


# The influence of health education using educational videos about awareness of knowledge young women in SMP Negeri 1 Sawo, Sawo District, North Nias Regency in 2023

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Article Info	ABSTRACT
<p><b>Keywords:</b> Health Education using Educational Videos, Teen Knowledge about REALIZE</p>	<p>Breast cancer is the main cause of death among all cancers experienced by women in Indonesia. Global Cancer Observatory data for 2018 shows that the incidence of cancer in Indonesia (136.2/100,000 population) is at number 8 in Southeast Asia. Breast cancer cases that occur in teenagers are thought to be due to lifestyle. One effort that can be done is to REALIZE. This study aims to determine the influence of health education using educational videos about REALIZE on the knowledge of young women at SMP Negeri 1 Sawo, Sawo District, North Nias Regency in 2023. This research is a study Pre-Experimental Design is a one-group pretest-posttest design approach. This research was carried out from 21 August 2023 to 2 September 2023. The population was 141 female students. Sampling using simple random sampling with a total sample of 45 people. The research results showed that young women's knowledge about REALIZE before being given health education using educational videos at SMP Negeri 1 Sawo the majority are not good and the majority of young women's knowledge about REALIZE after being given health education using educational videos at SMP Negeri 1 Sawo is good. Based on the results of the paired sample t-test, it was found that the p value = 0.001 &lt; <math>\alpha</math> = 0.05. The conclusion in this research is yes the influence of health education using educational videos about REALIZE on the knowledge of young women at SMP Negeri 1 Sawo, Sawo District, North Nias Regency in 2023. Suggestions in this research SMP Negeri 1 Sawo continues to provide ongoing education to SMP Negeri 1 Sawo students so they can optimize the prevention and early detection of breast cancer in adolescents through educational videos about REALIZE.</p>
<p>This is an open access article under the <a href="https://creativecommons.org/licenses/by-nc/4.0/">CC BY-NC</a> license</p> 	<p><b>Corresponding Author:</b> Herlia Sumardha Nasution Universitas Haji Sumatera Utara, Fakultas Ilmu Kesehatan, Program Studi Kebidanan <a href="mailto:herliasumardha5787@gmail.com">herliasumardha5787@gmail.com</a></p>

## INTRODUCTION

Breast cancer is the main cause of death among all cancers experienced by women in Indonesia. Cancer is a health problem throughout the world, one of the reasons for the increasing death rate due to breast cancer is that it is detected at an advanced stage (WHO,

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2014). Breast cancer is a malignant tumor that grows in breast tissue. Every year more than 185,000 women are diagnosed with breast cancer. The incidence of this disease is increasing in developed countries (Indonesian Ministry of Health, 2015).

Global Cancer Observatory data for 2018 shows that the incidence rate of cancer in Indonesia (136.2/100,000 population) is at number 8 in Southeast Asia, while in Asia it is at number 23. The highest incidence rate for women is breast cancer, namely 42.1 per 100,000 population with an average death of 17 per 100,000 population, followed by cervical cancer at 23.4 per 100,000 population with an average death of 13.9 per 100,000 population (Ministry of Health of the Republic of Indonesia, 2019).

According to Basic Health Research (Riskesmas) in 2018, the prevalence of tumors/cancer in Indonesia showed an increase from 1.4 per 1,000 population in 2013 to 1.79 per 1,000 population in 2018. The highest cancer prevalence was in DI Yogyakarta province with 4.86 per 1,000 population, followed by West Sumatra 2.47 per 1,000 population and Gorontalo 2.44 per 1,000 population (Indonesian Ministry of Health, 2019).

Adolescence is a transition period between childhood and adulthood which begins at the time of sexual maturity, namely between the ages of 11 or 12 to 20 years, leading up to young adulthood. Currently, many breast cancer sufferers are found at a young age, quite a few fourteen year old girls suffer from tumors in their breasts. Where the tumor that occurs can become cancer, if it is not detected early. Even though not all of them are malignant, this shows that currently there is a trend of increasing breast cancer symptoms in teenagers (Saragih, 2020).

