Self Breast Check Up as an Effort to Improve Disease Early Detection Behavior Mammae Fibroadenoma (FAM) in Adolescent Women in SMKN 2 Kediri

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ABSTRACT

One type of benign tumor that is often found in women is Fibroadenoma Mammae (FAM). This is because women do not know how to do Self Breast Check Up. This study aims to see the effectiveness of providing Self Breast Check Up counseling on the ability of early detection of Fibroadenoma Mammae (FAM) disease in adolescent women at SMKN 2 Kediri. The research design used Pre Test Post Test Control Group Design were 2 sample groups, the treatment group of 105 respondents and the control group of 105 respondents. The research sample was determined by the Proportional Random Sampling technique. The measuring instrument used a questionnaire and a bivariate analysis using the Man Whitney test and the Wilcoxon test. The results showed that the average value of the treatment group before receiving counseling was 13 and after receiving counseling there was an increase in the average value of 19, while the average value of the control group was 14. The results of the Wilcoxon test showed that the value of sig (2-tailed) of $0.000 < 0.05$, then reject H0 and accept H1 which can be said that there is a significant difference between Self Breast Check Up abilities before and after giving treatment in the treatment group. Meanwhile, the results of the Mann Whitney tests showed that the sig (2-tailed) value was $0.000 < 0.05$, so reject H0 accept H1 which can be said that there is a significant difference between the Self Breast Check Up abilities of the control group and the treatment group. Then it can be concluded that the counseling given to the treatment group had an effect on increasing the ability of Self Breast Check Up compared to the control group who had lower abilities. This is because in this study the control group only acted as a comparison without giving any treatment from the researcher.

Keywords: counseling, fibroadenoma mammae, self breast check up

INTRODUCTION

Mammary fibroadenoma(FAM) is a benign tumor of the breast with the characteristics of being painless, movable, well-defined and has a firm, spongy consistency. One type of benign tumor that is often found in women is Fibroadenoma Mammae or often abbreviated as FAM. Patients with FAM have a 2 times greater risk of developing breast cancer in the future than women who do not suffer from FAM (Widya, 2018).

Based on a report by the World Health Organization (WHO), breast cancer ranks second after cervical cancer among cancers that attack Indonesian women. The prevalence of breast cancer/tumor patients in Indonesia increased from 1.4 per 1000 population in 2013 to 1.79 per 1000 population in 2018. Meanwhile, the incidence of breast cancer in women in Indonesia is 42.1 per 100,000 population with an average mortality 17 per 100,000 (Riskesdas, 2018).

Incidence of cancer usually occurs in women aged > 30 years, but now not only women aged > 30 years but also women in their teens. Based on a report by the Indonesian Breast Cancer Foundation in 2017, it has handled cases of breast cancer in adolescents aged 15 years. This shows that there is a tendency to decrease the age of breast cancer patients in Indonesia, especially in adolescents.

Based on Riskesdas data, in 2018 the prevalence of breast cancer in East Java was 8.50%. Meanwhile, in 2019, based on data from the East Java Health Service, there were 12,186 incidences of breast tumors/cancer. Then in January - December of the 2,383 women examined, there were 71 people who had breast tumors/cancer (Dinkes, 2020). From this, it shows that in the city of Kediri there are still people who suffer from breast tumors/cancer.

Therefore, it is necessary to make early detection of breast tumors/cancer, one of which is BSE (Breast Self-Examination) which is a 7-step examination carried out to determine whether or not there are abnormalities in the breast and also as an effort to find lumps or cancers that can still be cured. Ministry of Health RI, 2019). BSE examination is more effective to be carried out at the adolescent stage, because at that age it is the right time to start carrying out preventive efforts for early detection of the occurrence of Fibroadenoma Mammae (FAM) (Wenie, 2018).

Based on the results of the preliminary study, which the researcher conducted at the Health Service Facility, it was found that 5 teenagers from the patients who examined the breast lump did not know the lump, and only realized when the lump had grown. This is because they do not know how to do BSE (Breast Self-Examination).

In addition, based on a preliminary study conducted by the researchers at the Health Office of the City of Kediri and the Puskesmas, it showed that there was no special health promotion program related to BSE (Breast Self-Examination), only the provision of famlets and posters that were installed in every room in health care facilities.

Until now, at SMKN 2 Kediri City, no one has ever provided counseling about BSE (Breast Self-Examination) which is given directly or through peer education so that many teenagers do not know how to do BSE (Breast Self-Examination). Whereas this examination is one of the right ways for early detection of tumors / breast cancer.

Based on the explanation above, the authors want to see the level of effectiveness of providing BSE counseling on the ability of early detection of fibroadenoma mammary disease (FAM) in adolescent girls at SMKN 2 Kediri.

METHODS
Research design

Design This research uses Pre Test Post Test Control Group Design which is the most effective research design in terms of showing a causal relationship, but also the most difficult to do.

