



The Effectiveness of Leaflets and Video Media in Increasing Knowledge About Breast Self-Examination (SADARI)

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Abstract: Breast cancer is a health problem and a cause of death for women worldwide. Breast cancer worldwide more than 508,000 women died in 2011 due to breast cancer. Cancer or malignant tumors are uncontrolled growth of cells/tissues, keep growing/increasing, immortal (cannot die). The breast is the number one site for cancer growth in women). If breast cancer is found at an early stage, the cure rate for sufferers is still higher than at an advanced stage. The purpose of this study was to determine the effectiveness of leaflet and video media in increasing knowledge about breast self-examination (known with SADARI) in midwifery diploma students in semester 1. This study used a comparative quantitative design. The sample in this study were all D3 midwifery study program students in semester 1, the sample in this research was 32 students who were taken by total sampling, the data analysis used was Kruskal Wallis. It can be concluded based on the results of further tests on the effect of applying leaflet and video media to midwifery students' knowledge in semester 1 about SADARI between before and after being given treatment, each group has significant differences, both when tested together or separately.

Keywords: Effectiveness; Leaflet and Video Media; Knowledge of Breast Self-Examination (SADARI)

Introduction

Breast cancer is a health problem and a cause of death for women worldwide. Breast cancer worldwide more than 508,000 women died in 2011 due to breast cancer (WHO, 2013). Cancer or malignant tumors are uncontrolled growth of cells/tissues, keep growing/increasing, immortal (cannot die). The breast is the number one place for cancer growth in women (American Cancer Society, 2017; Kemenkes RI, 2014)

Breast cancer is a disease with a fairly high prevalence in the world, as well as in Indonesia. Breast cancer occupies the second place of the incidence of all types of cancer in the world. Based on a survey conducted by WHO stated that 8-9 percent of women experience breast cancer. Cancer is one of the main causes of death, as many as 8.2 million people die from cancer (Kemenkes RI, 2015; WHO, 2014).

Based on data from the International Agency for Research on Cancer (IARC), in 2012 the incidence of breast cancer in Indonesia was 40 per 100,000 women.

The prevalence of breast cancer in Indonesian women is 50 per 100,000 population. The incidence of breast cancer in Indonesia is currently increasing every year (Breast Cancer Estimated Incidence, 2012; Kemenkes RI, 2015).

According to the World Health Organization (WHO, 2016) breast cancer is a cancer with the highest percentage of new cases. The number of breast cancer sufferers increased by 1.7 million women from the previous 6.3 million diagnosed with breast cancer in the last 5 years. Breast cancer is also a cancer which is the most common cause of death in women, amounting to 522,000 deaths.

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Breast cancer can be detected earlier by means of breast self-examination to determine the early stage, so that early treatment will extend the life expectancy of

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breast cancer sufferers. Breast self-examination (SADARI) can be applied to young women who experience physical changes and secondary sex development, namely puberty experiencing breast enlargement occurring between the ages of 12-13 years (Pertwi & Wahyuni, 2021; Alini & Indrawati, 2018). Benefits of breast self-examination for young women to detect early the presence of tumors or lumps in the breast (Wenny, 2011).

Breast self-examination can be started now to become a routine habit so that breast cancer from an early stage can be detected. Several studies state that there is still a low SADARI examination activity carried out by young women, including Olfah et al. (2013) stated that women who had just done SADARI were around 15-30%.

Risnawati & Ghufron (2015), stated that there were 28 women (80%) who did not perform breast self-examination at the Rohmatilah Kudus Islamic boarding school. Adolescents' knowledge is still low about how to check SADARI so that many still come at an advanced stage. Handayani & Sudarmiaty's research, (2012) stated that 133 respondents (65.8%) had insufficient knowledge because they had never received information about SADARI examinations in Bakalan Village. Based on a survey conducted by the Jakarta Breast Health Foundation in 2005, 80% of people did not understand the importance of breast self-examination. In addition, as many as 70% of breast cancer cases are found in advanced stages (III and IV) (Rasjidi, 2010).

