

The influence of health education on adolescent behavior regarding consciousness in private health vocational schools

Nurul Hashanah Kutacane

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ABSTRACT

Breast cancer is one of the most common cancers in women. The death rate from breast cancer is very high. In 2030, the incidence of deaths from breast cancer will reach 26 million people. The best solution to prevent breast cancer is health education about BSE. The aim of this research is to determine the effect of health education about BSE as an early detection of breast cancer on the knowledge, attitudes and actions of female students at the Nurul Hashanah Kutacane Private Health Vocational School. This type of research is quasi-experimental research, using a pre-test and post-test design method, namely by giving a pre-test (initial observation) first before the intervention is carried out, after the intervention is given, then a post-test (final observation) is carried out. . The research population was 91 class XII female students of the Nurul Hashanah Kutacane Private Health Vocational School and the total sample was 91 female students. The statistical test used was the Wilcoxon test. The results of the paired t-test pre-test and post-test analysis of knowledge obtained a value of $p=0.000$, which means a value of $p<0.05$, so it can be concluded that there is an influence of health education about BSE on female students' knowledge. The results of the analysis of the paired t-test pre-test and post-test attitudes obtained a value of $p=0.000$, which means the value of $p> 0.05$, so it can be concluded that there is an influence of health education about BSE on the attitudes of female students. With this, it is hoped that the Kutacane Health Service will create a health education work program or a routine schedule for health education and continuously disseminate health information about BSE, especially to schools in Kutacane so that female students know and do BSE so they can detect it early. breast cancer.

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INTRODUCTION

A person's physical adolescence continues to develop, as do their social and psychological aspects. At this time, young women should start to pay attention to changes in themselves, especially their breasts. Currently, breast cancer is increasing in teenagers due to a lack of awareness of early detection of breast cancer among teenagers, accompanied by a lack of information about how to carry out early detection, and triggered by many changes in lifestyle and behavior in teenagers such as consumption of fast food and less consumption of vegetables and fruit (Widyastuti, 2020).

Breast cancer is known as one of the cancers that most often attacks women. Apart from that, the trend towards increasing prevalence cannot be avoided. In addition, deaths due to breast cancer are still high, especially in developing countries, due to delays in diagnosis, which also means delays in treatment. Breast cancer is ranked second after cervical cancer among cancers that attack Indonesian women (Bustan, 2021).

According to WHO data in 2020, the incidence of cancer increased from 12.7 million cases in 2021 to 14.1 million cases in 2022. Meanwhile, the number of deaths increased from 7.6 million people in 2022 to 8.2 million in 2023. Cancer is the cause number 2 in mortality in the world at 13% after cardiovascular disease. It is estimated that by 2030 the incidence of cancer could reach 26 million people and 17 million of them will die from cancer, especially in poor and developing countries, the incidence will be faster (Indonesian Ministry of Health, 2020).

Breast cancer is also the leading cause of cancer deaths in the world's least developed countries, partly because lifestyle shifts have led to increased cancer incidence, and partly because clinical advances to combat the disease have not kept pace with the number of people suffering from cancer. According to (Aprilia, 2023), one of the things that must be addressed is that breast cancer sufferers in Asian countries are relatively younger (Ministry of Health of the Republic of Indonesia, 2020).

According to the Hospital Information System (SIRS), the highest type of disease is breast cancer, namely 18.4%. Breast cancer is more common in women aged 30 and now in their teens. This is supported by the 2021 WHO report, the number of teenagers suffering from breast cancer reached 1,150,000 people, 700 of whom live in developing countries. Meanwhile, at the Prof. Dr. H. Aloe Saboe Regional Hospital, Gerontalo City, in 2021, 7 cases of breast cancer were found in teenagers aged 16 years and 18 years. Meanwhile, data from Dr. Pirngadi Hospital shows that the number of breast cancer sufferers in 2022 found 2 cases of breast cancer in teenagers aged 17 and 18 years (Lily, 2022).

Currently, many breast cancer sufferers are found at a young age, even quite a few teenage girls aged 14 years suffer from tumors in their breasts, which can become cancer if not detected early. Although not all are malignant, this shows that it is getting higher in adolescence (Lily, 2022).

Data from the Indonesian Cancer Foundation (YKI) for the last five years states that the incidence of breast cancer is in first place, namely 32%, of the total number of cancer cases. Of the total number of breast cancer sufferers, 40% were treated at an early stage, 30% of the total number of cancer sufferers were detected at a locally advanced stage, and 30% had metastases (Sudoyo, 2019).

