



Original Research

The Relationship Between Knowledge Level and Attitude of Adolescent Girls About Saldari as Early Detection of Breast Cancer

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Abstract

Breast cancer cases increase every year and rank second after cervical cancer in Indonesia. Mortality rates increase due to being found at an advanced stage, and therefore, knowledge of BSE in adolescents must be improved. Breast self-examination (BSE) is a method to find out if there are lumps or changes in the breast by knowing the normal shape of the breast and feeling for changes in the occurrence of tumors or breast cancer. Adolescents' knowledge is needed for breast cancer as early as possible so that it can be detected. The purpose of this research is to describe the knowledge and attitudes of adolescents through the use of descriptive research. The population of the research is 400 people, and the sample is 80 people, using a random sampling technique. The results of this research show that the majority of female students' knowledge is lacking, as many as 32 female students (40.0%) and the majority of negative attitudes are 43 female students (53.8%).

1. Introduction

According to a report from the World Health Organization (WHO) in 2018, cancer ranks second in the list of the most common diseases suffered worldwide. There are around 14 million cases of cancer recorded each year, and the death toll from this disease reaches 8.2 million. However, according to the Global Burden of Cancer Observatory (2018), the number of new cases of cancer has increased to 18.1 million, with a death toll of 9.6 million per year, and in Indonesia alone, there are 396,914 new cases with 234,511 deaths recorded (Marhaeni et al., 2024). Breast cancer is a type of cancer that is very feared by women around the world, as stated by the International Agency for Research on Cancer (IARC) in 2018. More than 70% of people living with breast cancer come for medical treatment at a very advanced stage of the disease. Breast cancer also has the highest percentage of cancer cases, which is around 43.3%, with a death rate of 12.9%. The main goal in breast cancer treatment is early detection of lumps in women's breasts so that treatment can be more effective (Sari et al., 2019).

Early examination is an important step in preventing breast cancer. These examination methods include breast self-examination (SALDARI), clinical breast examination, examination using ultrasound, and mammography. SADARI is an examination that can be done by women themselves every month by looking, feeling, and massaging the breasts.

Early Breast Examination (SADARI) is one of the important steps in early detection of breast cancer that can help identify this disease in the early stages (Farlina et al., 2023). This is very important because around 85% of lumps in the breast are found by the sufferer themselves. SADARI examination is an easy, fast, cheap, even free and very simple method. Steps to increase knowledge about breast cancer screening and encourage women to do their own examinations to understand the condition of their own breasts. Early detection of breast cancer is a program that aims to identify this disease when it is still small, before it has a chance to spread. Through breast

self-examination, SADARI, the death rate from breast cancer can be reduced by 20-30% (Purwiyanti, 2020)..

2. Research Method

This research is a descriptive study that aims to explore the knowledge and attitudes of young women regarding BSE as a method of early detection of breast cancer. In accordance with Setiadi's opinion (2013), the population in this research includes all subjects to be studied. The relevant population in this research is all female students in grades X-XI in high school, totaling around 400 female students. The sample in this research is, by the definition of Notoatmodjo (2018), namely, research subjects taken as a representation of the entire population. The sample size is determined using the Slovin calculation, as explained by Setiadi (2014). This analysis is used only to obtain a picture of the frequency distribution of knowledge and attitudes of young women about BSE as an early detection of breast cancer.

Table 1 Age Demographic Data

No	Characteristics frequency	Count	(%)
1	16-17 th	47	48.8
2	18-19 th	33	41,2
Count		80	100

Based on table 4.1, it can be seen that most high school students are aged 18-19 years and 41 of the students are female.

Table 2 Frequency Distribution of Daughter's Birth Recognition

NO	Knowledge	Frequency	(%)
1	Baik	18	22.5
2	Cukup	30	37.5
3	Kurang	32	40.0
Count		80	100

Based on table 4.1, the frequency distribution of adolescent knowledge about SADARI above can be seen that respondents' knowledge about SADARI is lacking for 32 people (40.0%), good for 18 people (22.5%), sufficient for 30 people (37.5%).

Table 3 Frequency Distribution of Adolescent Attitudes About Female SADARI

No	Attitude	Frequency	Prosentase
1	Negative	43	53,8
2	Positive	37	46,2
Count		80	100

Based on table 4.2 Frequency distribution of adolescent attitudes regarding BSE, 43 people (53.8%) have negative attitudes, and 37 people (23.8%) have positive attitudes.

3. Results and Discussion

Based on the results of research on the knowledge of adolescent girls about BSE, it shows that the majority of adolescent girls' knowledge about BSE is lacking, 32 people (40%). This research is in line with Cristal (2018) regarding the knowledge and attitudes of adolescent girls about early detection of breast cancer through breast self-examination at SMA Pasundan 8 Bandung in 2018.(Nursyahrani et al., 2024) From 100 respondents, it was found that 77 adolescent girls had poor knowledge, 20 had good knowledge. This is as found that female students aged 16-20 years have poor knowledge due to the lack of direct experience of female students in doing BSE either from the school or from the nearest health service.(Kedokteran et al., 2016) and good knowledge as many as 20 people, sufficient as many as 29 people, from the data obtained at SMAN 1 Sipahuta

stated that there had never been counseling about BSE. research results of female adolescent attitudes towards BSE showed the majority of negative attitudes of 43 people (53.8%), this research is in line with Riskal (2018), (Sidaria et al., 2023) the relationship between knowledge and attitudes about BSE in early detection of breast cancer in adolescents at SMKN 1, out of 50 respondents, the majority of negative attitudes were 47 people. (Septiani, 2020) Attitude is an internal ability that plays a role in taking action, especially an open attitude, it is likely to be reflected in the actions that are observed. Attitude is a reaction that is still evaluative. (Yudianti, 2020)

4. Conclusion

Based on the research entitled "Knowledge and Behavior of Women's Health Regarding Early Detection of Mental Health Cardiacs" it was concluded that knowledge is lacking in negative behavior.

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