

# The Relationship Between Knowledge and Attitudes of Eligible Women Regarding Breast Self-Examination in Sukasari Village, Mandirancan District, Kuningan Regency, 2023

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ARTICLE INFO	ABSTRACT
<p><b>Keywords:</b></p> <p>Knowledge; Attitude; Eligible Woman; Breast Self-Examination</p>	<p>Background: Nationally, there were 28,910 breast tumors and 2,910 suspected breast cancer with the highest number of examination results being in West Java Province with 6,109 experiencing breast tumors and 763 experiencing breast cancer. This research was conducted to determine the relationship between knowledge and attitudes of Eligible Women (WUS) regarding breast self-examination (BSE) in Sukasari Village, Kuningan Regency District. Purpose of the study: To determine the relationship between knowledge and attitudes of Eligible Woman regarding breast self-examination (BSE) in Sukasari Village, Kuningan Regency District in 2023. Methods: The research design used was correlational analytic by taking samples using purposive sampling of as many as 86 respondents from 362 populations. Data collection uses observation sheets and questionnaires. The research was conducted in Sukasari Village, Mandirancan District, Kuningan Regency. Non-parametric statistical test with Chi- Square test. Results: Based on the research results, data showed that 45 people (52.3%) of respondents had good knowledge with a positive attitude and 41 people (47.7%) had good knowledge but had a negative attitude with a p-value of 0.003 (&lt; 0.05). Conclusions: The relationship between knowledge and attitudes of Eligible Women regarding breast self-examination in Sukasari Village, Mandirancan District, Kuningan Regency in 2023</p>

## 1. INTRODUCTION

Cancer is a non-communicable disease in which growth and development occur without the control of cells and tissues. It can speed up the body's metabolism and help clean intercellular and tubular arteries. (Winasis & Djuwita, 2023) Breast cancer, also known as Carcinoma Mammary, is a malignant tumor that grows in the breast tissue. Tumors in the mammary glands, glandular ducts, and supporting breast tissue may develop. (fatty or connective tissue of the breast). Tumors have the potential to spread to other areas of the body. This spread is called metastasis. (Rayanti & Mey, 2021)

Based on GLOBOCAN ( *Global Burden Of Cancer*) data, the International Agency for Research on Cancer (IARC) in 2018 found 18.1 million new cases of cancer and 9.6 million deaths caused by cancer worldwide. Over the next two decades, it is estimated that annual cancer cases will increase from 18.1 to 22 million. WHO estimates that by 2030 the incidence of cancer will reach 26 million people, 17 million of whom will die from cancer. (Ministry of Health, 2019)

*Global Cancer Observatory* data in 2018 stated that there were 18.1 million new cases with a death rate of 9.6 million deaths, where 1 in 5 men and 1 in 6 women in the world experienced cancer. The data also states that 1 in 8 men and 1 in 11 women die from cancer. (Ministry of Health, 2019)

Nationally, there were 28,910 breast tumors and 2,910 suspected breast cancer with the largest number of examination results being in West Java Province with 6,109 experiencing breast tumors and 763 experiencing breast cancer. (Ministry of Health, 2022) Based on data obtained from the Kuningan District Health Service in 2022, as many as 6361 (3.9%) women had been screened for cervical and breast cancer, it was found that 72 people had tumors/lumps in the breast. Based on the data provided by Mandirancan Community Health Center in 2022: 126 Eligible Women registered for the BSE program, and in Sukasari Village, 16 people registered for the SADARI program experienced breast tumors, and 1 person experienced breast tumors. (Kuningan District Health Office, 2019)

As a result of the high number of breast cancer cases in Indonesia, the government, through the Ministry of Health, created an early breast cancer detection program through breast self-examination education (BSE). The BSE program was declared a national program in 2008. (Ministry of Health, 2022) BSE is an effort to detect breast cancer at an earlier stage which is carried out every month, 7 days after the menstrual period ends. (Ministry of Health, 2017)

Nationally, as of 2021, as many as 2,827,177 women aged 30-50 years, or 6.83% have undergone early detection of breast cancer with BSE. The province with the highest coverage is reported by Kep. Bangka Belitung (30.24%), followed by South Sumatra (25.16%), and West Nusa Tenggara (23.22%). Meanwhile, the province with the lowest coverage is Papua (0.03%), followed by West Papua (0.56%), and Aceh (0.57%). (Ministry of Health, 2022)