Breast cancer cases that occur in adolescents are thought to be due to lifestyle, especially unhealthy food (junk food), lack of consumption of vegetables and fruit, smoking and alcohol. During adolescence, an unbalanced diet composition during puberty and an unhealthy lifestyle also play a big role in causing breast cancer later in life. This is because nutrition is one of the factors that influences estrogen and estradiol levels in the body (Sutopo, 2020).

One effort that can be made to control breast cancer is by carrying out primary prevention such as controlling risk factors and increasing communication, information and education. Secondary prevention is carried out through early detection of breast cancer, namely breast self-examination (REALIZE) (Ministry of Health of the Republic of Indonesia, 2015). This effort is very important, because if breast cancer can be detected at an early stage and treated appropriately, the cure rate will be quite high (80-90%). REALIZE helps check the condition of the breasts for lumps or other changes that could be a sign of a tumor or breast cancer that requires medical attention (Irianto, 2014).

REALIZE should be done once a month so that you get used to the condition of your breasts. This habit makes it easier for women to notice changes from month to month. Early discovery of changes from normal conditions is the basic idea of REALIZE. If you are menstruating, the best time to REALIZE is 5-7 days after menstruation ends and your breasts have become soft and not swollen. REALIZE is easy to do, cheap, fast and effective

to get to know and realize if there is something abnormal in the breast (Fitrianti and Haryani, 2018).

Even though it can be done easily, in reality quite a few teenagers are indifferent to the health condition of their reproductive organs. One of the reasons for this is the lack of knowledge among teenagers about breast self-examination. Insufficient knowledge can be caused by the absence of reproductive health and REALIZE subjects which causes teenagers not to be exposed to information about REALIZE (Sinaga & Ardayani, 2016). Apart from that, multimedia facilities with adequate internet services have not been utilized optimally by young women to increase knowledge about REALIZE outside of class hours (Fitrianti and Haryani, 2018).

Increasing knowledge requires the use of information media such as health education. Health education is an effort or activity to help individuals, families and communities improve their ability to achieve optimal health (Notoadmodjo, 2014). Health education is carried out in the form of learning activities designed by health workers according to client needs. The learning process in health education is expected to be able to change the abilities and behavior of target students (Notoatmodjo, 2014). The increase in knowledge that occurs after being given health education is one aspect of the abilities achieved by target students as a result of the learning process. Achieving the goals of health education will be easier with the use of appropriate learning media and can increase the ease of receiving information (Mardhiah, 2015).

Education can be provided, one of which is using video media about "REALIZE". The use of a video about REALIZE can clarify the abstract picture regarding the importance of breast self-examination, because in the process of giving it, respondents not only hear the material being presented, but also see directly and clearly the steps for REALIZE through the video (Aeni and Yuhandini, 2018).

According to Saragih's (2020) research entitled the influence of health education "REALIZE" on knowledge of early detection of breast cancer among young women at the Imelda Medan Health Vocational School, it was found that there was an influence of health education regarding breast self-examination (REALIZE) on female students' knowledge of early detection of breast cancer. at Imelda Health Vocational School, Medan.

Supported by Fitrianti and Haryani (2018) entitled the influence of health education on young women's knowledge about REALIZE at SMAN 1 Kuala Tungkal, it was found that the average knowledge score of respondents before being given health education was 54.75 with a standard deviation of 7.860 and after health education was given The average value is 84.00 with a standard deviation of 7.182. Then, based on the results of the paired T test statistical test showing a p-value of  $0.000 < 0.05$ , it can be concluded that there is an influence of health education on young women's knowledge about REALIZE at SMAN 1 Kuala Tungkal.

Furthermore, Seniorita's (2017) research entitled the effect of health education about REALIZE on the knowledge and attitudes of young women in efforts to detect breast cancer early at SMA Yanpend Paba in 2017 found that there was a difference in knowledge

results between the control group and the treatment group after being given health education about REALIZE because There are significant differences, so the research problem formulation was answered, namely "There is an Influence of Knowledge for the Treatment Group on the Knowledge Results of Young Women at YASPEND PABA High School, Binjai 2017".

