



The Correlation of Women's knowledge of Childbearing Age (15-49 Years) about Breast Cancer and Motivation to do Breast Self-Examination (BSE)



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Abstract

Regular breast self-examination is a way to detect early signs of problems in the breasts. The purpose of the study was to determine the correlation of women's knowledge of childbearing age (15-49 years) about breast cancer and the motivation to carry out breast self-examination (BSE) in Jetak Village, Bojonegoro District, Bojonegoro Regency in 2020. The method was correlational analytic with cross sectional approach with a total sample of 85 respondents taken by simple random sampling technique. The data collection instrument used a questionnaire. After the data was collected, the data was processed and analyzed using the Spearman Rho statistical test. The results of this study indicated that the majority of respondents had good knowledge as much as 26 (81.3%) and had a strong motivation to perform breast self-examination (BSE). And after being tested statistically using the Spearman Rho statistical test with a value of $\alpha : 0.05$, the value of $\rho : 0.000 < (0.05)$, which meant there was a correlation between Women's knowledge of childbearing age (15-49 years) about breast cancer and motivation do BSE. The conclusion was there was a correlation between Women's knowledge of childbearing age (15-49 years) about breast cancer and motivation to perform breast self-examination (BSE).

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INTRODUCTION

Breast cancer is the disease most feared by women, the biggest cause of death for women aged 18 to 54 years, women aged 45 years have a 25% higher risk of contracting breast cancer than older women (Lee 2008).

The highest incidence rates can be found in areas in the United States (reaching above 100/100,000, meaning 100 sufferers out of 100,000 people), The American Cancer Society estimates that by 2018, 552,200 Americans will die of cancer, and 40,800 or 7% of them are women with breast cancer, this means 15% of women who died due to breast cancer.

The incidence rate of cancer in Indonesia (136.2/100,000 population) ranks 8th in Southeast Asia, while in Asia it is 23rd. The highest incidence rate in Indonesia for men is lung cancer, which is 19.4 per 100,000 population with an average mortality was 10.9 per 100,000 population, followed by liver cancer at 12.4 per 100,000 population with an average death rate of 7.6 per 100,000 population. While the highest incidence rate for women is breast cancer, which is 42.1 per 100,000 population with an average death rate of 17 per 100,000 population followed by cervical cancer at 23.4 per 100,000 population with an average death rate of 13.9 per 100,000 population.

Based on Riskesdas data, the prevalence of tumor/cancer in Indonesia showed an increase from 1.4 per 1000 population in 2013 to 1.79 per 1000 population in 2018. According to data from the East Java Provincial Health Office, the prevalence of cancer in women showed an increase from 1.6 per 1000 population in 2013 to 3.5 per 1000 population in 2018, where in 2019 the number of cervical cancer patients reached 13,078 cases, while breast tumors reached 12,186 cases.

Breast self-examination is an effort or method of breast examination that is regularly and systematically carried out by the woman herself which is an integral part of the screening program or early detection (Romauli 2009).

The wisest way is for every woman to check her breasts regularly at certain intervals. In this way, even the smallest abnormalities can be found and active steps for treatment can be started as early as possible. In another study it was found that women who have a low level of knowledge and understanding about breast cancer and how to de-

tect it need to be given information about breast cancer and how to detect it, namely breast self-examination since adolescence (Viviyawati T 2014).

Breast cancer prevention can be done by means of breast self-examination. One of the causes of high mortality due to this disease is due to a lack of awareness to detect existing symptoms, it is necessary to know the symptoms and risk factors that can increase the occurrence of breast cancer, namely: first menstruation at the age of less than 10 years, menopause after 50 years old, never gave birth to a child, gave birth to their first child at 35 years old, never breastfed a child, had had breast surgery due to a benign tumor and hereditary factors (Purnomo 2009).