Based on data from the North Sumatra Healthy Breast Foundation, since 2020 there have been 5,207 cases of breast cancer in North Sumatra, in 2021 the number of sufferers increased by 7,850 cases, in 2022 it increased by 8,328 cases, and in 2023 the number of sufferers decreased by 8,277 cases. Most people's awareness of early detection of breast cancer is still very low. As a result, 70% of women when diagnosed by a doctor are already in the final stages and most of them die prematurely. Many patients just find out that they have stage III or IV breast cancer, even though if it is in an advanced stage, recovery will be difficult (Ministry of Health of the Republic of Indonesia, 2023).

The risk of breast cancer begins when young women decide whether to smoke or not. Research conducted by Olson also shows that women who start smoking before experiencing their

first pregnancy are at risk of developing breast cancer. Olson said that the target for preventing breast cancer in women is to prevent it while they are still teenagers. Currently, there are still many Indonesian teenagers who are not yet sensitive to caring for their own breasts, they are more sensitive to acne that appears on their face than to symptoms of breast cancer. Behind this insensitivity, it is also motivated by a lack of information and a willingness to explore information regarding breast cancer prevention (Suryaningsih, 2019).

According to WHO, the only effective way to date is to carry out detection as early as possible, namely by carrying out a Breast Self-Examination (BSE). This action is very important because almost 85% of breast lumps are discovered by sufferers themselves. This is also because the cause of breast cancer is currently unknown. To detect abnormalities in the breast early, there are various ways to detect them, including thermography, mammography, ductography, biopsy and breast ultrasound (Dalimartha, 2021).

BSE is an examination that is easy for every woman to do to detect lumps or other breast abnormalities. BSE's main goal is to find cancer at an early stage so that treatment can be better. It turns out that 75-82% of breast malignancies are discovered during breast self-examination (Setiawan, 2022). BSE examinations are very important, especially for women, because almost 86% of lumps in the breast are discovered by sufferers themselves. Most women do not undergo BSE examinations because of a lack of knowledge about BSE examinations (Saryono, 2019).

This can be seen from the results of research by Etri Lolita Andika Putri, at all regarding the description of the level of knowledge of young women about BSE at SMP Angrek Banjarmasin shows that the level of knowledge of young women about breast self-examination (BSE) is in the poor category, namely 42 respondents (60%) out of 70 respondents (Putri, 2021). Breast self-examination is very easy to do, but in reality there are quite a few women who are indifferent to the health condition of their reproductive organs. Increasing knowledge about BSE examinations will influence the attitudes of women, especially young women, to realize the importance of carrying out BSE examinations to prevent the risk of breast cancer. This can increase the awareness of women, especially young women, to motivate themselves to practice BSE examinations directly so that they can find out directly the condition of her breasts (Ministry of Health of the Republic of Indonesia, 2019).

Reports from the Western Breast Services Alliance, fibroadenomas generally occur in women aged 15-25 years. Another fact shows that around 85% of women find lumps in their own breasts by feeling. The high incidence of breast cancer is due to the lack of awareness among women to immediately check themselves if abnormalities occur in the breast. Awareness of the importance of understanding what and how breast cancer is is very important, because early treatment and understanding will be able to detect breast cancer early, so that it can be treated early and is not too dangerous and can be treated completely. Of the various early detections, the most suitable for young women is BSE because this is the most effective and efficient method for finding breast cancer at an early stage. BSE can be done once a month, namely 7 days after menstruation. Examination according to early detection of breast cancer with BSE is very important for young women so that there is no delay in treatment (Diananda, 2019).

Seeing the high number of breast cancer/tumor sufferers, it is necessary to make efforts to detect internal breast tumors/cancer early. This is because breast self-examination (BSE) is effective at the teenage stage, because at this age limit it is the right time to start carrying out preventive efforts for early detection of mammary fibroadenoma (FAM) and mammary cancer. (Rizka, 2021).

Erbil's research results in Türkiye concluded that education about breast cancer will increase awareness of early detection of breast cancer. The more knowledge gained will make positive steps in promoting regular breast self-examination and early detection of breast cancer (Putri, 2021). According to the research results of Handayani et al, (2022), it was found that 92 respondents (45.5%) had insufficient knowledge about the BSE procedure (Handayani, 2020).