From these data, it can be said that people's behavior towards carrying out BSE as early detection of breast cancer is still low, even though BSE itself is highly recommended for the public (especially those aged >30 years) because almost 86% of lumps in the breast are discovered by the sufferers themselves. The sooner lumps in the breast are detected by doing BSE regularly, the quicker treatment will be carried out so that the life expectancy of breast cancer sufferers will be higher. (Yulinda & Fitriyah, 2018)

The low level of early detection of breast cancer can be caused by a person's ignorance about how to examine their breasts so the lack of knowledge about BSE will result in a slow reaction or response to behavior, even though we know that to get good knowledge, internal and external support is needed which is influenced by many factors, for example level of education, physical condition, employment, means of obtaining knowledge, beliefs, concepts of an object, emotional life, and the tendency to act. (Yulinda & Fitriyah, 2018)

One of the factors that can change a person's attitude towards doing BSE is knowing about the early signs of possible cancer, either by providing education about how to screen or early discovery of cancer which can be carried out by health workers, community cadres, or government officials. (Astuti & Darmi, 2023)

Based on research conducted by Meiyana Sinaga in 2020 with the title the relationship between Knowledge and Attitudes of Eligible Women (WUS) with breast self-examination (BSE) in Sei Mencirim Village Dusun VII, Sunggal District, Deli Serdang Regency, it shows that the *p-value* = 0.031 ( $p < 0.05$ ), meaning that there is a relationship between Eligible Woman (WUS) and breast self-examination (BSE). (Sinaga, 2020)

Based on the background above, researchers are interested in researching the relationship between knowledge and attitudes of women of reproductive age regarding breast self-examination (BSE) in Sukasari Village, Mandirancan District, Kuningan Regency in 2023.

## 2. METHODS

This research uses a correlational analytical research method with a *cross-sectional approach*, namely an approach that studies the relationship between the independent variable and the dependent variable by taking momentary measurements with a sample size of 86 respondents. The data analysis used is test statistics correlation *spearman rank* Because data from the second variable scale ordinal.

## 3. FINDINGS AND DISCUSSION

### *Description of knowledge of Eligible Women regarding breast self-examination in Sukasari Village, Mandirancan District, Kuningan Regency, 2023*

Below is presented data regarding the description of knowledge and attitudes of Eligible Women regarding breast self-examination in Sukasari Village, Mandirancan District, Kuningan Regency in 2023

**Table 1 Description of knowledge of Eligible Women regarding breast self-examination in Sukasari Village, Mandirancan District, Kuningan Regency, 2023**

No	Knowledge	Frequency (f)	Percentage (%)
1.	Good	79	91.9 %
2.	Enough	6	7.0 %
3	Not enough	1	1,2
Amount		86	100%

Based on the research results in Table 4.1 regarding the knowledge of Eligible Women regarding breast self-examination, it can be seen that of the 86 respondents studied, almost all respondents had good knowledge of 79 people or (91.9%).

**Table 2 Description of the attitudes of Eligible Women regarding breast self-examination in Sukasari Village, Mandirancan District, Kuningan Regency, 2023**

No	Attitude	Frequency (f)	Percentage (%)
1.	Positive	45	52.3 %
2.	Negative	41	47.7 %
Amount		86	100%

Based on the research results in Table 4.1 regarding the attitudes of Eligible Women regarding breast self-examination, it can be seen that of the 86 respondents studied, the majority of respondents had a positive attitude, 45 people or (52.3%)

### *The relationship between knowledge and attitudes of Eligible Women regarding breast self-examination in Sukasari Village, Mandirancan District, Kuningan Regency, 2023*

Below is presented data regarding the relationship between knowledge and attitudes of Eligible Women regarding breast self-examination in Sukasari Village, Mandirancan District, Kuningan Regency in 2023.

**Table 4.3 Relationship between knowledge and attitudes of Eligible Women regarding breast self-examination in Sukasari Village, Mandirancan District, Kuningan Regency, 2023**

Knowledge	Attitude				Total		<i>p-value</i>	<i>r</i>
	Positive		Negative		<i>n</i>			
	<i>n</i>	%	<i>n</i>	%				
Good	45	57.0	34	43.0	79	100	0.003	0.312
Enough	0	0	6	100	6	100		
Not enough	0	0	7	100	1	100		
Amount	45	52.3	41	47.7	86	100		

Based on the results of the research that has been carried out, the following discussion was obtained:

**a. Description of knowledge of Eligible Women regarding breast self-examination in Sukasari Village, Mandirancan District, Kuningan Regency, 2023**

Based on the research results in Table 4.1 regarding the knowledge of Eligible Women regarding breast self-examination, it can be seen that of the 86 respondents studied, almost all respondents had good knowledge of 79 people or (91.9%).

