Self Awareness Students Of SMPN 4 Sei Rampah About Early Detection Of Breast Cancer In 2020

Lilis Novitarum [1], Vina Sigalingging[2], Bennaria Pandjaitan[3]
[1,2,3]Prodi Ners, STIKes Santa Elisabeth Medan

ARTICLE INFO	ABSTRACT
Keywords: *Self Awareness,* *Early Detection,* *Breast Cancer*	The incidence of breast cancer in Indonesia is still very high, most are detected at an advanced stage, therefore it is very important to do breast self-examination (BSE). To do BSE requires self-awareness, especially from a very young age considering The risk factor for breast cancer is early menstruation. The purpose of this study is to identify Self-Awareness of SMPN 4 Sei Rampah students regarding Early Detection of Breast Cancer.This type of research is descriptive analytic with cross sectional design. The population in the study were all students of SMPN 4 Sei Rampah with a total sample of 71 people. The sampling technique uses simple random sampling. Result showed good Self-Awareness as many as 62 people (87.3%). This shows that the Self-Awareness of SMPN 4 Sei Rampah students regarding Early Detection of Breast Cancer in 2020 is good. It is hoped that young women will increase self-awareness about early detection of breast cancer in order to reduce the incidence of breast cancer.
Email : lilisnovit@gmail.com vina_sigal@yahoo.com	

1. INTRODUCTION

World Health Organization(WHO) reports that breast cancer is the most common cancer suffered by women in both developed and developing countries. The number of cases of breast cancer is ranked second after cervical cancer which affects most women in the world. A survey conducted by WHO states that 8-9 percent of women experience breast cancer (WHO, 2013). Every month more than 250,000 or every hour there are 28 new cases of breast cancer diagnosed in Europe and approximately 175,000 or every hour there are 19 new cases of breast cancer diagnosed in the United States. In addition, according to the National Cancer Institute (NCI), there are an estimated 232,340 new cases of women suffering from breast cancer, while cases of death from breast cancer amounted to 39,620 women (NCI, 2013).

The cause of breast cancer is not known with certainty. Nonetheless, research identifies a number of factors that may increase the risk in certain individuals, which include: a family history of similar diseases, increasing age, not having children, first pregnancy over the age of 30, longer menstrual periods (first menstruation earlier or later menopause), hormonal factors both estrogen and endrogen (Moh.Yamin, 2013; 15). According to the journal Hassan et al said that 30% of participants confirmed that they had a positive family history of breast cancer, making them susceptible to breast cancer, and 28.7% and 18.2% of them knew that aging and nulliparity increased the likelihood of breast cancer. Sulaiman in his research on students in Jordan found that half of the respondents (51.8%) had breast cancer. Of this number 22.7% believed that the cause of breast cancer was a medical condition, followed by old age 16.4%, heredity 12.8% , lack of breastfeeding 13.3%, pregnancy in older women 7.5%, breastfeeding Excessive breastfeeding 3.9%, not married 3.2%. In India, Dahiya et al in their research found risk factors for breast cancer were family history (59.5%), smoking 57.7%, old age (56.3%), lack of breastfeeding (48.2%), late menopause (37. 4%), and early menstruation (34.7%). excessive breastfeeding 3.9%, not married 3.2%. In India, Dahiya et al in their research found risk factors for breast cancer were family history (59.5%), smoking 57.7%, old age (56.3%), lack of breastfeeding (48.2%), late menopause (37. 4%), and early menstruation (34.7%).

excessive breastfeeding 3.9%, not married 3.2%. In India, Dahiya et al in their research found risk factors for breast cancer were family history (59.5%), smoking 57.7%, old age (56.3%), lack of breastfeeding (48.2%), late menopause (37. 4%), and early menstruation (34.7%).

The incidence of breast cancer is increasing in developing countries due to increasing life expectancy, increasing urbanization and adoption of western lifestyles. Recent global cancer statistics show an increasing global incidence of breast cancer and this increase is occurring at a more rapid rate in developing countries. Training women how to do a Breast Self Examination (BSE) can help them to be aware of any abnormalities in their breasts to seek medical consultation immediately. Health behavior can be influenced by the level of awareness about breast cancer(Hassan, Seedhom, & Mahfouz, 2017). Adolescents who have less knowledge about breast cancer and early detection efforts make adolescents have a negative attitude towards it

In a study by Karayurt et al at secondary schools in Turkey, they found that high school students had low knowledge of breast self-examination (98.5%). The importance of doing BSE has become a government program in an effort to overcome the incidence of breast cancer. This is stated in the Regulation of the Minister of Health of the Republic of Indonesia number 34 of 2015 concerning "Breast Cancer Prevention" in women from the first menstruation they are encouraged to do BSE, while older women (over 40 years) are encouraged to do a clinical breast examination (SADANIS) which is carried out once every three years. Efforts for early detection are very important because cancer found at an early stage can be given therapy immediately and the possibility of recovery reaches 80-90%.

