

Effectiveness educational video of Breast Self Examination (BSE) on knowledge of young women

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ABSTRACT

Background: BSE examinations are conducted as early as feasible while women are still young, that is, when they are productive and between the ages of 13 and 49, they will also be very successful. Women in this age group are more likely to get cancer or breast tumors. The issue lies in women's lack of knowledge about the risks associated with BSE practice, which ranges from 25% to 30%. Adolescents' awareness can be raised more easily when education through video media stimulates their auditory and visual senses. The study's objective was to ascertain how young women's knowledge was impacted by the instructional film on breast self-examination (BSE). Method: A quasi-experimental study design without control is employed, consisting of pre- and post-test phases. The study, which involved 94 teenage female students, was carried out at MITSN 01 West Aceh from April 29 to May 21, 2024. Purposive sampling with inclusion criteria was the sample strategy used in this study. The study's findings demonstrate a substantial relationship between video-based BSE education and young women's BSE knowledge, with a p-value of $0.000 < 0.05$ for the Wilcoxon test results. Conclusion: The degree of knowledge of female students is significantly influenced by BSE instruction through video. Increasing the level of knowledge among female students.

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INTRODUCTION

Breasts are one of the reproductive organs in women of childbearing age. Many factors cause breast abnormalities such as lumps and pain, this is caused by an unhealthy lifestyle and eating patterns. Prevention can be done by every woman by doing regular awareness. Awareness about BSE and the growing risks of breast cancer can significantly raise life expectancy, health levels, and the likelihood of recovery in Indonesia. Consequently, educating teenagers about BSE is a useful strategy for raising their level of awareness of the subject (Tafdhila et al., 2022). BSE is considered

an effective and efficient method, because by carrying out the BSE program regularly it can reduce the death rate due to breast cancer by up to 20% (Ajeng et al., 2018).

According to Globocan statistics, which is the World Health Organization's (WHO) Global Cancer Statistics, women's BSE activities for breast cancer detection are still relatively low. In 2019, 53.7% of women worldwide of reproductive age had never performed BSE, and the remaining 46.3% had never performed BSE, do REALIZATION (Sung et al., 2021) demonstrates the prevalence of breast cancer, which is 24.5% of the 9.2 million new cases and 15.5% of the 4.4 million cancer-related deaths worldwide. The prevalence of BSE behavior among women of suburban age in Indonesia is very low, as many as 95.6% have never done BSE and only 4.4% of women of childbearing age have ever done BSE. Indonesia is fifth in the world with the incidence of breast cancer at the age of 10- 24 years with 11,481 cases. In 2020, 4,354 cases of breast cancer happened in Indonesia matured 10-24 a long time, this appears that the frequency of breast cancer in youthful ladies in Indonesia is very tall (RI Ministry of Health, 2019).

Data from the Health Service shows that throughout 2022 the number of cancer survivors in Aceh reached 1,318 people. Of the thousands of cases, breast cancer survivors dominate the area. with the number of patients suffering from breast cancer as many as 150 cases. Considering the range of clinical examinations for early breast cancer detection in West Aceh sub-districts and health centers in 2021, of the 8,138 women aged 15-50 years who had breast examinations, 35 people suspected cancer and 21 people had tumors/lumps, at the Samatiga Community Health Center Of the 2046 women who underwent examinations, 7 people suspected cancer and 3 people had lumps/tumors (West Aceh Health Service, 2022).

BSE examination activities will also be very effective if carried out as early as possible when women are still young, namely at a young or productive age of around 13-49 years. Women in this age range are prone to being affected by tumors or breast cancer. The problem is the low awareness of women regarding the practice of BSE, the dangers of which reach approximately 25% - 30% only (Haryanti & Kamesyworu, 2022). This low awareness rate is caused by a lack of education and women's knowledge of how important it is to do BSE (Adyani et al., 2023). Adolescent health education on BSE is crucial. in order for young ladies to practice BSE and ward off breast cancer (Lestari et al., 2020). Early identification is critical to halting the rising number of deaths from breast cancer. By itself, BSE has the potential to lower the breast cancer death rate by 20%. Women who do not perform BSE on a regular basis have a larger risk than those who do. Media can be used as a tool in the BSE learning process to improve memory and ease comprehension (Wulandari et al., 2022).

Information about BSE and breast cancer motivate women to increase knowledge about the breast area. This is the main basis for increasing knowledge about breast examination. The increasing level of knowledge about breast self-examination will affect women's behavior to realize the importance of breast self-examination to prevent the risk of breast cancer (Siregar, 2022). Information causes delays in early location of breast cancer, and ladies need information almost cancer information and demeanors toward BSE examinations (Amila et al., 2020). Knowledge about BSE and the increasing dangers of breast cancer can increase hopes for a cure, life expectancy and the level of health in Indonesia with quite large improvements (Marfianti, 2021). This increases awareness of women, especially early adulthood to motivate themselves to practice directly breast self-examination so that they can know the condition of their breasts.