Siallagan's research results (2020). Shows that the attitude of young women at Surya Nusantara High School, Tebing Tinggi City is in the good category, namely 33 respondents (46.4%) while 38 respondents (53.6%) are in the poor category. The lack of knowledge and attitudes of teenagers towards BSE influences the behavior of teenagers in doing BSE (Siallagan, 2020). The lack of Indonesian women, especially teenagers, in carrying out BSE is motivated by the fact that many Indonesian teenagers are still not sensitive to caring for their own breasts, they are more sensitive to acne appearing on their face than to the symptoms of breast cancer. Behind this insensitivity, it is also based on a lack of information and a willingness to explore information regarding breast cancer prevention. One strategy to increase students' knowledge and attitudes towards health is through health education (Agustina, 2019).

Health education given early will make it easier for teenagers to achieve the desired attitudes and behavior, namely responsible attitudes and behavior. Therefore, as a preventive and promotive effort that can provide an overview of a healthy lifestyle to today's teenagers, it is by providing education health for Indonesian teenagers (Notoatmodjo, 2020). Considering that there are still many female students who do not know about reproductive health, especially knowledge about breast cancer and the practice of BSE, it is very important to carry out health education in the hope of changing knowledge and attitudes about breast cancer among female students, in this case the students of the Nurul Hashanah Kutacane Private Health Vocational School. Based on the results of a preliminary survey conducted by researchers on female students at the Nurul Hashanah Kutacane Health Private School with a questionnaire to 40 class XII female students, 30 people had heard counseling about awareness, but had never carried out awareness. Meanwhile, 10 students answered that they had never received information about BSE. Therefore, it is necessary to provide health education about breast self-examination to increase female students' knowledge so that they know and are willing to do BSE.

According to information from the Kutacane health service, the counseling schedule regarding awareness of not being scheduled for vocational schools is only carried out to the general public. So the specific aim is to determine the effect of health education about BSE as an early detection of breast cancer on the knowledge and attitudes of female students at the Nurul Hashanah Kutacane Private Health Vocational School. Based on the background above, researchers are interested in researching "The Influence of Health Education on Adolescent Behavior regarding BSE at the Nurul Hashanah Kutacane Private Health Vocational School".

RESEARCH METHOD

This type of research is quasi-experimental research or quasi-experiment which aims to test changes in knowledge, attitudes and actions in students of the Nurul Hashanah Kutacane Private Health Vocational School based on treatment in the form of health education about BSE. The results of the validation carried out at SMA Negeri 2 Kutacane showed that there were changes in the knowledge, attitudes and actions of students at SMA Negeri 2 Kutacane by doing BSE. This research uses a pretest-posttest design method, namely by giving a pretest (initial observation) before the intervention is carried out, after the intervention is given, then a posttest (final observation) is carried out (Hidayat, 2022).

This research was conducted at the Nurul Hashanah Kutacane Private Health Vocational School. This research was carried out from March to May 2024. The population in this study was all class XII female students at the Nurul Hashanah Kutacane Private Health Vocational School, totaling 91 female students. The sample is part of the population that will be used for research. The sample in this study was a total sampling, namely all students of the Nurul Hashanah Kutacane Private Health Vocational School class XII totaling 91.

RESULTS AND DISCUSSIONS

Univariate Analysis

Age Frequency

Table 1. Age frequency distribution of students at Nurul Hashanah Kutacane private health vocational school

No	Age	F	%
1	16 years	12	13.2
2	17 years	54	59.3
3	18 years	25	27.5
Total		91	100

Based on the table above, it can be concluded that the majority of female students aged 17 years are 54 people (59.3%) and the minority of female students aged 16 years are 12 people (13.2%).

Pre-Test Knowledge

Table 2. Frequency distribution of female students' Pre-Test knowledge about awareness at Nurul Hashanah Kutacane private health vocational school

No	Knowledge	F	%
1	Less	8	8.8
2	Enough	51	56.0
3	Good	32	35.2
Total		91	100

Based on the table above, it can be concluded that the pre-test knowledge of the majority of Nurul Hashanah Kutacane Health Private Vocational School students had sufficient knowledge with the number of 51 people (56.0%) and the minority of female students had insufficient knowledge with the number of 8 people (8.8%).

Post-Test Knowledge

Table 3. Frequency distribution of Post-Test knowledge of female students about awareness at Nurul Hashanah Kutacane private health vocational school

No	Knowledge	F	%
1	Less	1	1.1
2	Enough	22	24.2
3	Good	68	74.7
Total		91	100

Based on the table above, it can be concluded that the post-test knowledge of the female students of Nurul Hashanah Kutacane Private Health Vocational School had good knowledge with the number of 68 people (74.7%) and the minority of female students had poor knowledge with the number of 1 person (1.1%).