In the initial survey conducted by researchers on September 30, 2021, by conducting interviews with 10 Semester 1 students of the D3 Midwifery Study Program STIKES Griya Husada Sumbawa Besar, 8 of them did not know about SADARI, 1 more said they already knew about SADARI but did not know the right way do realize. and the other student knows about realizing and how to do it but never practices it with the excuse of forgetting.

Based on the description above, researchers are interested in conducting research on "Effectiveness of leaflet and video media in increasing knowledge about breast self-examination (SADARI) in D3 Midwifery Study Program Students Semester 1 at STIKES Griya Husada Sumbawa in 2021.

Method

The sample in this study were all first semester midwifery students. This study used a comparative quantitative design. According to Azwar (2016) the sample in this study were all semester D3 midwifery study program students, the sample in this study totaled 32 students who were taken by total sampling, the data analysis used was Kruskal Wallis. (Hidayat, 2014).

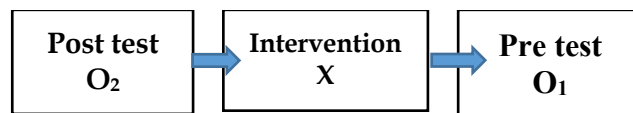


Figure 1. Research flow scheme

Information:

O₁: Before conducting peer tutoring health education

X: Conducted peer tutor health education

O₂: After peer tutor health education

The population is a generalized area consisting of objects/subjects that have certain qualities and characteristics determined by researchers to be studied and then drawn conclusions (Sugiyono, 2017). This research was conducted at students of the D3 Midwifery study program semester 1 STIKES Griya HU sada Sumbawa, totaling 32 respondents. Pretest-posttest data were analyzed using the Kruskal-Wallis's test.

Result and Discussion

Table 1. Mann-Whitney Test Pairs of Groups Before Treatment-After Treatment 1 and 2

Test Statistics ^a	E ₁	E ₂
Mann-Whitney U	363.000	7.000
Wilcoxon W	891.000	535.000
Z	-2.248	-7.166
Asymp. Sig. (2-tailed)	.025	.000

a. Grouping Variable: Kode2

Data from the Mann-Whitney test for group pairs before treatment-after-1 showed a significance value of 0.025. This means that the significance value of the pair of groups Before-After treatment-1 <0.05, it can be concluded that there is a significant difference between the knowledge of adolescents about Realization before being given treatment and after being given treatment (E₁). The same thing happened to the group before - after treatment-2 with a significance value of 0.000, or the group before - after treatment-2 had a significance value <0.05, so it can be concluded that the group before - after treatment-2 (E₂) also has significant differences.

The effectiveness of leaflett media in increasing knowledge about SADARI

Based on the research results, it can be seen that the results of statistical tests using Leaflett media in increasing knowledge about SADARI obtained a significance value of 0.025. This means that the significance value of the pair of groups Before-After treatment-1 <0.05, it can be concluded that there is a significant difference between the knowledge of adolescents about Consciousness before being given treatment and after being given treatment (E₁).

Increased knowledge can be increased by the presence of information in the form of print media and electronic media, the print media referred to here are: posters, leaflets, brochures, magazines, newspapers, stickers and pamphlets, while electronic media is in the form of: TV, radio, tape recorder, Vcd and videos.

Research from Hariyatmoko et al. (2013) also obtained results based on the results of the t test analysis obtained $p = 0.006 < \alpha = 0.05$, this means that there is an effect of applying the leaflet method to increasing knowledge about reproductive health in students at MA YAPIM Ngeluk Penawangan Grobogan.

The advantages of leaflets according to Notoatmodjo (2010) are: they are durable, cover a lot of people, the cost is not high, they do not need electricity, they can be taken anywhere, they can evoke a sense of beauty, facilitate understanding and increase learning enthusiasm. Weaknesses are: this media cannot stimulate sound effects and motion effects, easily folded.