Kelompok	Pre-Test	Perlakuan	Post-Test
Perlakuan	O1	X	O2
Kontrol	O3	-	-

Keterangan :

O1   = Pre Test

O2   = Post Test

X   = Treatment yang Diberikan (Penyuluhan SADARI)

Population, Sample and Sampling Technique

The population in this study were all teenage girls in Class XI at SMKN 2 Kediri, whether they were treated or not, with a total population of 592 students in this study.

Determination of the number of samples in this study using G Power software, where it can be seen that the number of samples in this study was 210 where 105 for the treatment group and 105 for the control group. The number of samples was taken from class XI with 19 majors.

The sampling technique in this study used Proportional Random Sampling, with the category of young women who attended SMKN 2 Kediri City but had never suffered from Fibroadenoma Mammae (FAM).

Data analysis

In this study, bivariate analysis was conducted to examine the differences in BSE (Breast Self-Examination) Ability between the treatment group and the control group. The statistical test used for the analysis is parametric using the T-Independent test and the Paired Sample T-Test. In this case, the calculation process uses a significance level of 0.05. So the conclusion in this study is if the p-value 0.05 then H0 is rejected and if the p-value > 0.05 then H0 is accepted.

RESULTS
Pre-test and Post-test Treatment Group
Table 4.6 Different Tests of Pre and Post Treatment Groups

BSE Capabilities (Check BreastOwn)	Before Treatment		After Treatment	
	Average	Percentage	Average	Percentage
	13	100%	19	100%
asymp. Sig. (2-tailed)			0.000	
Wilcoxon test				

Based on table 4.6 shows that the results of measuring the ability of BSE (Breast Self-Examination) to the treatment group before giving treatment the average value is 13, but after giving treatment there is an increase in the ability of BSE (Breast Self-Examination) where the average is 19. Results The Wilcoxon test also shows a sig. (2-tailed) 0.000 < 0.05, so it can be concluded that there is a significant difference between BSE abilities before and after treatment.

Pre-test Control Group
Table 4.7 Pre-Control Group Cross Tabulation

Ability	Average	Percentage
BSE (Breast Self-Examination)	14	100%

Based on table 4.7, it shows that the results of measuring the ability of BSE (Breast Self-Examination) to the control group have an average value of 14. In this study the control group did not receive any treatment from the researcher and only acted as a comparison.

Comparison Between Control and Treatment Group
Table 4.8 Different Tests of Control and Treatment Groups

BSE ABILITY (CheckBreast Alone)	Pre Control Group		Post Treatment Group	
	Average	Percentage	Average	Percentage
	14	100%	19	100%
asymp. Sig. (2-tailed) *mann whitney test*			0.000	

Based on the table above, it shows that the results of measuring the ability of BSE (Breast Self-Examination) to the treatment group have an average value of 14. While the results of measurements to

the control group have an average value of 19. The results of the Mann Whitney test also show a sig (2-tailed) value.) of 0.000 <0.05, it can be concluded that there is a significant difference between BSE abilities between the control group and the treatment group.

DISCUSSION

Identifying BSE (Breast Self-Examination) Ability in the Treatment Group before and after giving treatment

The purpose of this study was to identify differences in the ability of BSE (Breast Self-Examination) before and after giving treatment to the treatment group. It is known from the results of pre and post measurements that have been carried out by researchers showing that before giving treatment a minimum value of 9 and a maximum value of 17, but after giving treatment there is an increase in the ability of BSE (Breast Self-Examination) where the minimum value becomes 18 and the maximum value becomes 20.

In addition, the average value also shows a significant increase where the average value before treatment is 13 and the average value increases to 19 after treatment. Thus it can be said that there is an increase in the ability of BSE (Breast Self-Examination) before and after the treatment.

In the Big Indonesian Dictionary, the meaning of ability is to be able and able to do something. Ability or ability shows a person's ability to do various jobs in a certain time. This ability is composed of 2 factors, namely intellectual ability and physical ability (Robbins And Judge, 2014).

Based on this theory, the researcher concluded that after giving treatment to the treatment group, there was an increase in physical ability where respondents became able to perform the 7 steps of BSE according to the Ministry of Health of the Republic of Indonesia.

The meaning of breast self-examination (BSE) is one of the early detection steps to prevent the occurrence of tumors or breast cancer which will be more effective if done as early as possible when women reach reproductive age (Pamungkas, 2011).

The researchers concluded that by doing treatment in the form of counseling BSE (Breast Self-Examination) is the right thing, especially for adolescents who enter the reproductive age period, so that adolescents become able to do BSE (Breast Self-Examination) which is strengthened by the results of the average score before giving treatment is 13 and the average value increases after giving treatment to 19.

Analyzing the Effectiveness of BSE (Breast Self-Examination) Ability in the Treatment Group Before and After Giving Treatment

The purpose of this study was to analyze the differences in the ability of BSE (Breast Self-Examination) before and after giving treatment in the treatment group. The treatment provided is in the form of counseling, which is carried out online through a zoom meeting where respondents were previously given a pre-questionnaire to measure the extent to which BSE (Breast Self-Examination) is capable of.

