Session Activity

The last session concluded with a presentation and demonstration on the topic "SADARI: Friends for Early Detection of Breast Cancer" by Mrs. Justina. The demonstration technique

used was very engaging for the female students. Using a breast phantom, they attempted to perform a Self-Breast Examination with the recommended techniques and movements. As they carry out this action, the facilitators assist in ensuring that the procedures followed are accurate and correct. The event concluded with a question-and-answer session and a demonstration by several female students who performed breast self-examination using a phantom. The event took place in a relaxed yet serious manner, and the participants appeared enthusiastic, especially during the demonstration. Next, all participants are asked to fill out the questionnaire via google form as a post-test.



Figure3. Last Session Activity

RESULTS AND DISCUSSION

The teenage years are a transitional period from childhood to adulthood, during which many complex issues arise, requiring them to be able to resolve these problems in order to become a quality generation of successors. The problems that may arise include physiological issues and psychological issues. Physiological problems refer to a condition where a person experiences changes or disturbances in their bodily organs, while psychological problems refer to a condition where a person has abnormal ways of thinking, behaving, and feeling.

Reproductive health issues among adolescents have become a focal point recently. One of the risks that should be anticipated since adolescence is the risk of breast cancer. Anticipation is carried out by inviting teenage girls to conduct early detection for their own health. Breast self-examination (SADARI) is one of the screening methods for the early detection of breast cancer through inspection and palpation, as well as consulting any new changes with healthcare

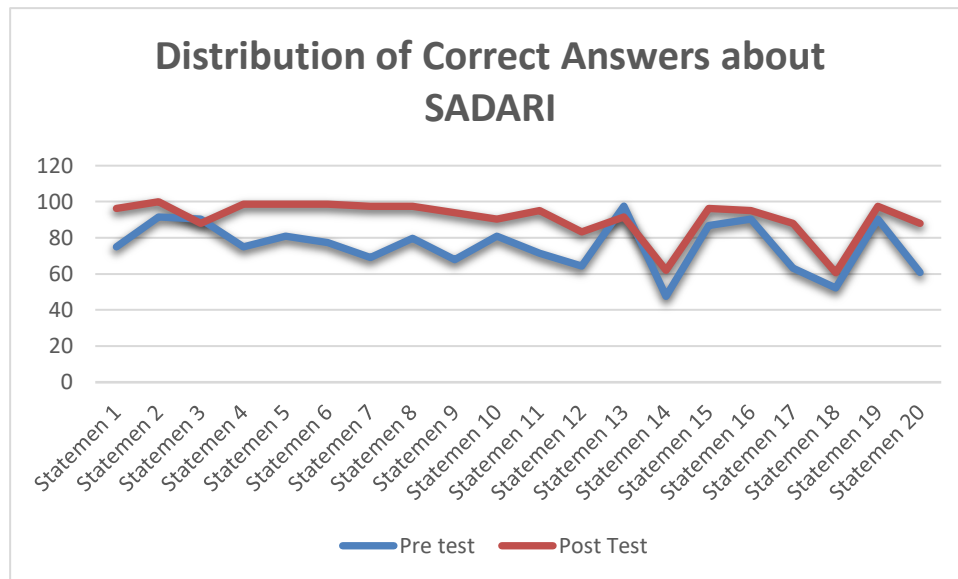
professionals or medical teams to enhance survival rates and maintain health quality. (Weber, Hayes & Evan, 2018). One strategy that can be used to enhance adolescents' knowledge is by providing health promotion.

From the results of the pre-test and post-test conducted during the community service activity focused on early detection of breast cancer with the theme "Let's Make SADARI Our Bestie," there is a noticeable increase in participants' knowledge regarding SADARI actions. This is evident in the responses provided by the participants, as shown in the table below:

Table 1. Frequency Distribution of Participants answering "Correct" about Breast Self-Examination (BSE) (N=84)

Statemen	Correct Answer Pre-Test		Correct Answer Post test	
	n	%	n	%
Statemen 1	63	75	81	96,4
Statemen 2	77	91.7	84	100%
Statemen 3	76	90.5	74	88
Statemen 4	63	75	83	98,8
Statemen 5	68	81	83	98,8
Statemen 6	65	77.4	83	98,8
Statemen 7	58	69	82	97.6
Statemen 8	67	79.8	82	97.6
Statemen 9	57	67.9	79	94
Statemen 10	68	81	76	90.5
Statemen 11	60	71.4	80	95.2
Statemen 12	54	64.3	70	83.3
Statemen 13	82	97.6	77	91.6
Statemen 14	40	47.6	52	61.9
Statemen 15	73	86.9	81	96.4
Statemen 16	76	90.5	80	95.2
Statemen 17	53	63.1	74	88
Statemen 18	44	52.4	51	60.7
Statemen 19	76	90.5	82	97.6
Statemen 20	51	60.7	74	88
Mean	63,55	381	76,4	751,8

Table 1 explains that there was an increase in the knowledge of female students before and after being given counseling related to Breast Self-Examination. (SADARI). Before the counseling, the average score of correct answers was 63.55, and after the counseling, the average score increased to 76.4. There was an increase of 12.85 points.



Graph 1. Frequency Distribution of Correct Answers about SADARI

Graph 1 explains that there is an increase in participants answering correctly from the pre-test compared to the post-test regarding statements about self-breast examination

Increasing self-awareness is essential for the health status of a teenage girl. Self-awareness is the behavior of being aware of and understanding the situations occurring within oneself, knowing the normal limits that need to be maintained, and thinking about how to manage the emotions felt so that one's behavior remains within the normal threshold. When one becomes self-aware, it becomes easier to control, manage, and change their health behaviors. (Rahmat& Purwarini, 2023). Breast cancer can essentially be self-detected by the patient through regular breast examinations. Self-examination is very important to perform because almost 85% of lumps in the breast are found by the patients themselves. (Hinga, 2019). With the increase in knowledge regarding breast self-examination, it is hoped that high school girls can detect the risk of breast cancer earlier and share their knowledge with their peer group.

CONCLUSION

The behavior of adolescents in the effort of Breast Self-Examination (SADARI) is influenced by several factors, including knowledge and attitudes. A lack of knowledge about Breast Self-Examination (SADARI) will lead to a lack of concern regarding the effort of Breast Self-Examination (SADARI), and this lack of concern will encourage a teenage girl to have poor perceptions and actions regarding early detection for breast cancer prevention. Health counseling about SADARI is considered quite effective in increasing knowledge about SADARI. By regularly conducting this activity every month, the risk of breast cancer can be anticipated.

This activity is good to be carried out regularly to further motivate teenage girls, especially those in high school, to better understand the risks that may affect their health. By being introduced to early detection activities for certain diseases, it is hoped that teenage girls will become more aware and willing to take action based on self-awareness.

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