Pre-Test Attitude

Table 4. Frequency distribution of Pre-Test attitudes of female students regarding awareness at Nurul Hashanah Kutacane private health vocational school

No	Attitude	F	%
1	Negative	0	0
2	Positive	91	100
Total		91	100

Based on the table above, it can be concluded that the pre-test attitude of the female students at the Nurul Hashanah Kutacane Private Health Vocational School had a good attitude

with 91 people (100%) and there were no negative attitudes among the female students at the vocational school.

Post-Test Attitude

Table 5. Frequency distribution of Post-Test attitudes of female students regarding awareness at Nurul Hashanah Kutacane private health vocational school

No	Attitude	F	%
1	Negative	0	0
2	Positive	91	100
	Total	91	100

Based on the above, it can be concluded that the post-test attitude of the female students of the Nurul Hashanah Kutacane Private Health Vocational School had a good attitude with a total of 91 people (100%) and there were no negative attitudes among the female students at the vocational school.

Bivariate Analysis

Bivariate analysis in this study was carried out to test whether there was an effect of health education regarding awareness screening as an early detection of breast cancer on the knowledge and attitudes of female students at the Nurul Hashanah Kutacane Private Health Vocational School.

Average Knowledge of Female Students

Table 6. Average knowledge of female students about awareness average knowledge of female students of Nurul Hashanah Kutacane private health vocational school

Knowledge	Mean	N	Std Deviation
Pre-test	12.58	91	2.071
Post-test	14.51	91	1.587

In the table above you can see descriptive statistics in the form of average pre-test and post-test knowledge and standard deviation of pre-test and post-test knowledge. The average of the first measurement for pre-test knowledge was 12.58 with a standard deviation of 2.071. In the second measurement, the average for post-test knowledge was 14.51 with a standard deviation of 1.587.

The Influence of Differences in Pre-test and Post-test Knowledge of Female Students

Table 7. The effect of differences in Pre-test and Post-test knowledge of female students about awareness at Nurul Hashanah Kutacane private health vocational school

Paired Sample T Test								
Knowledge	Men	Std Deviation	Std Error Mean	95% CI		T	df	Sig (2-tailed)
				Lower	Upper			
Pre-test	-	1.809	.190	-	-	-10.142	90	0.000
Post-test	1.923			2.300	1.546			

In the table above, you can see the mean difference between the pre-test and post-test knowledge measurements, namely 1.923 with a standard deviation of 1.809. The statistical test results obtained a sign value of 0.000, so it can be concluded that there is a significant difference between pre-test and post-test knowledge. Nurul Hashanah Kutacane Private Health Vocational School student. have changes in knowledge before education and practice regarding awareness and after education and practice.

Average Attitudes of Female Students Regarding Awareness

Table 8. Average attitude of female students at Nurul Hashanah Kutacane private health vocational school

Attitude	Mean	N	Std Deviation	Std Error Mean
Pre-test	41.58	91	3.922	.411
Post-test	43.35	91	4.135	.433

In the table above you can see descriptive statistics in the form of average pre-test and post-test attitudes and standard deviation of pre-test and post-test attitudes. The average of the first measurement for pre-test attitude was 41.58 with a standard deviation of 3.922. In the second measurement, the average for post-test attitudes was 43.35 with a standard deviation of 4.135.

The Influence of Health Education on the Knowledge of Nurul Hashanah Kutacane Private Health Vocational School Students' Knowledge Regarding BSE Examinations

Based on the research results, it is known that all knowledge question items have increased, where before the counseling most of the respondents' knowledge was in the deficient category. Before being given counseling, it was discovered that the majority of respondents answered incorrectly on all question items. The questions that most answered correctly were questions about what is meant by BSE (Breast Self-Examination), Women should start doing breast self-examination (BSE) starting at age, When is it important for a woman to do BSE, When doing BSE, first of all we stand in front of the mirror, with your shoulders straight next to your body, then your hands on your waist, by stretching your armpit muscles and puffing out your chest, this movement aims to check (Mehari, 2019).