Based on an initial survey conducted at SMP Negeri 1 Sawo, Sawo District, North Nias Regency, it was found that the number of students from class VII to class IX was 243 people, with a frequency of 141 female students and 102 male students (Profile of SMPN 1 Sawo, 2023). Based on the results of interviews conducted with 10 young women, it was found that all of them had never carried out a breast self-examination (REALIZE) because they did not know how to do it and which side to touch and how abnormal protrusion of the breasts indicated it was a disease. The young woman also said that their biology lessons at school never discussed breast disease but only explained the anatomy of the breast. The young woman also said that she had never received health education about breast self-examination (REALIZE). Based on the description above, researchers are interested in conducting research on "the influence of health education using educational videos about REALIZE on the knowledge of young women at SMP Negeri 1 Sawo, Sawo District, North Nias Regency in 2023."

## METHODS

This research is experimental research that uses non-parametric statistical analysis, namely the statistical part where the parameters of the population follow a certain distribution (Sugiyono, 2014). The research design uses a Pre-Experimental Design with a one-group pretest-posttest design approach, namely a technique to determine the effects before and after giving treatment (Sugiyono, 2017). Namely to see the effect of health education using educational videos about REALIZE on the knowledge of young women at SMP Negeri 1 Sawo, Sawo District, North Nias Regency in 2023.

## RESULTS AND DISCUSSION

### Results

SMP Negeri 1 Sawo is a state junior high school located on Jalan Kartini No. 04 Lasara Sawo Village, Kab. North Nias. This state junior high school began its journey in 2007 with establishment decree number 420/5136-PRP/2007 dated 15 August 2007 and operational decree number 421.2/4320-POP/disdik/2013 dated 26 November 2013. SMP Negeri 1 Sawo has grade B accreditation with score 82 (2021 accreditation) from BAN-S/M (National Accreditation Body) School/Madrasah. SMP Negeri 1 stands on an area of 20,250 m<sup>2</sup>.

**Table 1.** Characteristics of Respondents at SMP Negeri 1 Sawo, Sawo District, North Nias Regency

No	Characteristics	Frequency (f)	Percentage (%)
1	Respondent's Age		
	13 years old	13	28.9
	14 years	16	35.6
	15 years	14	31.1
	16 years	2	4.4
	Amount	45	100.0
No	Characteristics	Frequency (f)	Percentage (%)
2	Class		
	VII	15	33.3
	VIII	15	33.3
	IX	15	33.3
	Amount	45	100.0

Based on table 4.1, it can be seen that of the 45 respondents, students of SMP Negeri 1 Sawo from class VII to class IX, the majority of respondents were 14 years old, 16 people (35.6%) and 15 people in each class (33.3%).

**Table 2** Knowledge of Young Women about REALIZE before being given Health Education Using Educational Videos at SMP Negeri 1 Sawo, Sawo District, North Nias Regency, 2023

No	Young Women's Knowledge about REALIZE before being given Health Education Using Educational Videos	Frequency (f)	%
1	Not enough	31	68.9
2	Enough	14	31.1
	Amount	45	100

From table 4.2 it can be seen that the majority of young women's knowledge about REALIZE before being given health education using educational videos at SMP Negeri 1 Sawo was poor, as many as 31 people (68.9%)

**Table 3.** Knowledge of Young Women about REALIZE after being given Health Education Using Educational Videos at SMP Negeri 1 Sawo, Sawo District, North Nias Regency in 2023

No	Young Women's Knowledge about REALIZE after being given Health Education Using Educational Videos	Frequency (f)	%
1	Enough	9	20.0
2	Good	36	80.0
	Amount	45	100

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From table 4.3 it can be seen that the majority of young women's knowledge about REALIZE after being given health education using educational videos at SMP Negeri 1 Sawo is good, amounting to 36 people (80%).

