



Health Education By Using Slide And Video For Improving Breast Care Knowledge

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Abstrak

Tingginya insiden kanker payudara adalah karena kurangnya kesadaran wanita untuk segera memeriksakan diri apabila terdapat kelainan pada payudaranya. Oleh karena itu pengetahuan tentang pencegahan dini kanker payudara diperlukan dengan memberikan penyuluhan kesehatan dengan berbagai media seperti slide dan video. Tujuan penelitian ini adalah untuk mengetahui efektivitas pendidikan kesehatan dengan menggunakan media slide dan video terhadap tingkat pengetahuan tentang perawatan payudara pada siswa kelas tujuh dan delapan. Penelitian ini adalah penelitian pra-eksperimen dengan tiga kelompok pre-test dan post-test design. Populasi dalam penelitian ini adalah siswa kelas VIII dan VII SMP Negeri 2 Kasihan yang berjumlah 147 orang. Teknik total sampling digunakan dalam penelitian ini. Hasilnya menunjukkan bahwa pendidikan kesehatan menggunakan slide maupun video efektif meningkatkan pengetahuan siswa kelas VIII dan VII ($p \leq 0.00$). Pendidikan kesehatan menggunakan slide lebih efektif daripada menggunakan slide dan video atau hanya video saja.

Kata Kunci : Kanker Payudara, Perawatan Payudara, Pendidikan Kesehatan

Abstract

The high incidence of breast cancer is due to lack of the awareness of women to check the breast abnormalities immediately. Therefore Knowledge about early prevention of breast cancer is needed by providing health education with various media such as slides and video. The purpose of this research was to know the effectiveness of health education using slide and video to the level of knowledge about breast care among seventh and eighth grade students. This study was a pre-experimental study with three group pre-test and post-test design. The population in this research was seventh and eighth grade students SMP 2 Kasihan which amounted to 147 people. Total sampling technique was used in this study. The result showed that health education using slide and video were effective improve the level of knowledge among Seventh and eighth grade students ($p \leq 0.00$). Health education with slide and video media effectively improve students' knowledge. Health education using slide was more effective than using both slide and video or just only video.

Keywords: Breast Cancer, Breast Care, Health

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INTRODUCTION

Breast is a female reproductive organ that has a stage of development with a wide and varied range from the age of 9 to 18 years old (1). Breast cancer is a type of disease that can affect anyone both male and female. Until now breast cancer is to be something frightening, especially for a woman (2).

The high incidence of breast cancer is due to lack of the awareness of women to check the breast abnormalities immediately. The purpose of breast self-examination is to detect early if there are abnormalities in the predominant breast suspected of malignant, so as to reduce mortality (3). Patients who experience breast cancer with the youngest age are over 25 years and the increase in prevalence occurs in the age group less than 45 years. Breast cancer incubation period is estimated 8-12 years, thus required early prevention in order to avoid death (4).

According to GLOBOCAN International Agency for Research Cancer (IARC) 2012 data found that breast cancer is the highest percentage of new cases with a percentage of 43.3% and deaths from breast cancer by 12.9%, while based on Indonesia Ministry of Health, Indonesia quite high prevalence of breast cancer in 2012 with 809 cases with the death rate of 130 cases. In 2013 breast cancer increased by 819 cases and mortality rate 217 cases. The incidence of breast cancer is increasing every year. The highest prevalence of breast cancer was Yogyakarta province with prevalence 2.4% from 4.3%.

Breast is sensitive female organ which needed expert consultant for breast treatment using drugs and other techniques. Breast other than composed of milk glands and fats are also collagen, the older the age of a person's collagen will be thinner and the skin of the horseblock increasingly relaxed, but also the posture should be considered, because with an upright or ideal body can improve breast appearance (6).

According to Notoatmodjo (7) adolescence is one of the periods of human development which in this time there is a change from childhood to adulthood that includes biological, psychological changes, and social change. teenage age is starting from the age of 10-13 years and ending at the age of 18 years. Therefore it is necessary to know about the efforts of early prevention of breast cancer.

The level of knowledge is a person's knowledge of the objects seen and have different intensities, in improving knowledge, to improve behavior, especially in health education needs to be educational or health education to adolescents. Health education is a form of intervention or an effort to improve behavior and knowledge about health (8). Media or aids in providing health education are a tool used to provide health information that aims to facilitate recipients of health information for adolescents (9).