According to the theory, health counseling is a promotive and preventive effort that is carried out to invite individuals, groups and communities to achieve the goal of healthy living by increasing their abilities and knowledge (Kemenkes RI).

Based on the theory above, the researcher concludes that health education given to respondents will have a significant effect on the ability of BSE (Breast Self-Examination). This is reinforced by the results of the Wilcoxon test which also shows that the value of sig (2-tailed) is 0.000 <0.05, so it can be concluded that reject H0 and accept H1. Thus it can be said that there is a significant difference between the ability of BSE before and after giving treatment.

This is also supported by previous research conducted by (Hartutik, 2020) with the title "The Effectiveness of Audio Visual (Video) Media Health Education and Demonstration of BSE Practice Skills" which showed the results that there was an influence on the ability to practice breast self-examination after being given counseling with P value;0.000<0.05.

Based on the results of the preliminary study, which the researcher conducted at the Health Service Facility, it was found that 5 teenagers from the patients who examined the breast lump did not know the lump, and only realized when the lump had grown. This is because they do not know how to do BSE (Breast Self-Examination).

Therefore, BSE (Breast Self-Examination) needs to be done early because according to East Java Health Service data in 2019 there were 12,186 incidences of breast tumors/cancer in women. Then

in January - December of the 2,383 women examined, there were 71 people who had breast tumors/cancer (Dinkes, 2020).

According to (Roni Antonius, 2019) Fibroadenoma mammary (FAM) is a type of benign tumor found in the breast with a round shape with firm boundaries and has a rubbery consistency with a smooth surface, and its size can be enlarged. Patients with breast fibroadenoma (FAM) are mostly women between the ages of 15-35 years.

This is in line with the report of the Indonesian Breast Cancer Foundation in 2017, which has handled cases of breast cancer in adolescents aged 15 years. This shows that there is a tendency to decrease the age of breast cancer patients in Indonesia, especially in adolescents.

This researchers can conclude that the right respondents to be given counseling related to BSE (Breast Self-Examination) are respondents with that age range. Based on the characteristics of the research subjects, it showed that the respondents in this study had an age range between 16 years as much as 43% and 17 years as many as 57% taken from 8 majors in SMKN 2 Kediri.

From this research, it is also known that at SMKN 2 Kediri City until now there has also never been anyone who has provided counseling about BSE (Breast Self-Examination) which is given directly or through peer education so that many teenagers do not know how to do BSE (Breast Exam). Own). This is reinforced by the results of tests that have been carried out by researchers which show that there is a difference between before and after giving treatment.

Analyzing differences in the ability of BSE (Breast Self-Examination) in the treatment group and the control group of adolescent girls at SMKN 2 Kediri City

In this study, apart from looking at the difference between before and after treatment, the researcher also saw a comparison between the results of measurements made to the control group and the treatment group. From the Mann Whitney test results show a sig (2-tailed) value of 0.000 <0.05, it can be concluded that reject H0 accept H1. Thus it can be said that there is a significant difference between the BSE abilities of the control group and the treatment group.

Based on the theory of research design using Pre Test Post Test Control Group Design is a research design in which two groups are selected randomly, then given a pretest to determine whether there are differences between the treatment group and the control group (Sugiyono, Quantitative Research Methods. Qualitative and R&D). , 2015).

The researcher concluded that the results of measuring the ability of BSE (Breast Self-Examination) in the control group were lower than the treatment group because in this case the control group only acted as a comparison without giving any treatment from the researcher. Meanwhile, the treatment group had more opportunities to develop BSE (Breast Self-Examination) abilities.

This is reinforced by the results of measurements in the cross tabulation which shows that the results of measuring the ability of BSE (Breast Self-Examination) to the control group have an average value of 14. While the results of measurements to the control group have an average value of 19.

The researcher concludes that there is a significant difference between the BSE (Breast Self-Examination) ability of the control group and the treatment group where the value of sig (2-tailed) is 0.000 <0.05, it can be concluded that reject H0 and accept H1.

This is also supported by previous research by (Hastuti, 2020) with the title "The Effect of Counseling on Awareness on Increased Knowledge of Health Cadre Mothers in Bangmalang Hamlet Pendowoharjo Sewon Bantul" which showed the result that the significance value was 0.000 (p<5%) where there is a difference between scores where the score of the experimental group is greater than the score of the control group.

CONCLUSION
1. Based on the average value, it shows a significant increase where the average value before giving treatment is 13 and the average value increases to 19 after giving treatment.
2. Based on the Wilcoxon test results show that the value of sig (2-tailed) is 0.000 <0.05, it can be concluded that reject H0 accept H1. Thus it can be said that there is a significant difference between the ability of BSE before and after giving treatment in the treatment group.
3. Based on the Mann Whitney test results show that the value of sig (2-tailed) is 0.000 <0.05, it can be concluded that reject H0 accept H1. Thus, it can be said that there is a significant difference between the BSE abilities of the control group and the treatment group.

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