The Effectiveness of Clinical Breast Examination (Sadanis) Application to Breast Self Examination (BSE) in Pemalang

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Article Info	Abstract
	Breast cancer is one of the causes of female deaths in Indonesia. It is estimated that 50% of breast cancer sufferers in Indonesia come to have their disease checked at an advanced stage. Self Breast Examination (BSE) is a good first step to find out if there is breast cancer as early as possible, the delay in early detection is likely due to a lack of knowledge of early breast cancer detection. The purpose of this study was to determine the effectiveness of Clinical Breast Examination (SADANIS) on Self Breast Examination (BSE) behavior in Pemalang in 2017. The design in this study was Cross-sectional, conducted in December 2017. The population of this study were 149 women who had implemented SADANIS from May to August 2017 in the work area of Kabunan Health Center in Pemalang Regency, with a sample of 78 respondents who met the inclusion criteria. The results showed that the majority of the study respondents had a very agreeable attitude of 76%, 85% of respondents had good knowledge. % of respondents apply their own breast examination (BSE) every month after menstruation, there is a relationship between the attitude of respondents to the implementation of self breast examination (BSE) (p. 0.002), there is a relationship between the respondents' knowledge of the application of breast self examination (BSE) (p. 0.002), very much variable influence on breast self-examination (BSE) in Pemalang 2017 is the attitude of the respondent (p 0.017) and the respondent's knowledge of the application of breast self-examination (BSE) is 0.024.

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INTRODUCTION

Cancer is a leading cause of death worldwide, more than 70% of all cancer deaths occur in low-income countries and middle (Parkway Cancer Center, 2011). Breast cancer causes 502,000 deaths per year. Breast cancer is the disruption of the system of cell growth in breast tissue (Nurcahyo, 2010). In Indonesia, breast cancer ranks second only to cervical cancer (Kumalasari and Andhyantoro, 2012). The prevalence of breast cancer is quite high in Indonesia, amounting to 40 per 100,000 women (MoH RI, 2014). Breast cancer cases in Pemalang increased by 2015 some 691 cases compared to the number of cases in the year 2014 as many as 610 cases (pemalang District Health Office, 2016). The incidence of breast cancer is increasing in accordance with age, because of the decline in organ function and immune deficiencies (Rianti, 2012). However, young age is also not a guarantee of safe from breast cancer (Indonesian Cancer Foundation, 2012). An estimated 50% of breast cancer patients in Indonesia come see his cancer illness is already at an advanced stage. Check Breast Self-examination (BSE) is a step in the early detection of breast cancer as early as possible, ie with breast check Alone (BSE). Early detection of delay is likely due to a lack of knowledge of women about early detection of breast cancer (Indonesian Cancer Foundation, 2011). Efforts BSE is very important because the sensitivity of early detection of breast cancer is 75% (Ward, 2017). because of declining organ function and immune deficiencies (Rianti, 2012). However, young age is also not a guarantee of safe from breast cancer (Indonesian Cancer Foundation, 2012). An estimated 50% of breast cancer patients in Indonesia come see his cancer illness is already at an advanced stage. Check Breast Self-examination (BSE) is a step in the early detection of breast cancer as early as possible, ie with breast check Alone (BSE). Early detection of delay is likely due to a lack of knowledge of women about early detection of breast cancer (Indonesian Cancer Foundation, 2011). Efforts BSE is very important because the sensitivity of

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Breast Self Examination (BSE) is a medical treatment that has not become a habit for the people of Indonesia, due to lack of knowledge and awareness of the importance of the benefits of BSE (Notoatmodjo, 2010). According to Lawrence Green, knowledge is one of the factors that influence individual behavior change (Notoatmodjo, 2010). Research conducted by the Main (2008) at SMAN 5 Jambi indicate that as many as 72.6% of the 201 respondents had poor knowledge about BSE, while research conducted by Permatasari (2013) at SMAN 2 Pontianak Barat reveals that counseling about BSE as an effective early detection of breast cancer can increase student knowledge about BSE.

Clinical Breast Examination (SADANIS) is a breast examination by a health worker as he taught the mother / client to perform Breast Self Examination (BSE) every month. SADANIS besides functioning after the second screening is also useful for motivating BSE BSE women aged $\geq$ 35 years. Pemalang in 2016, of the 272 survey SADANIS samples obtained 3 positive women who are bumps. Until now there is no data SADANIS effectiveness in women aged $\geq$ 35 years. This study aims to determine the effectiveness of the Clinical Breast Examination (SADANIS) against Breast Self Examination (BSE) in Pemalang in 2017 so that it can be early detection of breast cancer incidence.

METHOD

This study is a quantitative research design was a cross-sectional study. This research was conducted in the village of Asemdoyong, Pemalang in December 2017. The population in this study were all women who have been carrying out SADANIS in May to August 2017 inCitizenCentral HealthKabunanPemalang, as many as 149 women. The samples in this study was done by using purposive sampling with a total sampling 78 respondents who met the inclusion criteria. Test bivariate analysis on this research data analysis using Chi Square test with alternative test and the Fisher Exact logistic regression used in the multivariate analysis. Pengolajhan data using SPSS version 18.0.

RESULTS AND DISCUSSION

Influence Attitudes Toward Implementation of Breast Self Examination (BSE)

From the research that has been conducted shows that most respondents had an attitude strongly agreed that a number of 59 people (76%), while respondents with an attitude agreed number of 19 people (24%).

Table 1. Distribution of Respondents' Attitudes Towards The Implementation of Breast Self-Examination.