Knowledge is defined as the basis for consideration in making a person's decision. Research states that a person can have the ability to determine and make the right decisions if they have good knowledge of something. (Rizkon Nadia Putri, 2022; Rodiah, Ulfiah, & Arifin, 2022)

Several theories reveal that factors that influence knowledge include internal and external factors. Internal factors include education, work, age and external factors include environment and socio-culture. (Rodiah et al., 2022)

Education is one factor in determining knowledge. Higher education is associated with higher knowledge. The level of informal education is the basis of intellectual knowledge that a person has. This is closely related to knowledge because the higher the knowledge, the greater the ability to absorb and receive information so that knowledge and insight are broader. (Mulyasa, 2022)

Other research also proves that high knowledge is supported by a fairly decent level of education. So the higher a person's education, the easier it will be to get access to information about a problem, in this case including health problems. (Sinulingga, Sihotang, & Kom, 2023)

Knowledge of breast self-examination, also known as BSE (Breast Self-Examination), is an important step in early detection of breast cancer. This is a recommended practice for Eligible Women and women in general with the aim of detecting changes or lumps in the breasts, identifying changes in the shape, size or color of the nipples and increasing self-awareness of the condition of one's own breasts. (Efni & Fatmawati, 2021)

Knowledge of correct breast self-examination techniques is important if Eligible Woman find lumps, discoloration or suspicious discharge, so they can immediately consult a health professional for further examination, especially for further physical examination or referral for mammography examinations and others. (Akbar, 2021)

It is important to remember that BSE (Breast Self-Examination) is not the only method of early detection of breast cancer. Mammography, breast examination by a doctor, and other examinations are also an important part of early detection efforts. Women should discuss with their doctor to plan an early detection strategy that suits their needs and health history (Prawitasari, 2021)

This means that the level of education influences a person's level of knowledge. Therefore, educational institutions as the first source of knowledge can provide information about breast self-examination.

**b. Description of the attitudes of Eligible Women regarding breast self-examination in Sukasari Village, Mandirancan District, Kuningan Regency, 2023**

Based on the research results in Table 4.1 regarding the attitudes of Eligible Women regarding breast self-examination, it can be seen that of the 86 respondents studied, the majority of respondents had a positive attitude, 45 people or (52.3%)

Attitude is a learned predisposition to respond in the form of liking or agreeing to disliking or disagreeing with an object. Attitude is not innate, but attitude is something that can be learned, influenced, developed and even changed. Attitude is also not an action, but a readiness to take action. The more permissive the attitude towards negative actions, the greater the tendency to carry out those actions. (Jumriati, Kamase, & Abdi, 2023)

According to Allport, attitude is a mental and nervous state of readiness regulated through experience which exerts a dynamic or directed influence on an individual's response to all objects and situations related to him. Attitude has three main components, namely belief (belief) ideas and concepts towards an object, emotional life or evaluation of an object, and tendency to act (tend to behave). This proves that these three components together form a total attitude, which is an inseparable unit from one another. (Habibi, Widyastuti, & Hidayat, 2019)

Attitude is not something we are born with. Rather, attitudes are the result of learning and experience throughout life. Many factors can influence the formation of attitudes such as family, friends, culture, and personal experiences contribute to the formation of attitudes. (Octavia, 2020) . Attitudes are dynamic and can change over time. Attitude changes can occur through new learning or life experiences that influence an individual's perception of an object or situation. New understanding and knowledge about a topic can stimulate attitude change. Additional information or new facts can change the way an individual views an object. (Wibowo, 2020)

Not only that, direct experiences or events in everyday life can have a big impact on a person's attitude. Positive or negative experiences can trigger a change in a person's attitude. Likewise with interactions with the environment, both in social interaction and cultural context. (Setiyowati, 2023)

The attitude of Eligible Women towards breast self-examination (BSE) can vary. Some factors that influence this attitude include knowledge, skills, culture, and personal experience. Women who are aware of the importance of early detection of breast cancer and have skills in performing BSE tend to have a positive attitude towards this practice. Some women may feel afraid or anxious about the possibility of finding a lump or change in their breasts. This fear can prevent some women from regularly doing BSE. Women who feel confident and have a sense of control over their health tend to be more open to performing breast self-exams. (Akbar, 2021)

It is important to note that attitudes towards BSE may change with time and experience. Promotion of awareness, accurate education, and the creation of a supportive environment can help increase women's compliance with breast self-examination. Involving health professionals, such as midwives, doctors, or nurses, to provide information and support can also play an important role in increasing Eligible Women's awareness and understanding of the importance of BSE.