A good leaflet is using simple language, easy for readers to understand, the title used is interesting to read and a combination of writing and pictures, and the material is in accordance with the intended target. Leaflets can be widely disseminated and are a useful way of conveying information to women and their families or supporting the information they receive (Rahayu et al., 2011).

Video Media Effectiveness in increasing knowledge about SADARI

To them where in the video a clear explanation was made about SADARI, the purpose of SADARI and the steps are to do SADARI. Research conducted by Sorea et al. (2015) Non contact measurement of thread's holes using video systems. The results showed that health education using audiovisual media was effective in increasing knowledge about the ability to care for newborns with a p value of 0.000 at $\alpha < 0.05$.

Leaflets are one of the teaching aids which are arranged based on the principle that human knowledge is received or captured through the five senses. A good leaflet is using simple language, easy for readers to understand, the title used is interesting to read and a combination of writing and pictures, and the material is in accordance with the intended target. Leaflets can be widely disseminated and are a useful way of conveying information to women and their families or supporting the information they receive (Rahayu et al., 2011).

Audio-visual media is a type of media that, in addition to containing sound elements, also contains visual elements, such as video recordings, various sizes of films, sound slides and so on. The ability of this audio-visual media is considered better and more interesting, because it contains both elements, namely being heard and seen. Through audio-visual media, it is hoped that health promotion will be more effective in increasing

students' knowledge because through this media students will be explained specifically about SADARI, which includes the meaning, benefits, goals, time and methods that are good and right for doing SADARI (Notoatmodjo, 2010).

The Effectiveness of Leaflets and Video Media in Increasing Knowledge About Breast Self-Examination (SADARI)

Based on the results of the study, it was found that in the SADARI examination of semester 1 students who were given treatment using leaflet and video media, it was found that the use of video was more effective than using leaflet media. The disadvantages of leaflet media are that it only contains pictures while the video contains movements and pictures so that it requires respondents to understand the steps for performing SADARI. This affects the information students get through leaflets but it will be easy to do or understand if you use video.

Providing information through video is an excellent way of providing information because video media can be accessed by more than one sense human beings, especially hearing and sight. Because the more senses that play a role in the process of receiving messages, the faster and easier to receive messages. In addition, according to Susilana et al. (2011) media such as video can overcome the limitations of space and time. Through video media, students can be invited to see the movement of cancer cells, or hear explanations from sources directly regarding knowledge about breast cancer. The effect of moving pictures will of course provide a richer learning experience than just using still images like in leaflets. With video media in health promotion, students will quickly understand breast cancer. Apart from that, video media can also make students focus on promotional materials because there is movement which makes the eyes focus on looking at the direction of movement rather than just still images which tend to be monotonous.

This is also in accordance with research conducted by Dena (2015) that there are differences in breast cancer detection skills between those who are given promotional media in the form of leaflets and those who are given promotional media videos. In his research, Siburian explained that video media is more effective in influencing aspects of young women's skills than leaflet media.

The use of leaflet media is not able to optimize the skills of young women in breast cancer detection because of limited information and can only be accessed by one sense, namely sight. Whereas video media contains more detailed information and is explained with examples in the form of moving images that students who take part in the promotion can understand.

Conclusion

Based on the results of the study it can be seen that the results of statistical tests using video media in increasing knowledge about SADARI obtained a sig value of 0.000, or the group pairs before - after treatment-2 had a significance value <0.05 , so it can be concluded that the group pairs before - after treatment -2 (E2) also has a significant difference. After the researchers conducted research on young women in midwifery classes, the researchers assumed that by using the video the respondents were more serious and listened to it better because through the video media the students paid more attention and were not monotonous. Based on the results of the follow-up test on the effect of the application of leaflet and video media on midwifery students' knowledge in semester 1 about SADARI between before and after being given treatment, each group had significant differences, both when tested together or separately.

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