Attitude	Implementation of BSE				Total		P-value
	Yes		Not				
	f	%	f	%	f	%	
Agree	11	17.2	8	57.1	19	24.4	0.002
Strongly agree	53	82.8	6	42.9	59	75.6	
total	65	100	14	100	78	100	

Based on Chi Square test with alternatives of Fisher Exact test results obtained p-value of 0.002 so that it can be concluded that there is a significant relationship between the attitudes of respondents to the application of breast self-examination (BSE) in Pemalang Year 2017. This is in line with the opinions Wahid (2009), caring

also something that is related to a person's obsession to avoid the various problems that can occur in the body and thus require all the effort and struggle.

The results are consistent with research conducted by Kurniawati (2015), that the attitude of both women of childbearing age against BSE as much as 81.2% and there is a relationship between the attitude of women of childbearing age by examination of BSE in Puskesmas Dara Juanti Sintang 2014. This study not in line with research conducted by Puspitasari (2014) with the title of behavioral determinants of BSE in the early detection of breast cancer, that attitude does not influence the actions of breast self-examination.

Effect of Respondents Knowledge Application Against Breast Self Examination (BSE) in Pemalang Year 2017

From the research that has been conducted shows that most respondents had a good knowledge of the number of 66 people (85%), while a fairly good knowledge number of 12 people (15%).

Table 2. Distribution of Respondents to The Application of The Knowledge of Breast Self-Examination

Knowledge	Implementation of BSE				Total		P-value
	Yes		Not				
	f	%	f	%	f	%	
Well	58	90.6	8	57.1	66	84.6	0,002
Enough	9	9.4	6	42.9	12	15.4	
total	65	100	14	100	78	100	

Based on Chi Square test with alternative test results obtained Fisher Exact p-value of 0.002 $<\alpha$ (0.05), it can be in this study can be concluded that there is a significant relationship between the knowledge of the respondent to the application of breast self-examination (BSE) in Pemalang Year 2017.

According Notoatmodjo (2010), knowledge is the most important domain in shaping a person's actions. The same opinion was expressed by Green in Notoatmodjo (2010)

that knowledge is becoming one of the predisposing factors that influence the behavior of a person or people on health. In accordance with the theory of Rogers (1997), quoted Notoatmodjo (2010), proved that the behavior that is based on knowledge will be more lasting than the behavior that is not based on knowledge. Research Sadler et al. (2007) and Montazeri et al. (2008) revealed that before adopting a new behavior (new behavior), that person happens in a sequential process namely: Awareness (consciousness), that the person is aware of the object first stimulus, namely Interest People start to attract to the stimulus, Evaluation weigh up whether or not the stimulus for him. This means that the attitude of the respondents have been better. Trial, people have begun to try new behaviors and Adoption, the subject has recently behaved in accordance with the knowledge, awareness and attitudes toward the stimulus (Sadler et al., 2007; Montazeri et al., 2008).

This study is in line with research conducted by Puspitasari (2014) with the title of BSE behavioral determinants of young women in the early detection of breast cancer at SMK 8 Medan that knowledge can affect young women in Vocational high school 8 Medan in action BSE.

Relations Respondents Attitudes and Knowledge Application Against Breast Self Examination (BSE) in Pemalang Year 2017

Based on the results of logistic regression, in getting the results p-value at the attitudes of respondents to the application of breast self-examination (BSE) amounted to 0.017 and p-value on the knowledge of the respondent to the application of breast self-examination (BSE) amounted to 0,024 so that it can be concluded that the variables that influence against breast self-examination (BSE) in Pemalang Year 2017 is the attitude of the respondent.

Table 3. Relationship Attitudes and Knowledge of The Application of Breast Self-Examination

variables	Coeficient	SE	Wald	The p-value	OR	CI 95% Min	nother f
Attitude	1,605	.670	5734	0017	4976	,338	8 501
Penget	-1.6665	.7395	0771	0024	.189	.044	.805
constants	-.802	.709	1,282	0258	.448		

Erbil research results in Turkey, which concluded that education about breast cancer will increase awareness of early detection of breast cancer (Erbil, N., Bolukbas, N. 2012). The more knowledge gained will make positive steps to promote regular breast self-examination and early detection of breast cancer. Results Nugraheni study (2010) showed that the level of knowledge of BSE and BSE behavior among medical student is good. This is because all respondents who Nugraheni use a DIV Midwifery student who mostly have gained knowledge of breast tumors and inspection BSE (Nugraheni, Angesti. 2010). In line with the results of studies conducted by WHO and health education experts, revealed it is true that indeed public knowledge about health has been high, but their practice is still low. This means that any changes or increase public knowledge about health has been high, but the behavior is still low. This means that any changes or increase public knowledge about health is not matched by his behavior. The above results was not in accordance with a review of the theory that behavior based on the knowledge will be more lasting than the behavior that is not based on knowledge. This means that any changes or increase public knowledge about health is not matched by his behavior. The above results was not in accordance with a review of the theory that behavior based on the knowledge will be more lasting than the behavior that is not based on knowledge. This means that any changes or increase public knowledge about health is not matched by his behavior. The above results was not in accordance with a review of the theory that behavior based on the knowledge will be

more lasting than the behavior that is not based on knowledge.

CONCLUSION

Based on research that has been done can be concluded that the attitude and knowledge influence on breast self-examination (BSE), and the attitude of the respondents is a variable that affects the breast self-examination (BSE) in Pemalang Year 2017.

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