Exposure to this information is very important because it can increase young women's knowledge about breast cancer and its dangers as well as how to detect breast cancer early, especially using video media. This is based on the principle that human knowledge is received and captured through the five senses. The more senses are used to receive something, the clearer the understanding and knowledge obtained. The use of learning media is more real or direct experience so that the message (information) in the learning process conveyed by the teacher to students will be conveyed well. So videos are better than leaflet media (Pricahyati & Yudhana,

2022). Media can be used as a tool in the BSE learning process to improve memory and ease comprehension (Wulandari et al., 2022). There are several media that can be used in breast cancer education, examples of methods are leaflets, videos and several other media (Astuti et al., 2023). Audio visual media (video) stimulates the senses of hearing and sight, so that the results obtained are maximized (Melliya Sari et al., 2023).

Audio visual media (video) stimulates the senses of hearing and sight, so that the results obtained are maximized (Melliya Sari et al., 2023). There are several studies that show that health education using the video method is very influential, one of which is research conducted by K. Dewi Budiartim., (2022) according to data from Sman 18 Garut, some respondents had inadequate knowledge (52.3%) prior to health education, while some respondents had strong knowledge (65.9%) following health education. The findings demonstrated that young women's understanding was impacted by audio-visual health education. at SMAN 18 Garut regarding breast self-examination (BSE). Women's ignorance of cancer and their attitudes toward BSE exams contribute to delays in the early identification of breast cancer (Amalia et al., 2019).

Health Promotion using video media can increase the knowledge of young women where teenagers know and understand so that they have the awareness, willingness and ability to live a healthy life. BSE Health Promotion with video media is effective in increasing the knowledge of young women (Adyani et al., 2023). A significant increase in the score in the intervention group proves that video media can be used intensively. This is in accordance with the theory which states that the retention process (absorption and memory) of students on student learning materials can be significantly increased if the learning process is through the senses of hearing and sight. This significant increase in knowledge in adolescent girls is influenced by the intervention, namely health promotion regarding BSE using video media. Through this health promotion, young women will have better knowledge and skills. Health promotion regarding awareness can also be a learning experience for young women as a guide for routinely detecting breast cancer early (Pricahyati & Yudhana, 2022)

Awareness about BSE and the rising risks of breast cancer can significantly enhance Indonesia's health, life expectancy, and chances of recovery (Marfianti, 2021). The purpose of this study is to ascertain how young women at MTSN 01 Aceh Barat's knowledge is affected by BSE video education.

RESEARCH METHOD

The research design used was a one group pre-post test design without control which was used in this quasi-experimental research (Polit DF, 2018). The existing group was given a pretest, then given treatment, and finally given a posttest. By conducting a Guttman scale knowledge questionnaire, and showing a 4 minute 16 second animated video which provides information regarding the meaning, causes, signs and symptoms, management, complications and steps for BSE. Compared to other learning methods such as PowerPoint presentations which are easier to get bored of, the use of animated video-based media can help female students understand BSE better and more interestingly. The pre-test assessment of knowledge about BSE was carried out by filling out the Guttman scale questionnaire. Then displays an animated video with a duration of 4 minutes 16 seconds which conveys information about the meaning, causes, signs and symptoms, complications and steps for BSE. After watching the video, a post test assessment was carried out by distributing a new questionnaire to assess knowledge about BSE. This study aims to analyze the effectiveness of breast self-examination educational videos (BSE) on the knowledge of young women.

The location of this research is MTSN 01 West Aceh. The population in this study were all female students. The sampling technique used was purposive sampling, with sample inclusion criteria of 94 female students, for the period 29 April to 21 May 2024. Researchers collected data

using a questionnaire, and analyzed the data univariately with frequency distribution while bivariately using the Wilcoxon test.

RESULTS AND DISCUSSIONS

Results

Univariate Analysis

Table 1. Frequency distribution of adolescent girls' knowledge about BSE pre - post education (n=94)

Knowledge	Category	F	%
Pre	Good	6	6.4
	Enough	28	29.8
	Not enough	60	63.8
Post	Good	60	68.8
	Enough	27	28.7
	Not enough	7	7.4
Total		94	100.0

Up to 94 respondents were involved in pre- and post-research, as shown in Table 1 above. As many as 60 persons (63.8%), sufficient 28 individuals (29.8%), and good 6 people (6.4%) made up the poor category of education providers. Following the supply of education, 60 individuals (63.8%) fell into the good group, 27 individuals (28.7%) were fair, and 7 individuals (7.4%) were less.