Preliminary study was completed in seventh and eighth grade students at SMP N 2 Kasihan by using interview technique. The study found 2 people had enough knowledge and 8 people had less knowledge. There were shown by less understood schoolgirl about breast care, by doing breast care can prevent breast cancer early. It is necessary to improve their knowledge by doing health education about breast care. After an interview with the vice principal of SMP Negeri 2 Kasihan, it was found that no previous research on breast care and knowledge of female students has been lacking in breast care. The result of the students' knowledge about breast care after being tested with questionnaires on 5 female students of IX class was obtained by 2 female students with less knowledge level and 3 female students with sufficient knowledge level, breast care before and after health education. Researchers interested in knowing the effectiveness of health education with media slide and video to the level of knowledge about

breast care in seventh and eighth grades woman students.

MATERIALS AND METHODS

This study was pre- experimental with a three group pre-test and post-test design. Population in this research was 147 all student of class VI and VII of SMP Negeri 2 Kasihan. Total Sampling was used in this study with inclusion and exclusion criteria of women. All classes VII and VIII were divided into three groups, group I used slide media, group II used video media, and group III used both slide and video media.

Univariate and Wilcoxon test were used to analyze the data. The independent variables in this study were health education using slide, video and both health education, while the dependent variable was the level of knowledge. The variables studied are the level of knowledge of VII and VIII grade students about breast care.

RESULTS AND DISCUSSION Result

Respondents in this research were all students of class VII and VIII SMP Negeri 2 Kasihan that meet the criteria standards. The complete characteristics of respondents were presented in **Table 1**.

Table 1. Characteristics of Respondent in SMP Negeri 2 Kasihan

Characteristics	f	%
Grade		
VI	82	55.8
VII	65	44.2
Age (years old)		
12	19	12.9
13	83	56.5
14	44	29.9
15	1	7
Education of Parents		
Elementary school	13	8.8
Junior high school	43	29.3
Senior high school	62	42.2
College	29	19.7
Expose of information		
Ever	55	37.4
Never	92	62.5
Total	147	100

Based on **Table 1**, this study found that in the class characteristics, most of the class VII was as many as 82 respondents (55.8%), whereas in the characteristic age of most aged 13 years was 83 respondents (56.5%), partial parenting education characteristics of high school were 62 respondents (42.2%), and on the characteristics of exposure most of the information was never 92 respondents (62.2%).

Table 2. Respondent Frequency Distribution based on Level of Knowledge before Education by Using Slide Media

Level of knowledge	F	%
Good	16	32.7
Enough	21	42.9
Less	12	24.5
Total	49	100

Based on **Table 2** this study found that most of the respondents had enough knowledge level that was 21 respondents (42.9%) before counseling.

Table 3. Respondent Frequency Distribution based on Level of Knowledge after Education by Using Slide Media

Level of knowledge	F	%
Good	38	77.6
Enough	11	22.4
Total	49	100

Based on **Table 3** this study showed that as many as 38 respondents (77.6%) had a good level of knowledge about breast care after counseling.

Table 4. Respondent Frequency Distribution based on Level of Knowledge before Education by Using Video Media

Level of knowledge	F	%
Good	33	67.3
Enough	15	30.6
Less	1	2.0
Total	49	100

Table 4 this study showed that most respondents had a good level of knowledge that is 33 respondents (67.3%) before counseling

Table 5. Respondent Frequency Distribution based on Level of Knowledge after Education by Using Video Media

Level of knowledge	F	%
Good	42	85.7
Enough	7	14.3
Total	49	100

Table 5 this study showed that most respondents had a good level of knowledge that is 42 respondents (85.7%) after counseling.

Table 6. Respondent Frequency Distribution based on Level of Knowledge before Education by Using Slide and Video Media

Level of knowledge	F	%
Good	20	40.8
Enough	27	55.1
Less	2	4.1
Total	49	100

Table 6 this study showed that most respondents had enough level of knowledge that is 27 respondents (55.1%) before counseling.

Table 7. Respondent Frequency Distribution based on Level of Knowledge after Education by Using Slide and Video Media

Level of knowledge	F	%
Good	33	67.3
Enough	15	30.6
Total	49	100

Table 7 this study showed that most respondents had a good level of knowledge that is 33 respondents (67.3%) after counseling.

