Midwifery Research Journal, 52-56
Volume 2 Number 2 November 2024
URL: https://jurnal.cakrabirawamedia.com/index.php/mrj/

ISSN 3025-6364 (Print) 3025-6356 (Online)

Assessment of Awareness in the Early Identification of Ca Mamae in Adolescent Females

Sulastri Tresya Waimbo
RSUD Kaimana
Email: sulastritresya@gmail.com

ABSTRACT

The disorder known as breast cancer (carcinoma mammae) is characterized by abnormal, fast, and uncontrollable growth in the breast tissue as a result of the cells' loss of normal control and processes. Implementing breast self-examination (BSE) to identify breast irregularities as an early detection of breast cancer is one attempt to lower the incidence of breast cancer. Since many youngsters are unaware about BSE, health education must be implemented. In order to provide reference material for discussing study findings, this literature review attempts to identify factors to be examined from a variety of theories with issues. The findings of the study indicate that breast self-examination, or BSE, has a significant role in the detection of breast cancer.

Keywords: breast cancer, breast examination, early detection, young women

BACKGROUND

When breast cancer is discovered early and treated appropriately, the cure rate is high (80–90%) and the death rate is much decreased (25–30%). This makes early detection of breast cancer crucial. Mammography and breast self-examination (BSE) are two methods for early breast cancer identification. One of the simplest and least expensive methods for women to learn and perform on their own to identify lumps that may develop into cancer is breast self-examination, or BSE. Since nearly 86% of breast lumps are found by the patients themselves, it is crucial to encourage BSE exams for the general public, particularly women (Olfah, Mendri, & Badi'ah, 2013). In Angrainy's (2017) study, Mboi claims that breast cancer patients are frequently identified.

The leading cause of death for women worldwide is breast cancer. The likelihood of breast cancer striking a man is extremely low, at 1 in 1000 (Mulyani & Rinawati, 2013). Breast cancer typically affects women. Breast cancer has the greatest rate of new cases (43.3%) and deaths (12.9%) among cancers in women worldwide, according to GLOBOCAN data from the International Agency for Research on Cancer (IARC) in Infodatin (2015). In Indonesia, there are an estimated 61,682 cases of breast cancer, or a 0.5% frequency. According to information from Sanglah Hospital Medical Records (2017), 3,952 cases of breast cancer were discovered at Sanglah Hospital during the three years between 2015 and 2017. Using information from the Provincial Health.

Although the management of breast cancer malignancy has advanced extremely quickly, both the death rate and the rate of breast cancer malignancy remain high. Up to 70% of cases of breast cancer are discovered when the disease has progressed. Naturally, people with breast cancer who have gotten a series of appropriate treatments at an early stage will have a greater five-year survival rate. According to the Indonesian Oncology Association (2013), the prognosis for breast cancer is determined by the stage diagnostic and comprises stage 1 (85%), stage II (60-70%), stage III (30-50%), and stage IV (15%). However, compared to

industrialized nations, patients in underdeveloped nations typically seek medical attention at an advanced stage (stage III–IV), arriving at an earlier.

It is believed that poor behavior and BSE exams, which result in many people arriving late for medical appointments, are the cause of breast cancer (Ongona & Tumbo, 2013). Lack of awareness and guidance from health authorities regarding the risks of cancer among young women is another factor contributing to the high prevalence of breast cancer. breast, risk factors, early indicators, and strategies for overcoming them (Cancer Foundation of Indonesia). Additional causes include alterations in environmental circumstances, frequent exposure to radiation from electronic media, and changes in lifestyle, such as the practice of consuming fast food (YKPJ, 2012).

It is imperative to take action to prevent cancer given the rising incidence of cancer cases. The Ministry of Health in Indonesia has put in place an early.

The best and most efficient way to find breast cancer early on is with BSE. BSE is done once a month, seven to ten days after the first day of menstruation, for women who are productive. A woman can begin BSE as soon as she has her period. Simanjutak and Purba (2019). But since the disease spreads to younger ages, teens (13–20 years old) must also perform BSE on a regular basis in an attempt to prevent and identify it early.

Researchers are interested in studying awareness assessment in early detection of Ca Mamae in young women as an early detection of breast cancer because of the aforementioned occurrence.

METHODS

The secondary data utilized in this study came from the findings of earlier research projects rather than firsthand observation. Google Scholar, Pubmed, and Google Scholar are the databases that are used to do searches. Three keywords based on Medical Subject Heading (MeSH) and a combination of the Boolean operators AND, OR, and NOT were displayed in order to conduct a literature search. It was decided to use the search method of (BSE Examination) AND (Detection of Ca Mamae in Adolescent Girls).