**c. The relationship between knowledge and attitudes of Eligible Women regarding breast self-examination in Sukasari Village, Mandirancan District, Kuningan Regency, 2023**

Based on the research results in Table 4.3, it can be explained that of the 86 people with good knowledge with a positive attitude, there were 45 people (57%) and good knowledge but had a negative attitude as many as 34 people (43%). Based on the results of the Spearman rank statistical test, the  $p$ -value was 0.003, meaning the  $p$ -value was  $<0.05$  or it could be said that the relationship between knowledge and attitudes of Eligible Women regarding breast self-examination in Sukasari Village, Mandirancan District, Kuningan Regency in 2023.

This is also by the theory put forward by Green which states that knowledge has an influences the initial motivation for someone to behave. Knowledge will reinforce individuals to make decisions and behave. (Nisa & Haryono, 2022; Sinulingga et al., 2023) . Someone who knows about a disease and they are aware that the disease can affect their health for the worse, then they also know how to

behave, namely, they will take preventive measures so as not to get the disease. (Khairunnisak, Sartika, & Desreza, 2023)

Behavior that is based on knowledge will be more lasting than behavior that is not based on knowledge. Based on this description, it can be seen that the better the respondent's knowledge, the more likely the respondent is to carry out breast examinations themselves. According to Notoatmodjo, the educational process in general will influence a person's level of knowledge and attitudes. (Indrawati et al., 2022)

Based on the research results of Oktarida (2020), a significant relationship was obtained between the knowledge of class XI teenage girls and BSE with a significant value  $q$  value = 0.002. There is a significant relationship between the attitudes of young women and BSE with a significant value  $q$  value = 0.000

The relationship between knowledge and attitudes of Eligible Women towards breast self-examination is crucial in the context of prevention and early detection of breast cancer. Eligible Women who have good knowledge about the risk of breast cancer and the importance of early detection through breast self-examination tend to have a positive attitude towards carrying out breast self-examination. (Musyayadah, Hidayati, & Atmadani, 2021)

Knowledge of the correct technique for performing breast self-examination can form an effective attitude toward this practice. Women who know how to properly perform breast self-exams may be more motivated to do so regularly. Likewise, knowledge about when to start breast self-examination and how often to do it can influence a woman's attitude toward this activity. (Jaya & Rusman, 2020)

Women who understand the risk of breast cancer and are aware of the benefits of early detection through breast self-examination will tend to have a positive attitude, which does not rule out the possibility that their perception or view of the risk is high and understanding the benefits of early detection can be a motivator. (Akbar, 2021)

Based on this description, it can be seen that the better the respondent's knowledge, the more likely the respondent is to carry out breast examinations themselves. According to Notoatmodjo, the educational process in general will influence a person's level of knowledge and attitudes. (Juliansyah & Zulfani, 2021)

Therefore, breast cancer prevention campaigns and health education efforts that focus on increasing knowledge and forming positive attitudes can have a positive impact on improving BSE practices among Eligible Women.

#### 4. CONCLUSION

Based on data from research results and discussions carried out by researchers regarding "Knowledge and attitudes of Eligible Women regarding breast self-examination in Sukasari Village, Mandirancan District, Kuningan Regency in 2023", it can be concluded as follows: Almost all female respondents of childbearing age in Sukasari Village, Mandirancan District Kuningan Regency has good knowledge of 79 people or (91.9%). Most of the female respondents of childbearing age, Sukasari Village, Mandirancan District, Kuningan Regency, had a positive attitude, 45 people or (52.3%). Based on the results of the *Spearman rank* statistical test, the  $p$ -value was 0.003, meaning that the  $p$ -value < 0.05 means that this research has a positive correlation direction with the interpretation that the better the respondent's knowledge value, the more positive their attitude.

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