Table 8. Respondent Frequency Distribution based on Level of Knowledge before and after Education by Using Slide Media

Analysis	N	Median (Min-Max)	P Value
Level of knowledge before education	49	12 (6-16)	0.000
Level of knowledge after education	49	15 (13-16)	

Table 8 showed that statistical test results using Wilcoxon test. There were differences in the level of knowledge before and after being

given a health education with a slide obtained p value 0.000 ($p < 0.05$).

Table 9. Respondent Frequency Distribution based on Level of Knowledge before and after Education by Using Video Media

Analysis	N	Median (Min-Max)	P Value
Level of knowledge before education	49	13 (8-16)	0.002
Level of knowledge after education	49	14 (11-16)	

Table 9 showed that statistical test results using Wilcoxon test there were differences in the level of knowledge before and after being given health education with video obtained p value 0.002 ($p < 0.05$).

Table 10. Respondent Frequency Distribution based on Level of Knowledge before and after Education by Using Slide and Video Media

Analysis	N	Median (Min-Max)	P Value
Level of knowledge before education	49	12 (7-16)	0.000
Level of knowledge after education	49	12 (12-16)	

Table 10 showed that statistical test results using Wilcoxon test there were differences in the level of knowledge before and after given health education with slides and video obtained p value 0.000 ($p < 0.05$).

Discussions

Abdullah suggests that at the age of 13 years a person will experience physical and psychological changes where physical changes in this case women have a larger breast shape. At the junior level is basic education where breast care has not been included in the learning curriculum, so information about breast care has not been obtained (10). Education will affect all aspects of life, the higher the education level of a person will be high also the ability owned (11).

One's education will affect the level of knowledge and knowledge gained from the information received (12).

On the characteristics of the level of knowledge before being given health education with the media slides some respondents on the category enough. According to Shorea (3) effectiveness health promotion through audiovisual about breast self-examination (SADARI) to increase knowledge of young woman before given health education equal to 7.77%. While given the health education most of the level of knowledge of the respondents in good category, while the study Susanto (13) said that there are differences in the level of knowledge before and after students given health education about Vulva Hygiene.

On the characteristics of the level of knowledge with the video before being given health education most of the knowledge level of respondents in good category. Viviyawati (14) study that examined about the effect of health education on examination of breast self-examination as early detection of breast cancer to the level of knowledge of young women, where the level of knowledge in the category enough, while after being given health education with video media most of the knowledge level of respondents in good category. Viviyawati (14) there is a significant difference in the level of knowledge before and after health education.

In the knowledge level characteristics with the slides and videos before the health education is given the level of knowledge of the respondents in the sufficient category, according to Aminingsih (15) the level of knowledge of post-partum mothers before being given health education about breast care on average 15.36%. While after health education were given to the students, the knowledge level of respondent in good category. According to Aminingsih (15) there is a difference in the level of knowledge before and after being given health education to post partum mothers.

Media slides include electronic media, which are well known by the public to provide health information or counseling which can involve the sense of hearing and sight and can attract a person's attention (16). Knowledge is the result of knowing and can occur after a person performs sensing of a particular object, including sight, hearing, smell, taste, and touch. Most knowledge is acquired through sight and hearing. Most people who are not aware how importance to protect reproductive health can cause adverse effects. This is due to several factors namely the information is still less (12).

This is in accordance with Fitriani's theory (17) where the purpose of health education is to change the behavior of a person or society from unhealthy behaviors into healthy behaviors, which means health education here seeks to enable the public to realize or know how to maintain health, to prevent harmful things health, and treatment when suffering illness. The purpose of health education can change cultural-related behaviors such as attitudes, and behavior of society itself, which is where culture is the customs, values and norms that apply.

The result of the research is better posttest result than pretest result in group given health education by using slide media that is 28 respondents have knowledge level better than before counseling, and 21 respondents with knowledge remain. So it can be concluded the most effective media to increase the knowledge of female students about breast care is a slide media.

This is supported by the Kapti (18) study which says that audiovisual media effectively improves knowledge before and after interventions about the mother's attitude in the management of infants with diarrhea. There is difference of knowledge level before and after giving intervention about mother attitude in management of children with diarrhea. The advantages of slide media that can present text

and images, movies, songs, easily revised, can be used repeatedly, can be reproduced in a short time and without cost, easy to store and efficient and so on.

CONCLUSION AND RECOMMENDATION

Health education using slide was more effective to improve the level of breast cancer knowledge among seventh and eighth grade students. So that health workers and educators can use this media to provide education.

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