

The Effect of Counseling About SADARI with Demonstration Methods on WUS Skills (Women of Childbearing Age)

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ABSTRACT

Breast cancer is one of the most common types of cancer suffered by women with a very high prevalence in all countries in the world. In Indonesia, breast self-examination is still individual so early detection programs are still not efficient and effective. The lack of education about early detection of breast cancer can result in patients with advanced breast cancer being still quite hiFindfind the early symptoms of breast cancer, women can detect it themselves, so there is no need for an expert to find the beginning of breast cancer. The purpose of this study was to analyze the effect of counseling using the conscious demonstration method on the skills of women of childbearing age, the SPSS test used by Wilcoxon with the results after being given awareness counseling using the demonstration method, 93.3% of respondents had better skills, the results of data analysis were $p\text{-value} < 0.05$, the results of the study showed that there was an effect of counseling on Safari with the demonstration method on Sadari skills in women of childbearing age. It is hoped that all women of childbearing age can improve Sadari skills to detect breast cancer early.

Keywords: breast cancer, sadari technique, women of childbearing age

Received : September 7nd 2022

Accepted : October 11rd 2022

Published : November 27th 2022

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INTRODUCTION

Breast cancer is one of the most frightening diseases for women. Although now there is treatment, the fight against breast cancer is not always successful. It is estimated that every 2 out of 10,000 women in the world will experience breast cancer each year. Among all existing cancers, breast cancer is one of the most common cancers. In Indonesia alone, breast cancer cases continued to increase in 2004, there was 15.1 percent of breast cancer cases out of all cancer cases and in 2008, the number increased to 18.5 percent (Wahyuningsih, 2012).

According to the World Health Organization (WHO) 2020 and the Ministry of Health of the Republic of Indonesia (Kemenkes RI) in 2020, breast cancer is the most common cancer suffered by women. Breast cancer is currently one of the most common types of cancer suffered by women with a very high prevalence in all countries in the world (American Cancer Society, 2015). This is because no therapy has been found to kill cancer cells in the human body.

Breast cancer ranks first in terms of the highest number of cancers in Indonesia and is one of the first contributors to cancer deaths. Globocan data (Global Cancer Data) in 2020, the number of new cases of breast cancer reached 68,858 cases (16.6%) of the total 396,914 new cases of cancer in Indonesia. Based on data from the East Java Provincial Health Office, in 2019, the number of patients with breast tumors or breast cancer reached 12,186 cases. And this case is increasing every year, and

this requires special attention, especially from midwives as promoters of women's health, in this study the client will be given health education through a demonstration method, namely the midwife gives a demonstration or direct example in front of the client, so that the client is skilled in the early examination of breast cancer with BSE. Based on this incident, researchers are interested in researching the Effect of Counseling on Consciousness with Demonstration Methods on WUS Skills (Women of Childbearing Age) at Pmb Ny. S Ngawi Regency in 2022.

METHODS

This research is cross-sectional. This research uses One Group Pre-test and post-test design. The population of this research is all women of childbearing age aged 25-45 years who are in PMB Ny. S Ngawi Regency in 2022 as many as 15 people. The sampling technique used was total sampling. The analysis used in this study was Wilcoxon, with a significant level of $\alpha = 0.05$.

RESULT

General data

Table 1 Distribution of the frequency of respondents based on maternal age, education, and occupation in PMB Ny S Ngawi

Age	Frequency	Percentage
25-35 Year	13	86,7
36-45 Year	2	13,3
Total	15	100%
Education	Frequency	Percentage
Primary school	9	60,0
Secondary school	6	40,0
College	0	0
Total	15	100%
Pekerjaan	Frequency	Percentage
Housewife (not working)	11	73,3
Private Jobs	4	26,7
Government Employees	0	0
Total	15	100%

Based on Table 1, it was found that almost all (86.7%) namely 13 respondents aged 25-35 years, most (60.0%) namely 9 respondents with elementary - junior high school education, most (73.3%) ie 11 respondents did not work (IRT).

Special Data

Table 2. Frequency distribution of respondents based on respondents' skills before and after SADARI counseling

Before SADARI Counseling	Frequency	Percentage
Beginning	14	93,3
Capable	1	6,7
Proficient	0	0
Total	15	100%
After SADARI Counseling	Frequency	Percentage
Beginning	0	0
Capable	2	13,3
Proficient	13	86,7
Total	15	100%

Based on table 2, it was found that before counseling almost all (93.3%) 14 respondents had initial skills, and after counseling almost all (86.7%) 13 respondents had advanced skills.

Table 3 Analysis of the Effect of Counseling on Consciousness with Demonstration Methods on Consciousness Skills in Women of Childbearing Age

Before Counseling	After Counseling			Total
	Early Skills	Capable Skills	Advanced Skills	
Early Skills	0	2	12	14
Capable Skills	0	0	1	1
Advanced Skills	0	0	0	0
Total	0	2	13	15
p-value 0,00		α (0,05)		

The results presented in the cross-tabulation showed that before being given counseling almost all mothers had initial skills, namely 14 respondents (93.3%) and after being given BSE counseling with the Demonstration method, almost all of the respondents had advanced skills, namely 13 people (86.7%).). Based on the results of statistical tests using the Wilcoxon Signed Ranks Test, it was found that the -value was 0.00, so the value $<\alpha$ (0.00 0.05). This means that H0 is rejected, and H1 is accepted, meaning that there is an effect of counseling with the awareness demonstration method on the skills of women of childbearing age.

DISCUSSION

Skills in women of childbearing age before counseling about SADARI with the demonstration method

SADARI is an attempt to get breast cancer at an earlier stage (downstaging). Good training and regular evaluation are required. In accordance with the theory, these skills or abilities will basically be better if they are continuously honed and trained to improve their abilities so that they will become experts or masters of one of the existing skills. According to the researcher, almost all of the respondents had initial skills due to a lack of knowledge about how to do Consciousness. it is necessary to provide counseling to increase the knowledge and skills of respondents to become more proficient.

Skills in women of childbearing age after counseling about SAFARI with the demonstration method

Based on the theory, educational aids are a tool that can be absorbed by the eyes and ears with the aim of helping teachers make the student teaching and learning process more effective and efficient (Nasution, 2010). And according to Faisal's theory, 2010 Educational teaching aids such as audio and visual instruments are used to help the learning process become more interesting and arouse students' interest in exploring a material. According to researchers, counseling through the demonstration method provides many benefits because respondents can understand the material quickly and what is being taught because it can be absorbed by the eyes and ears so that respondents easily remember the material provided. Therefore, almost all of them understood how to carry out early detection of breast cancer with BSE techniques as a whole correctly.

The Effect of counseling on Consciousness with the Demonstration method on Consciousness skills in Women of Childbearing Age

The results of the analysis of the Wilcoxon Sign Rank Test on (0.05) and p-value (0.00), it can be concluded that p-value $<$ then H0 is rejected H1 is accepted meaning that there is an effect of counseling on Awareness with the Demonstration method on Awareness skills in Women of Childbearing Age. In accordance with the theory, skill proficiency will only be achieved through repeated practice from time to time (Depkes RI).

CONCLUSION

There are several factors that affect the skills of an individual such as knowledge and information. Knowledge is the result of "knowing" and occurs after people sense a certain subject and provide someone with evidence regarding the process of increasing or introducing information and ideas that have been obtained previously (Notoatmodjo, 2012). According to the researcher, the difference between respondents' skills after and before being given counseling is because of the knowledge, experience and information factors.

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