**Table 4.** Effect of Health Education Using Educational Videos about REALIZE on the Knowledge of Young Women at SMP Negeri 1 Sawo, Sawo District, North Nias Regency in 2023

No	Treatment	Mean	N	Sig.
1	Adolescent Knowledge (Pre Test)	6.02	45	0.001
2	Adolescent Knowledge (Post Test)	15.13	45	

Based on Table 4.4 above, it can be seen that there is a difference in the average value of teenagers' knowledge before and after being given health education using educational videos about REALIZE. Where before being given health education the average knowledge of teenagers was 6.02 in categories (0-6= not good, 7-13= fair, 14-20= good). So the conclusion obtained before being given health education using educational videos is that adolescent knowledge is categorized as lacking.

### Discussion

The research results showed that there was a difference in the average knowledge value of teenagers before and after being given health education using educational videos about REALIZE. Where before being given health education the average knowledge of teenagers was 6.02 in categories (0-6= not good, 7-13= fair, 14-20= good). So the conclusion obtained before being given health education using educational videos is that adolescent knowledge is categorized as lacking.

After being given health education using educational videos, the average increase was 15.13, indicating that teenagers' knowledge was categorized as good. Based on the paired sample t-test, it was found that  $p = 0.001 < \alpha = 0.05$  so that  $H_0$  was rejected, the conclusion being that there was an influence of health education using educational videos about REALIZE on the knowledge of young women at SMP Negeri 1 Sawo, Sawo District, North Nias Regency in 2023.

Supported by research by Amalia et al (2023), it is stated that there is an influence of health education using video media on the level of knowledge and skills regarding breast self-examination (REALIZE) at SMP Negeri 1 Sukoharjo. The level of knowledge of young women before being given health education using video media about REALIZE was in the poor category of 42 respondents (73.7%) and after being given health education in the good category was 22 respondents (38.6%) out of a total of 57 respondents. The skill level of young women before being given health education was in the sufficient category as many as 36 respondents (56.1%) and after being given health education in the good category as many as 40 respondents (70.2%) out of a total of 57 respondents.

According to researchers' assumptions, the presence of health education about REALIZE makes young women know how important it is to know how to REALIZE in finding lumps in the breast with the aim of early detection of breast cancer. For this reason,

teenagers need to receive health education using effective media, so that the information messages conveyed can be well absorbed. In line with the research results of Patimbang (2022). stated that the existence of health education about REALIZE for adolescent girls through video media was able to increase the knowledge of adolescent girls in carrying out breast self-examination and the importance of early detection of breast cancer.

The researcher chose the use of video media as a health education medium in this research, because it was felt to be more effective and interesting for young women so that the achievement of health education goals would be more optimal. Video media is able to provide benefits in conveying information because the messages given in the video are remembered more easily and quickly, and can be easily developed through imagination. Through videos, information about REALIZE can be conveyed and accepted by teenagers (Wijiastuti et al., 2023). In line with Putri (2018) who stated that the use of video media involves two senses at once in conveying information to respondents, namely the sense of sight and the sense of hearing, this makes the information easier for respondents to accept.

Researchers assume that the health education process through the REALIZE video greatly influences the knowledge and skills of young women in carrying out REALIZE, because during the learning process, indirectly young women or respondents will make a deliberate effort to understand the process of carrying out REALIZE. In line with the theory which states that a sign that an individual has learned is a change in behavior in the form of attitudes or skills in that individual which may be caused by changes in the level of knowledge (Piranti, 2021).

## CONCLUSION

Based on research conducted at SMP Negeri 1 Sawo, Sawo District, North Nias Regency, the conclusions were obtained: The majority of young women's knowledge about REALIZE before being given health education using educational videos at SMP Negeri 1 Sawo is not good. The majority of young women's knowledge about REALIZE after being given health education using educational videos at SMP Negeri 1 Sawo is good. There is an influence of health education using educational videos about REALIZE on the knowledge of young women at SMP Negeri 1 Sawo, Sawo District, North Nias Regency in 2023 with a value of  $p < 0.001 < \alpha = 0.05$ .

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