Based on the results of a preliminary survey in the administration section for November 2020, there has never been any research and health education about BSE for female students at SMPN 4 Sei Rampah. Based on the phenomenon that has been described, the researcher is interested in conducting a study entitled "Self-Awareness of Students of SMP Negeri 4 Sei Rampah about Early Detection of Breast Cancer".

2. METHOD

The method used in this research is descriptive analytic with cross sectional design. The population in the study were all students of SMPN 4 Sei Rampah with a total sample of 71 people. The sampling technique uses simple random sampling. Research data collection using google form. The research instrument was tested for validity and reliability to determine the validity of the instrument and its reliability. Data were analyzed with the help of a computer, namely statistical software so that the results are presented in the form of distribution and frequency tables

3. RESULTS AND DISCUSSION

Table 1. Frequency Distribution of Respondents based on Demographic Data at SMPN 4 Sei Rampah in 2020.

Characteristics	Frequency (f)	Percentage (f)
Age		
11 years old	5	8.5
12 years old	18	25.4
13 years old	7	9.9
14 years	34	47.9
15 years	6	8.5
Total	**71**	**100.0**
Once		
Yes	52	72,3
No	19	26.8
Total	**71**	**100.0**
Information obtained		
family	24	33.8
Television	12	16.9

Self Awareness Students Of SMPN 4 Sei Rampah About Early Detection Of Breast Cancer In 2020. **Lilis Novitarum, et.al**

Radio	2	2.8
Social media	33	46.5
Total	**71**	**100.0**

Table 1. Showing the results of research conducted at SMPN 4 Sei Rampah, from 71 respondents, the majority of respondents were 14 years old, 34 people (47.9%), 12 years old, 18 people (25.4%) and minorities and 11 years, 5 people (8.5%). The majority of respondents had heard of breast self-examination (BSE) with a total of 52 people (73.2%), and a minority had never heard of BSE as many as 19 people (26.8%). Where did the information come from, the majority of respondents received information from social media as many as 33 people (46.5%), from families as many as 24 people (33.8%), from television as many as 12 people (16.9%) and a minority of respondents received information from radio as many as 2 people (2.8%).

This is in accordance with the opinion of Purwakania and Aliah (2006) that the development of individual self-awareness is in the adolescent stage (12-18 years) and continues to develop according to the age of the individual. So that adolescents have the ability within themselves to understand themselves, determine life, and appreciate their psychological problems

Table 2. Table of Frequency Distribution of Self Awareness Students of SMPN 4 Sei Rampah regarding Early Detection of Breast Cancer in 2020

Self Awareness	Frequency (f)	Percentage (%)
Enough	9	12.7
Good	62	87.3
Total	**71**	**100.0**

Table 2 shows that 62 people (87.3%) had good respondents' self-awareness, and 9 people (12.7%) had enough.

The results showed that the self-awareness of SMPN 4 Sei Rampah students about early detection of breast cancer, the majority of students had good self-awareness, as many as 62 people (87.3%). The main skill in self-awareness is recognizing emotions that will realize the connection between feelings and what they think, respondents are able to control their emotions in doing BSE, it can be seen from the majority of respondents 59 people (16%) answered yes to the statement "I let go of anxiety that interferes when do BSE". "I teach people who don't understand how to do BSE", namely as many as 28 people (39%). Sufficient self-awareness of 9 people (12.7%) is influenced by self-awareness factors, namely knowledge and behavior. Middle school girls with ages

4. CONCLUSION

Based on the results of research conducted by researchers on Self-Awareness of SMPN 4 Sei Rampah Students regarding Early Detection of Breast Cancer in 2020 with a total of 71 respondents it can be concluded that: The majority of respondents aged 14, namely as many as 34 people (47.9%). The majority of respondents had heard of information about breast self-examination (BSE), as many as 52 people (72.3%). The majority of respondents heard information from social media, namely as many as 33 people (46.5%). Self-AwarenessSMPN4 Sei Rampah students regarding Early Detection of Breast Cancer in 2020 are classified as good, namely 62 people (87.3%). Middle school students already have self-confidence and are aware of their weaknesses and strengths in early detection of breast cancer.

