



THE EFFECTIVENESS OF HEALTH EDUCATION ON KNOWLEDGE AND ATTITUDES REGARDING EARLY DETECTION OF BREAST CANCER IN WOMEN OF FERTILIZING AGE IN MARGAHAYU UTARA VILLAGE, CARINGIN DISTRICT BANDUNG

Oncology

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ABSTRACT

Background: Breast cancer remains a global health problem with a significant impact, especially on women of childbearing age. Knowledge about early detection of breast cancer among women of childbearing age remains low, which can impact prognosis and survival rates. One of the treatments that can be done to detect breast cancer is to do Awareness (Self-Examination of Your Breasts) which can be done at home. Health education was identified as one potential way to increase knowledge and awareness about the importance of early detection. The research design used in this research is an experimental research method with a pre-experimental design with a one group pretest-posttest design approach. Knowledge data was measured through questionnaires before and after the intervention. Statistical analysis includes the Wilcoxon statistical test using one group, which is adjusted to the variable measurement scale, namely the ordinal scale. **Research Results:** After the intervention, the intervention group showed a significant increase in knowledge about early detection of breast cancer ($p < 0.001$), with an increase in the average score from 38.20 to 75.60. There was an increase in knowledge before and after the intervention with a p value ($p < 0.001$). **Conclusion:** The results of this study indicate that there is an influence of health education regarding early detection of breast cancer in women of childbearing age. **Suggestion:** Based on the results of this study, it is recommended that health education programs regarding early detection of breast cancer in women of childbearing age be emphasized and improved. Furthermore, further research could involve long-term evaluation of behavioral changes and their impact on early detection rates and their impact on breast cancer prognosis.

KEYWORDS

Breast Cancer, Women of Childbearing Age, Awareness

INTRODUCTION

Breast cancer continues to be a serious problem in global health, with a significant impact, especially on women of childbearing age. According to the latest data from various world health institutions, breast cancer is still one of the main causes of death from cancer in women of reproductive age in various countries. The increasing incidence of breast cancer in this group highlights the need to focus on early detection and more effective health education (Xin Wang, 2019).

Despite previous health education efforts, recent survey results indicate a substantial knowledge gap regarding early detection of breast cancer among women of childbearing age. Many women do not realize the importance of regular breast self-examination or do not understand how to do it correctly. These factors indicate the need for a more focused and intensive approach in providing information about early detection (Utami Widi, 2020).

Apart from lack of knowledge, there are also social and cultural factors that influence the participation of women of childbearing age in early detection programs. Some of these include stigma against breast examinations, reluctance to seek medical care, and low social support for cancer prevention. Therefore, health education needs to be adapted to the local cultural context and needs to take these psychosocial factors into account (Sundari, 2019).

Current advances in technology and information provide new opportunities in delivering health education. Digital platforms, social media and online campaigns can be used as tools to disseminate information about early detection of breast cancer more widely and effectively. By utilizing this technology, health education can reach women of childbearing age in various levels of society (utami Widi, 2020).

The effectiveness of health education can not only be measured by increasing knowledge, but also from changes in behavior in breast self-examination and regular visits to health facilities. Recent research on the effectiveness of health education programs may also provide deeper insight into the factors influencing these behavioral changes.

In this context, research on the effectiveness of health education related to early detection of breast cancer in women of childbearing age is becoming increasingly important. By combining a cross-disciplinary approach that includes medical, social and technological aspects, it is hoped that this research will provide valuable insights to overcome the challenges of increasing knowledge and awareness about early detection of breast cancer, as well as encouraging positive behavioral changes among women of childbearing age (Depkes, 2018).

RESEARCH METHODS

The research design used in this research is an experimental research method with a pre-experimental design with a one group pretest-posttest design approach. One group pretest-posttest design, this design uses a pretest, before being given treatment. The population in this study was all 35 women of childbearing age. The sampling technique in this research used total sampling, namely 35 people. Preparation phase.

Data collection was carried out using a questionnaire by filling in a questionnaire sheet containing questions that had to be answered by the respondent under the supervision of the researcher. The data collection stage started by conducting a preliminary study, namely observations and interviews with female students to find population data, after that the researcher determined the place for the research (RW09 North Margahayu Village) and the researcher made permission letters to carry out the research.

