

Relationship Between Level of Knowledge, Attitude and Motivation of Breast Self Examination (BSE)Suchi Avnalurini Sharief¹(corresponding author), Wa Ode Marhani²¹Departement of Midwifery, Universitas Muslim Indonesia, Indonesia; suchiavnalurini.shariff@umi.ac.id²Departement of Public Health, Universitas Muslim Indonesia, Indonesia; waodemarhani@gmail.com

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ABSTRACT

Breast cancer is one of the leading causes of death caused by cancer in women. Breast cancer (carcinoma mammae) is a condition in which cells have lost control and normal mechanisms, resulting in abnormal growth, rapid and uncontrolled that occurs in breast tissue. The only effective way to detect breast cancer early to date is only to detect as early as possible on the possibility of this disease, namely by doing Breast Self-Examination (BSE). This action is very important because almost 85% of breast lumps are found by the sufferers themselves. The purpose of this study was to determine the relationship between the level of knowledge, attitudes and motivation towards breast self-examination (BSE) in high school 9 Makassar students. This type of research was observational research with a cross sectional approach, using a sample of 182 class XI and XII students. The results of this study indicate there was no relationship between the level of knowledge of students with breast self-examination (BSE) (p-value = 0.065), there was a relationship between the attitude of students with breast self-examination (BSE) (p-value = 0.000) and there was a relationship between student motivation with breast self-examination (BSE) (p-value = 0.000). In conclusion, there is a relationship between students' attitudes and motivation towards breast self-examination (BSE) and there is no relationship between the level of knowledge of students and breast self-examination (BSE).

Keywords: knowledge; attitude; motivation; BSE**INTRODUCTION**

According to Infodatin (2015) in Globocan data, the International Agency for Research on Cancer (IARC) is known that in the world, breast cancer is a cancer with the highest percentage of new cases (after being controlled by age), amounting to 43.3%, and the percentage of deaths (after being controlled by age) due to breast cancer by 12.9%. The incidence of breast cancer in Southeast Asia in 2009 was around 20 new cases among 100,000 residents and around 40,000 will die from this disease. Based on the 2013 Basic Health Research, the prevalence of breast cancer in Indonesia reaches 0.5% per 1000 women.⁽¹⁾

In Indonesia the problem of breast cancer becomes even greater because more than 70% of breast cancer patients come to the doctor at an advanced stage, therefore the problem of breast cancer does require special attention. Cancer surgeon specialist at Dharmais Cancer Hospital, Sutjipto, said that currently breast cancer sufferers in Indonesia reach 100 out of 100,000 population. About 60-70% of these patients come in stage three, whose condition looks worse. This may be caused, among others, by a much different lifestyle, diet, environmental pollution, the use of insecticides, preservatives, coloring, food flavoring, and prolonged stress. All of this might contribute to the development of cancer and other degenerative diseases such as coronary heart disease, diabetes, rheumatoid disease, and so on.⁽²⁾

Early detection can reduce mortality by 25-30%. Breast self-examination (BSE or Breast Self Examination) all women over the age of 20 years should do BSE every month and consult a doctor immediately if a lump is found. Breast self-examination (BSE) is very important recommended to the public because almost 85% of lumps in the breast are found by the sufferers themselves.⁽³⁾

METHODS

This type of research used a cross-sectional approach. This study was carried out at SMA Negeri 9 Makassar. The affordable population in this study were students of class XI and XII in SMA Negeri 9 Makassar in 2017. The sample were class XI and XII students at high school 9 Makassar totaling 182 students. This research instrument used a questionnaire and used interview techniques to dig up information. This research was conducted in August-September 2017. The analysis was performed using the Chi-Square test.

RESULTS

Table 1. Relationship between knowledge and BSE

Knowledge	BSE				Total		P-value ($\alpha=0.05$)
	Do not do		To do				
	n	%	n	%	n	%	
Less	26	52.0	24	48.0	50	100	0.065
Enough	47	35.6	85	64.4	132	100	
Total	73	40.1	109	59.9	182	100	

Table 2 Relationship between attitudes and BSE

Attitude	BSE				Total		P value ($\alpha=0.05$)
	Do not do		To do				
	n	%	n	%	n	%	
Not good	18	81.8	4	18.2	22	100	0.000
Well	55	34.4	105	65.6	160	100	
Total	73	40.1	109	59.9	182	100	

Table 3. Relationship between motivation and BSE

Motivation	BSE				Total		P-value ($\alpha=0.05$)
	Do not do		To do				
	n	%	n	%	n	%	
Low	40	64.5	22	35.5	62	100	0.000
High	33	27.5	87	72.5	120	100	
Total	73	40.1	109	59.9	182	100	