REFERENCES

[1] Azwar, Syaifuddin. 2011. Penyusunan Skala Psikologi. Yogyakarta : Pustaka   Pelajar Offset
[2] Creswell, J. W. (2009). Pendekatan Kualitatif, Kuantitatif, dan Mixed. Pustaka Pelajar.
[3] Dafid, M. (2012). Hubungan Disiplin Kerja Dengan Kesadaran Dalam Menjalankan Tugas PT. Semen Gresik (Persero) Tbk. Universitas Islam Negeri Maulana Malik Ibrahim. Skripsi.
[4] Goleman, D. (2007). *Emotional Question*. Jakarta: Gramedia Pustaka Utama.

[5]   Hani, K. (2017). *Self Esteem, Self Awareness Dan Perilaku Asertif Pada Remaja*.
[6]   Hassan E.E., Seedhom E.E., & Mahfouz E.M.,(2016). *Awarenes about Breast Cancer and Its Screening among Rural Egyptian Women, Minia Distric: a population-Based Study.*
[7]   Hidayat A. (2007). Metode Penelitian Keperawatan dan teknik Analisa Data. Salemba Medika.
[8]   Karthijekan K' and Karunakaran KE. (2017). *Knowledge on Breast Cancer and Practices on Breast Self-Examination among Female Student in Faculty of Health-care Sciences, Eastern University, Sri Lanka.*
[9]   Karayurt O., Ozmen D and Cetinkaya A.C..(2008).*Awarenes of Breast Cancer Risk Factor and Practice of Breast Self Examination among High Scool Students in Turkey.*
[10]   Mansjoer,Arief dkk (2003). Kapita Selekta Kedokteran, Jilid 2 Jakarta. Media Aesculapius.
[11]   Mayers, D. G. (2012). Psikologi Sosial. Jakarta: Penerbit Salemba Humanika
[12]   Nafisa, I.N.K. (2010). Efektivitas Metode Inabah Terhadap *Self-Awarenes* Pada Pecandu Alkohol (Studi Eksperimen Di Pondok Inabah Pesantren Surabaya). Skripsi. Universitas Islam Negeri Sulthan Syarif Kasim Riau.
[13]   Notoadmojo. (2010). Metodologi Penelitian Kesehatan. Rineka Cipta.
[14]   Nursalam. (2014). Konsep dan Penerapan Metodologi Penelitian Ilmu Keperawatan. Salemba Medika.
[15]   Nursalam. (2020). Metodologi penelitian ilmu keperawatan (4 (ed.)). Salemba
[16]   Polit, D.F., and Beck, C. T. (2012). *Nursing Research Principles and methods (Seventh Ed). Lipincott Williams and Wilkins*.
[17]   Price & Wilson. (2006). Patofisiologi konsep klinis proses-proses penyakit.
[18]   Purwakania, H., dan Aliah, B. (2006). Psikologi Perkembangan Islami. Jakarta: PT. Raja Grafindo Persada
[19]   Rochat, P. (2003). *Five Levels of Self-Awarenes As They Unfold Early in Life. Departement of Psychology. Emory University, Atlanta, USA*
[20]   Sastrawinata. (2018). Pengaruh Kesadaran Diri, Pengetahuan Diri, Motivasi, Empati, dan Keterampilan Sosial Terhadap Kinerja Auditor Pada Kap di Kota Palembang. 1–19.
[21]   Setiadi, 2007. Konsep dan Penulisan Riset Keperawatan. Cetakan Pertama. Graha Ilmu: Yogyakarta.
[22]   Sigalingging, V. Y. S., & Simorangkir, L. (2020). *Gambaran Demografi Dan Kecemasan Penderita Kanker Serviks Yang Menjalani Kemoterapi Di Rsud Dr. Moewardi Surakarta Tahun 2019. Jurnal Darma Agung Husada*, 7(1), 1-7
[23]   *Suddarth & Brunner* (2003). Buku Ajar Keperawatan Medikal Bedah Edisi Kedelapan. Jakarta

[24]   Sugiyono. (2016). Metode Penelitian Kuantitatif, Kualitatif dan R&D. Bandung: PT Alfabet
[25]   Uswatun. (2017). Hubungan *Self-awaraness* dengan Kadar Glukosa darah pada Pasien DM TIPE 2
[26]   Yamin, M. (2013). Strategi dan Metode dalam Model Pembelajaran. Jakarta: Referensi (GP Press Group).