RESULTS

According to research by Sulistiyowati (2019), 69.4% of BSE behavior was incorrect after receiving Health Education, compared to 93.9% of BSE behavior before to receiving it. Teenage ladies in class XI exhibit different BSE behavior before and after receiving health education ($X2 = 7.243$ and $p = 0.007$). The conclusion is that health education has a significant impact on young women's BSE behavior, can expand knowledge, and can be used for breast cancer inspection and early diagnosis.

50 respondents who would serve as research samples were included in the 2017 study by Rizka Angrainy. Thirty-one (62%) of the 50 female students who responded indicated that most pupils lacked information.

Nuriza Syafitri's 2017 study included thirty-two responders. The study's findings showed that female students at SMA Muhammadiyah 1 Metro had an average BSE performance skill of 46.59 with a standard deviation of 10.140 prior to the demonstration (pretest), and 67.09 with a standard deviation of 10.726 following the demonstration (posttest). The dependent test is the statistical method used to compare two samples from the same group. There were 93 responders in all in Angesti Nugraheni's 2015 study. 53 people (57%) had a high degree of BSE knowledge, whereas 38 people (40.8%) had a moderate level, according to the study's findings from 93 respondents.

In 2015, Anisa Nurul Hanifah conducted a study with 147 participants. The study's findings demonstrated that while there was no correlation between the conduct of women of reproductive age and knowledge (p-value = 0.084), there was a correlation between attitude

(p-value = 0.005), family support (p-value = 0.001), and information exposure (p-value = 0.000). in applying the BSE approach for early breast cancer detection.

Thirty people participated in the Rachmaw Aty M, 2021 study. Teens' knowledge can be changed by counseling techniques that use both audio and visual media. Of the 30 female teenagers who participated in the activity, 19 had less knowledge prior to the activity, and 21 (70%) had a good understanding after receiving counseling and educational interactive videos.

According to Rini Mustikasar's research, 28 people responded in 2021. According to the research's findings, young women enrolled in the Bunda Family STIKes Jambi DIII Midwifery Study Program Level I have a correlation between their awareness and BSE behaviors (p-value = 0.002). By doing BSE as an early detection attempt and offering reproductive health education, young women's increased knowledge affects their awareness of the occurrence of breast cancer. According to the findings of studies on the connection between teenage girls' knowledge and behavior, BSE's efforts to identify breast cancer early in the Bunda Jambi Family STIKes DIII Midwifery Study Program Level I revealed that most respondents lacked adequate.

In 2021, Kasmira conducted a study with 28 participants. Ten (17.2%) respondents knew little or nothing about BSE prior to receiving therapy, while 48 (82.8%) respondents knew enough. Following counseling, the number of respondents with adequate understanding of BSE rose to 55 (94.9%), whereas the number of respondents with insufficient knowledge decreased to 3 (5.1%). Based on statistical tests using the SPSS program with the Wilcoxon test, the value of $p = 0.000$, so $p < 0.05$, indicates that respondents' knowledge levels changed before and after receiving counseling for the pre-test and post-test. It can also be inferred that class XI female students' knowledge of BSE is impacted by receiving counseling about BSE.

DISCUSSION

There are eight articles that address awareness checks, according to the article search results. Self-examination of the breasts to find any abnormalities is known as breast self-examination, or BSE. Because early detection is the key to saving lives, BSE can identify tumors that may cause breast cancer as well as early abnormalities or changes that arise in the breasts. The curiosity of young women, who are driven to be able to identify breast cancer early and avoid dying from it, has an impact on the growth of BSE skills. This supports the assertion made by Yakout, El-Shatbymoursy, Moawad, and Salem (2014) that in order to encourage someone to perform BSE on a regular basis, it is critical to increase awareness of the practice.

Seven publications that address early identification of breast cancer are found in the article search results. Breast cancer, also known as mammary carcinoma, is a kind of cancer that develops in the breast's connective tissue, fatty tissue, and mammary glands. Because breast cancer is linked to a cancer that can be fatal, it continues to be a terrifying condition, particularly for women (Kusumawaty et al., 2020). When genes that control cell growth and differentiation are damaged, cells proliferate and replicate uncontrolled, which leads to breast cancer. The axillary or supraclavicular lymph nodes expand later because breast cancer is caused by the lymph nodes. Cancer spreads to various body organs through the blood arteries. The p-value, which is based on 10 papers, is ≤ 0.005, indicating that breast self-examination has an impact on breast cancer detection.