When doing BSE in a lying position, when we examine the right breast, we place a pillow under the right shoulder and position the right arm above the head. This movement aims to, When doing BSE we touch the breast by pressing steadily but gently with the fingers. fingers close together in a movement from top to bottom, side to side (like mopping the floor) and then circular like a circle of mosquito repellent with each movement, make sure all parts of your breast are completely palpable, this movement aims to, What is the technical implementation of BSE, Why the examination It is very important to do breast self-examination (BSE) every month on a regular basis. Meanwhile, the question with the most incorrect answers was the question about when is the best time to do BSE regularly every month (Elamurugan, 2020).

When doing BSE we are still in front of the mirror, then we press or squeeze the nipples using the thumb and index finger. The BSE is carried out in the following order of examination positions. The part of the hand used to touch the breast because this part has high sensitivity is section, When is it important for a woman to realize. After being given counseling, it was discovered that the increase in knowledge in each question item by 30-60% experienced a significant change, namely the question about when is the best time to do BSE regularly every month, where before the counseling those who answered correctly were 36 people (39.6 %) and after counseling 81 people (89.0%) answered correctly, while the question that experienced an insignificant change was the question about when is a woman important conducted BSE, where before counseling 36 people (39.6%) answered correctly and after counseling 40 people (44.0%) answered correctly.

There was one question that did not show a change even though counseling had been given, namely the statement about the part of the hand used to touch the breast because this part has very high sensitivity. Where 16 people (17.6%) answered before counseling, and 12 people (13.2%) answered after counseling. Before the counseling, it was known that the majority of respondents had poor knowledge with a total of 8 people (8.8%) and after being given the counseling it was discovered that there had been a change in knowledge where the majority of respondents had good knowledge with a total of 68 people (74.7%). Lack of knowledge about the

benefits and procedures regarding BSE due to the lack of interest of respondents in seeking information about breast cancer and how to check BSE either through the internet, magazines, brochures or mass media. Knowledge about BSE is very important for female students to know. Good knowledge about BSE is very important for female students to have because it is one of the ways to detect breast cancer early. BSE examinations must be carried out routinely once a month by female students so that. The BSE examination is carried out by looking at the breasts, feeling all the breasts and checking the nipples.

The results of the research on the level of girls' knowledge about awareness checks are also supported by research by Nurhidayah (2020) that girls' knowledge about awareness checks is in the good category. This means that there has been an increase in female students' knowledge after being given health education. Which shows that before being given health promotion about BSE Knowledge is not good so female students do not understand about BSE. However, after the researchers provided health education, the female students actually received information about BSE. By providing health education, students have good knowledge. BSE is necessary and must be done by every woman who has menstruated to detect breast cancer early.

The results of research based on the level of female students' knowledge about BSE examinations are also supported by the results of research by (Setiati, 2019), which states that knowledge before being given health education about BSE as an early detection of breast cancer shows that the majority of female students are categorized as lacking at 62% and After being given health education about BSE, 81.4% of female students' knowledge was categorized as good. Health education about BSE examinations greatly influences female students' knowledge. Health education is an activity that can increase knowledge.

Knowledge is the result of knowing and this occurs after people sense a particular object. Knowledge is strongly influenced by the intensity of perceptual attention to objects. During health education, female students pay close attention so they can increase their knowledge about BSE examinations. The reason for the increase in knowledge scores among female students was because of their interest in paying attention to health education about BSE using lecture and demonstration methods. The advantages of the lecture method are that it can be used with adults, is an efficient use of time, can be used in large groups, does not involve too many teaching aids and can be used to provide an introduction to a lesson or activity, while the advantage of the demonstration method is that it can make the learning process clearer and more concrete, it is easier to understand something, it is more interesting, students are stimulated to observe, adjust theory to reality and can do it themselves (Mardiana, 2022).

Based on information from the curriculum representative for the Private Health Vocational School, Nurul Hashanah Kutacane, that at the Vocational School there had never been any health education activities about BSE, so this encouraged female students to pay attention to the material presented. It is very important to recommend BSE examinations to the public, especially women, because almost 86% of breast lumps are discovered by sufferers themselves.

According to the researchers, knowledge will increase if health education is carried out frequently, especially if it is given using various methods, so that female students will easily accept the counseling given and will understand more easily, so that the female students will increase their knowledge and there will be a change in behavior from never doing an examination, knowingly, to actually doing it. will invite friends and sisters to participate in examining their own breasts so that breast cancer can be detected early. This can reduce the death rate due to breast cancer.