Bivariate Analysis

Table 2. The influence of BSE video education on the knowledge of young women (n=94)

	N	Mean	Std. Deviation	Mi n	Ma x	Z	Asymp. sig. (2-tailed)
Pre	94	54.79	10.87	35	80	8.133	0,000
Post	94	80.05	10.25	50	95	b	

Table 2 presents the study's findings, which indicate that sixty individuals (63.8%) fell into the poor category for pre-education provision, and sixty individuals (63.8%) fell into the good category for post-education provision. Bivariate data analysis revealed significant differences between the pre- and post-educational phases of the BSE video educational intervention. Z value found is -8.133b, with a p-value of 0.000 < 0.05.

Discussions

The comes about of this inquire about appear that There may be a critical impact between BSE instruction through video media on teenagers' information almost BSE. Based on investigate conducted by Purnasari, (2023) there's an impact of mindfulness instruction through recordings on information around early location of breast cancer. Utilizing video as an varying media medium in giving instruction containing data around mindfulness to teenagers so that it can increment teenagers' information to get it the proper and suitable steps for analyzing mindfulness (Melliya Sari et al., 2023). Breast self-examination (BSE) is carried out on days 7 to 10 starting from the first menstruation. During this time, the hormones estrogen and progesterone reach their lowest point so that they do not cause the breast tissue and glands to swell, making it easier to feel whether there are abnormal lumps in the breast or not (Pricahyati & Yudhana, 2022).

Knowledge of BSE and the dangers of breast cancer which has increased can increase the hope of recovery, life expectancy and the level of health in Indonesia with quite a large increase, therefore providing education about BSE is an effective way to increase respondents' knowledge regarding discussions related to BSE (Marfianti, 2021). Education in general has the aim of

providing many benefits to humans as recipients of education, including through education broadening knowledge, improving personality, instilling positive values and being able to train oneself in developing existing talents (Kusumawaty et al., 2020). Education is crucial to raising young women's awareness because ignorance slows the early identification of breast cancer and because women lack attitudes toward breast self-examination (BSE) and cancer understanding (Legi et al., 2024).

Results of research carried out by Oktavia et al., (2024) before being given treatment, the majority of young women's knowledge level was in the poor category, as many as 18 respondents (50%) with a mean of 57.08. After receiving treatment, however, most young women – up to 30 respondents, or 83.3 percent – had good knowledge levels, with a mean of 85.56 and a p-value of 0.000. According to Siregar, (2022) the majority of young women in the experimental group who fell into the poor category had little understanding prior to receiving intervention. namely (62.5%), and the control group was (87.5%) in the not enough. Following the intervention, the results indicated that 79.2% of the experimental group fell into the good category, while 79.2% of the control group fell into the poor category. Thus, it can be said that BSE instruction through video is successful in raising young women's knowledge.

Carrying out the awareness learning process through audio-visual media (video) is one way to facilitate understanding and strengthen memory, because it can stimulate the senses of hearing and sight, thereby increasing knowledge about the steps for carrying out awareness independently (Pombaile et al., 2023). Education using video media can stimulate the senses of hearing and sight so that it can make it easier to increase teenagers' knowledge of awareness (Aurilia et al., 2022). In order to provide education, respondents not only hear the material offered but also see the procedures for BSE examinations in a clear and direct manner through the use of movies about BSE. This helps to clarify the overall image surrounding the significance of BSE examinations for young women (Pricahyati & Yudhana, 2022). Health education regarding BSE is crucial for teenagers, and young women can learn about BSE through education. This will enable them to perform BSE and lessen the severity of breast cancer (Sarker et al., 2022).

CONCLUSION

Adolescent girls' ignorance of breast self-examination in detecting breast cancer is the cause of the high prevalence of breast cancer in the early age group. It is also hoped that by providing animated films that describe the meaning, symptoms, impact, and efforts to prevent breast cancer and the steps of BSE, the awareness of young women towards BSE will increase. Additionally, it can serve as a better source of information for future research by increasing our understanding of the importance of adolescent girls' awareness of BSE. There needs to be collaboration between schools and teachers to increase awareness of adolescent girls towards BSE by providing health promotion for adolescent girls with the output of this research in the form of animated videos and also the need to remind the importance of BSE to adolescent girls.

This research has several limitations, there are still other variables and factors that can explain the unknown dependent variable. It is hoped that the results of this research will increase the knowledge of researchers and readers about BSE. It is also hoped that these results can increase the understanding of researchers and readers about other variables that are considered to have a significant influence on the dependent variable. This research is also expected to expand supporting theories that can be used to compare results in drawing conclusions.

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