Based on the above background, the researchers are interested in conducting research on "The correlation between knowledge of women of childbearing age (15-49 years) about breast cancer with the motivation to do BSE in Jetak Village, Bojonegoro District, Bojonegoro Regency in 2020".

METHOD

The method used a correlational method with a cross sectional approach, using simple random sampling with a sample of 85 women of childbearing age from a total population of 749 women of childbearing age in Jetak Village, Bojonegoro District, Bojonegoro Regency in 2020. The type of instrument used a questionnaire with open and closed questions about knowledge of breast cancer and motivation to perform breast self-examination (BSE). The study was conducted on July 2020 and took place in the Jetak Village, Dander District, Bojonegoro Regency (AA 2009).

RESULT

1. Knowledge of women of childbearing age about breast cancer

The data above shows that from 85 respondents most of the respondents have good knowledge as many as 32 (37.65) have a strong motivation to do BSE.

2. Motivating women of childbearing age about doing self-examination

The data above shows that from 85 respondents more than some have strong motivation in doing BSE, as many as 60 people (70.59%).

Table 1. Distribution of Respondents Based on Knowledge About Breast Cancer in Jetak Village, Bojonegoro District, Bojonegoro Regency in 2020

No	Knowledge of women of childbearing age about breast cancer	Amount	
		f	%
1	Less	11	12,94
2	enough	42	49,41
3	Good	32	37,65
Amount		85	100,00

Source: Primary Research Data in 2020

Table 2. Distribution of Respondents Based on Motivation to do BSE in Jetak Village, Bojonegoro District, Bojonegoro Regency in 2020

No	Motivation for women of childbearing age to do BSE	Amount	
		f	%
1	Weak	3	2,53
2	Medium	22	25,88
3	Strong	60	70,59
Amount		85	100,00

Source: Primary Research Data in 2020

Table 3. Cross-tabulation of the correlation between knowledge of women of childbearing age about breast cancer with motivation to do BSE in Jetak Village, Bojonegoro District, Bojonegoro Regency in 2020

No.	Knowledge of women of childbearing age about breast cancer	Motivation for women of childbearing age to do BSE						Amount	
		Weak		Medium		Strong		f	%
		F	%	f	%	F	%		
1	Less	3	27,3	8	72,7	0	0,0	11	100
2	Enough	0	0,0	8	19,0	34	81,0	42	100
3	Good	0	0,0	6	18,8	26	81,3	32	100
Amount		3	3,5	22	25,9	60	70,6	85	100

Source: Primary Research Data in 2020

3. The correlation between knowledge of women of childbearing age about breast cancer with motivation to do self-examination

From Table 3, it can be seen that from 85 respondents, most of the respondents have good knowledge as much as 26 (81.3%) and have a strong motivation to do BSE.

DISCUSSION

1. Women's knowledge of childbearing age about breast cancer

Based on the results of research in Jetak Village, Bojonegoro District, Bojonegoro Regency, there were less than 11 people or 12.94% and had sufficient knowledge of 42 people or 49.41% about breast cancer. This knowledge shows that they are less able to think rationally. Because breast cancer has a broad scope of reproductive health in women of childbearing age.

Most of the respondents aged 27-30 years who are the adult age group should have mature and rational thinking skills. However, because the education taken by the respondents includes a low level of education and does not provide material about breast cancer and the possibility and lack of desire to seek information about breast cancer, causing limited knowledge of respondents about breast cancer.

Meanwhile, respondents who have good knowledge in Jetak Village, Bojonegoro District, Bojonegoro Regency, are because they are active in obtaining breast cancer information either from health workers or through print media, such as magazines. Because basically the information is very easy to obtain and received by respondents quickly.

Women of childbearing age who have good knowledge about breast self-examination (BSE) are mostly good. This is due to the educational background of the respondents who are mostly colleges, where respondents have obtained quite good knowledge about breast self-examination (BSE) obtained from various sources of information such as mass media, health workers, books, internet, facilities on campus such as library or other (Evi Heriyanti 2015).