The influence of health education on female students' attitudes

The results of research on the influence of education regarding BSE show that all attitude statements have increased. Before the counseling, it was discovered that the majority of respondents answered disagreeing with the statement. By knowing early that there is a lump in the breast and it turns out to be cancer, the hope of recovery will be greater, so it is better to do BSE

regularly for 1 person. (1.1%), If we find a lump in the breast when doing BSE as much as 1 person (1.1%), we should not delay/be afraid to do a follow-up examination to the doctor for further treatment as much as 1 (1.1%), Aware it should be done every month, namely 1 week after the last menstruation, 1 (1.1%), when you get information about being aware of early breast cancer screening, you should immediately do it for 4 people (4.4%), if your family forbids you to do it If 3 people (3.3%) realize that you will still do it for 1 person (1.1%), the earlier breast cancer is found, the easier it is to cure. We are the ones who know best and can feel the changes that occur in our breasts. 8 people (8.8%), it is best to obtain information about BSE directly from health workers. Peer support is very important in implementing BSE as many as 3 people (3.3%).

After being given counseling, it was discovered that respondents who received counseling experienced a change in attitude, the majority of respondents answered agreeing with the statement: Can self-examination of the breasts using BSE to detect lumps in the breasts be carried out by every woman, 26 people (28.6%) BSE is easy and cheap, it should be implemented because it does not use equipment and costs for 29 people (31.9%), Breast self-examination (BSE) is important for early detection of breast cancer for 25 people (27.5%), By knowing early the presence of lumps in the breast and it turns out to be cancer, the hope for recovery will be greater so it is better to do BSE regularly for 26 people (28.6%), If we find a lump in the breast when doing BSE for 30 people (33.0%) we should not delay / afraid to go to the doctor for further examination 31 people (34.1%) received further treatment, 33 (36.3%) should do it every month, namely 1 week after the last menstruation. When you get information about realizing for early breast cancer screening, 37 should do it immediately (37). 40.7%), If your family forbids you from doing so as many as 35 people (38.5%), then you will still do it as many as 44 people (48.4%) The earlier breast cancer is discovered the easier it is to cure. We are the ones who are most 39 people (42.9%) know and can feel the changes that occur in our breasts. It is best to obtain information about BSE directly from health workers. Peer support is very important in implementing BSE as many as 46 people (50.5%).

Personal experience is one of the factors that influences a person's attitude. Theory states that to be the basis for forming attitudes, personal experience must leave a strong impression. The mass media also influences a person's attitude because news that is supposed to be factually conveyed objectively tends to be influenced by the attitude of the writer. As a result, it will affect consumer attitudes. Apart from personal and mass experience factors, there is a motivational stage that changes a person after attending health education, which really changes their daily behavior. The results of research on female students' attitudes regarding BSE examinations are also supported by the results of (Nisman, 2021) that the majority of female students' attitudes regarding BSE examinations are in the good category. Health education about BSE examinations greatly influences attitudes. Health education is an activity that can improve their own health. Knowledge will influence a person's attitude because knowledge will continue to increase accordingly with the process of experience. Cognitive processes can occur when individuals obtain information about the object, attitudes can occur through direct experience, mass media, the influence of other people who are considered important, family, education. Anything that is based on knowledge will be more lasting than an attitude that is not based on knowledge.

Attitude is a person's reaction or response to a stimulus or object. The reason for the increase in attitude scores among female students here is because there is an increase in affective aspects (attitudes) who are given health education using the demonstration method, it is easier to show understanding of ideas and procedures about something that has been carefully prepared to show how to carry out an action scene correctly. using props. The advantage of the demonstration method is that it can make the learning process clearer and more concrete, it is easier to understand things, it is more interesting, students are stimulated to observe, adjust theory to reality and can do it themselves. Carrying out a BSE examination will reduce the death rate from breast cancer by up to 20%. However, unfortunately women who do BSE are still low (25% - 30%).

According to researchers, if a person's knowledge is good, it will influence his attitude. Where there will be changes in good behavior, where there will be stimulus and motivation to do something in a better direction, especially given various knowledge by providing health education using various methods, so that you can carry out breast examinations yourself.

CONCLUSION

There is an influence of health education regarding BSE examinations on the knowledge of female students at the Nurul Hashanah Kutacane Private Health Vocational School. There is an influence of health education regarding the BSE examination of the attitudes of female students at the Nurul Hashanah Kutacane Private Health Vocational School. The limitation of this research is that it was not evaluated on an ongoing basis with female students at the Nurul Hashanah Kutacane Private Health Vocational School regarding the actions of female students in carrying out consistent BSE treatment continuously and it is a habit of female students to avoid breast cancer.

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