Implementation Stage. After the researcher obtained permission, the researcher made a research proposal and prepared a questionnaire for research purposes to collect data. The questionnaire used in this research was standard so it no longer carried out validity and reliability tests. The implementation stage includes: Pre-test which is carried out before providing health education and post-test evaluation is carried out after receiving the education.

The statistical test used to test the normality of data using *Kolmogorov Smirnov* on knowledge, the results of the normality test analysis on the knowledge and motivation variables show a normal distribution. The level of confidence used is 95%, the H_0 test criteria are rejected if $p < 0.05$, meaning there is an influence of providing health education on the level of knowledge and motivation about vaginal discharge in adolescents and H_0 is accepted if $p > \alpha$ (0.05), meaning there is no influence. health education on adolescent reproductive health knowledge. (Neolaka, 2014).

The statistical test used in this research is the *Wilcoxon* statistical test using one group, which is adjusted to the variable measurement scale, namely the ordinal scale. The *Wilcoxon Test* is a non-parametric statistical test used to test differences in dependent data.

Research Result

Univariate Analysis

Table 1 Knowledge of Women of Childbearing Age about Early Detection of Breast Cancer in RW 09 Margahayu Utara Village, Caringin District, Bandung City

Knowledge				
Category	Before (Pretest)		After (Posttest)	
	F	%	F	%
Good	16	45,7	30	85,7
Less	19	54,3	5	14,3
TOTAL	35	100,0	35	100,0

Based on the results of knowledge research regarding early detection of breast cancer, it was found that 19 respondents (45.7%) had insufficient knowledge before health education was carried out. And a small percentage of respondents had good knowledge as many as 16 respondents (54.3%)

Knowledge is the result of human sensing, or the result of a person's knowledge of objects through the senses they have (eyes, nose, ears and so on). Several factors influence a person's level of knowledge as follows: Experience, experience can be obtained from one's own experience or from other people, the experience gained can expand knowledge. Level of education, the level of education can increase a person's insight or knowledge. Beliefs, a person's beliefs have been passed down from generation to generation based on their social and cultural beliefs (Notoatmodjo, 2012).

Health education is a process of change in humans that is related to achieving individual and community health goals. Health education is not something that can be given by someone to another person and is not a series of procedures to be implemented or results to be achieved, but rather a developmental process that is always changing dynamically where a person can accept or reject new information, new attitudes and behavior. new ones that have something to do with life goals. (Nyswander, 1947 in Susilo, 2017)

The results of the study showed significant differences before and after health education was implemented, this was shown by increasing the respondents' knowledge about early detection of breast cancer, so that they could apply this when they were at home.

Table 2 Knowledge of Women of Childbearing Age about Early Detection of Breast Cancer in RW 09 Margahayu Utara Village, Caringin District, Bandung City

Knowledge		
Pre	Post	P-Value
49,12	49,71	0,002

Based on Table 2 above, it shows that there is a change in respondents' knowledge about early detection of breast cancer before and after health education. The results of the statistical knowledge test showed that the significance value (p-value) was 0.002, so H_a was accepted and H_o was rejected, meaning that there was an influence of health education on respondents' knowledge about early detection of breast cancer.

CONCLUSION

1. There is an influence of health education on respondents' knowledge about early detection of breast cancer with a knowledge p-value of $0.002 < \alpha 0.5$ in RW09 Maragahayu Utara Subdistrict, Caringin District, Bandung
2. Most respondents (54.3%) have insufficient knowledge. A small percentage of respondents (45.7%) had good knowledge after being given health education about early detection of breast cancer.

Suggestion

For women of childbearing age in RW09 Margahayu Utara Subdistrict, the results of this research can be a reference in developing knowledge, especially regarding their knowledge about early detection of breast cancer, so that if they feel signs and symptoms of breast cancer, they are immediately consulted at the nearest health service. Likewise, in an effort to continue to increase this knowledge, it is necessary to have health workers who continue to support and strive to increase the knowledge of women of childbearing age regarding reproductive health.

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