The lack of experience teenagers have with exposure to breast cancer cases, such as the possibility that no family members, relatives, or other people have ever seen teenagers suffering from breast cancer, is likely the reason why routine BSE examinations are not performed on young women with good knowledge each month, according to the researcher. The high number of cancer cases is attributed to a lack of knowledge and poor awareness among young people, and early detection, increased awareness, and adequate treatment in

cases of breast cancer are thought to be able to minimize the number of fatalities due to breast cancer.

The findings from the study by Heryani, Kusumawaty, Gunawan, and Samrotul (2020) Lack of knowledge about breast cancer throughout adolescence regarding early detection and treatment is one of the factors contributing to the high prevalence of breast cancer. Another factor contributing to the high cancer death rate is that most patients who seek medical attention are already in an advanced stage of the disease. It will be challenging to complete the healing process if the patient's cancer is advanced. One of the reasons for the high death rate from breast cancer is a lack of public awareness about the disease and how to identify it. Women over 20 years old can perform breast self-examinations (BSEs) at the appropriate time, which is when their periods are over, that is.

CONCLUSION

Based on the results of research from 10 journals conducted by the Review, it is known that breast self-examination (BSE) is very influential in efforts to detect breast cancer early. So it is hoped that young women can improve their BSE abilities. This is influenced by the interest of young women, where young women are motivated to be able to detect early abnormalities or changes that occur in the breasts, as well as to identify lumps that could possibly cause breast cancer. Because early discovery is the key to saving lives. Because prevention is better than cure.

REFERENCES

Aini Silvi Astuti, Aini. (2021). Efektivitas Pendidikan Kesehatan Sadari Terhadap Tingkat Pengetahuan remaja Putri Tentang Deteksi Dini Kanker Payudara Di Tegalsari Bendungan. Diss. Universitas Kusuma Husada Surakarta.

Angrainy, Rizka. (2017). "Hubungan pengetahuan, sikap tentang sadari dalam mendeteksi Dini kanker payudara pada remaja." Jurnal Endurance: Kajian Ilmiah Problema Kesehatan 2.2 (2017): 232-238.

Artikasari, Lia, Herinawati, Herinawati, Susilawati, Enny. (2021). Faktor-Faktor Yang Berhubungan Dengan Perilaku Wanita Usia Subur Terhadap Deteksi Dini Ca Mammae Menggunakan Teknik Sadari. JURNAL ILMIAH OBSGIN: Jurnal Ilmiah Ilmu Kebidanan & Kandungan P-ISSN: 1979-3340 e-ISSN: 2685-7987, 2021, 13.1.

Julaecha, J. (2021). Pendidikan Kesehatan tentang Deteksi Dini Kanker Payudara Melalui Pemeriksaan Payudara Sendiri (SADARI). Jurnal Abdimas Kesehatan (JAK), 3(2), 115-119.

Kurniawati, T., Setiyowati, W., & Puspitasari, A. (2021). Hubungan Tingkat Pengetahuan Sadari Dengan Praktik Sadari Pada Remaja Putri Di Desa Sinar Agung Kecamatan Way Tenong Kabupaten Lampung Barat. Midwifery Care Journal, 2(3), 97-102.

Noer, Rachmawaty M., Netty Herawaty Purba, and Wiwik Suryadartiwi. (2021). "Edukasi Sadari (Pemeriksaan Payudara Sendiri) Sebagai Deteksi Dini Pencegahan Kanker Payudara Pada Remaja Putri." JMM (Jurnal Masyarakat Mandiri) 5.2 (2021): 651-662.

Pratama, R. M. K., & Susanti, D. (2021). Upaya Deteksi Dini Kanker Payudara Pada Remaja Puteri. Afiasi: Jurnal Kesehatan Masyarakat, 6(1), 13-18.

Sinurat, L. R. E., Sipayung, R. R., & Ningsih, S. D. (2021). Deteksi Dini Kanker Mammae Pada Wanita Usia Subur Melalui Pemeriksaan Sadari. Jurnal Abdimas Mutiara, 2(2), 217-225.

Syafitri, Nuriza. (2017). "Perbedaan Metode Demonstrasi Terhadap Pemeriksaan Sadari Pada Siswi Kelas XI Di SMA Muhammadiyah 1 Metro." Jurnal Kesehatan 1.1.

Widyawaty, E. D., & Sari, P. D. M. (2021). Hubungan Pengetahuan tentang SADARI dengan Sikap Deteksi Dini Kanker Payudara pada Mahasiswi di Akademi Kebidanan Wijaya Kusuma Malang. Ovary Midwifery Journal, 3(1), 19-24.