Health education about breast cancer aims to provide information and or increase knowledge to respondents about the meaning, causes, signs and symptoms, risk factors, prevention, treatment, breast self-examination (BSE) with the methods used, namely lectures, questions and answers, and demonstrations. The media used were leaflets and guidelines for breast self-examination (BSE) (Sari 2016).

2. Motivation of women of childbearing age in doing BSE

Research data regarding the motivation of women of childbearing age in doing BSE, more than some have a strong motivation in doing BSE, as many as 60 people (70.59%).

Motivation comes from the word motive. Motive in English is called Motive, which comes from the word motion which means "movement" or something that moves. In a broader sense, motive means stimulation, encouragement, or driving the occurrence of a behavior. Motivation is something that encourages, or encourages someone to behave to achieve certain goals (Saam 2012).

Motivation as an inner process or psychological process within a person, is strongly influenced by several factors. These factors include physical factors and mental processes, heredity factors, environment and maturity or age, one's intrinsic factors (individual traits, education level, past experiences and future desires or expectations), facilities (facilities and infrastructure), situation and conditions and programs and activities (Janet, 2009). While breast self-examination (BSE) is the development of a woman's concern for the condition of her own breasts (Niswan 2011).

Motivation arises because of stimulation, where one of the processes is caused by factors from outside the person who influence such as peers (Anny Rosiana Masithoh 2015).

More than some respondents in Jetak Village, Bojonegoro District, Bojonegoro Regency have a strong motivation in doing BSE, this is probably caused by various factors including personal experience, emotional factors and the influence of others. In addition, one of the signs of secondary development for women is breast growth. With the presence of breast growth which is a sign of a woman's maturity, the possibility of raising awareness of respondents to maintain breast health in order to avoid breast cancer where now many breast cancers are spreading, and the incidence of breast cancer from several people around them, so to prevent the need for examination own breasts as early as possible, so that women of childbearing age in Jetak Village have a strong motivation in doing BSE.

3. The correlation between Women's knowledge of childbearing age about breast cancer on the motivation to do BSE

The results of statistical tests show that knowledge of women of childbearing age has a close correlation with high motivation in carrying out BSE examinations.

Breast cancer not only during adolescence is a vulnerable period of human life that is very critical because it is a transitional stage from childhood to adulthood. At this stage, teenagers often do not realize that a stage of development has begun, but what is certain is that every teenager will experience a change both physically, emotionally and socially in women (Puji Lestari 2020).

Breast self-examination (BSE) is very important as a first step to find out whether you have breast cancer or not. The existence of information

about BSE and breast cancer motivates 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 the attitude of women to realize the importance of breast self-examination to prevent the risk of breast cancer (Evi Heriyanti 2015).

Breast cancer can be prevented by taking the following actions, namely avoiding high-fat foods, from the results of the study, consumption of high-fat foods correlates with an increase in breast cancer, maintaining health by consuming fresh fruits and vegetables, giving breast milk to children as long as possible, this can reduce the risk of breast cancer and perform a BSE examination every month. There are still many women who do not know or have a low level of awareness about early detection of breast cancer that can be done at home. This provides an opportunity for cancer to grow into an advanced stage and increasingly difficult to cure. The higher the stage, the less likely someone with breast cancer will recover (Purnomo 2009).

CONCLUSION

Based on the results of research in Jetak Village, Bojonegoro District, Bojonegoro Regency in 2020, it shows that knowledge of breast cancer affects the motivation of respondents to do BSE. In addition, the influence of family and friends as well as the health education obtained about breast self-examination and breast cancer in Jetak Village also affected the respondents' knowledge.

SUGGESTION

Women of childbearing age need to increase knowledge about reproductive health and carry out regular BSE checks through outreach activities carried out by health workers at posyandu and other health services.

Midwives or health workers must be more active in monitoring and providing health education for women of childbearing age

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