DISCUSSION

Relationship between Student Knowledge and Breast Self-Examination (BSE)

Knowledge is everything that is known by students in connection with their understanding of breast cancer and BSE as one of the efforts made to detect breast cancer early. Covers breast cancer, BSE, and the steps to do BSE correctly. How to get knowledge about BSE can be in the form of electronic media such as TV and radio, the internet, and in the form of health education. In this case, the researcher wants to know the relationship between knowledge and BSE. Knowledge in this study is everything that respondents know about breast self-examination (breast self-examination) including how to do and techniques. Therefore, the knowledge in students will determine how they apply it in the form of behavior.

The results of this study were less knowledge with no BSE as many as 26 students (52.0%), and lack of knowledge with BSE 24 students (48.0%). While enough knowledge with BSE was not aware of 47 female students (35.6%), and enough knowledge with BSE were 85 students (64.4%). Based on the results, there is no relationship between the level of knowledge of students with BSE on students at high school 9 Makassar.

This is by research conducted by Septiani were in his research revealed that there was no significant relationship between knowledge and BSE behavior in students of High school 62 Jakarta. In line with the results of studies conducted by WHO and health education experts, it was revealed that it is true that public knowledge about health is already high, but their practice is still low. This means that changes or increase in public knowledge about health is not matched by an increase or change in behavior. ⁽⁴⁾

According to the researchers' assumptions during researching female students at high school 9 Makassar, it is true that the average knowledge of female students about breast cancer and breast self-examination can be said to be sufficient, but their practice to implement the breast self-examination habit is still low regularly. From interviews conducted by researchers, on average the students said they were lazy and often forgot to do BSE routinely every month.

There are limitations in this study because students who feel uncomfortable and follow the answers from their friends result in results that are not what they want. Besides, students also find it strange and sometimes do not answer questions according to the questionnaire distributed.

Relationship between Student Attitudes with Self Breast Examination (BSE)

According to Campbell "An individual's attitude is a syndrome of response consistency about the object", that attitude is a syndrome or collection of symptoms in response to stimulus or object, so that the attitude involves thoughts, feelings, concerns, and other psychiatric symptoms. Attitude is the result of one's knowledge. Finding information about breast cancer prevention is very important for young women, as what information is known in the prevention of breast cancer. Discussing early prevention by doing breast self-examination to prevent breast cancer is very important even though sometimes embarrassed to talk about it.⁽⁵⁾

Based on the results of the study note that high school 9 Makassar students already have a good attitude in terms of breast self-examination (BSE). Where out of 160 respondents who had good attitudes, 105 students (65.5%) did BSE and 55 other students (34.4%) were not BSE. Most have stated that breast self-examination (BSE) is early detection and prevention of breast cancer. While from the results of the study 22 respondents with unfavorable attitudes as many as 18 female students (81.8%) were not BSE and 4 other female students (18.2%) did BSE. Based on the statistical test results obtained $p\text{-value} = 0,000 < 0.05$ then, it means that there is a relationship between the attitude of female students with BSE in female students at high school 9 Makassar in 2017.

The results of this study indicate that good attitudes are shown more than bad attitudes. However, there are still those who do not do BSE. This is in line with research Winarni, et al (2015), namely the relationship between attitude and the implementation of BSE in students. To realize the attitude into a real deed required supporting factors or a condition that allows, among others, the facilities and support factors (support). This practice has several levels, namely: Perception (perception), recognize and choose various objects in connection with the action to be taken is the first level of practice; Guided response (guide response), can do things in the right order and according to the example is an indicator of second-level practice; Mechanism (mechanism), if someone has been able to do something right automatically, or something is already a habit, then he has reached the third level of practice; Adoption (adoption), is a practice or action that has been well developed. This means that the action has been modified without reducing the truth of the action.⁽⁶⁾

According to the researchers' assumptions, the lack of knowledge will have an impact on negative attitudes due to lack of knowing how to do BSE examination so that the interest in doing BSE is also reduced, this is supported by the theory of attitude that certain attitudes towards an object indicate about people's knowledge of the attitude object concerned. The function of the role of parents, especially mothers, is very important to do BSE examinations at home, as well as friends as information about various knowledge about the BSE.

Relationship between Motivation and Self Breast Examination (BSE)

Motivation is the driving force that results in someone willing and willing to mobilize abilities in the form of expertise or skills, energy and time to carry out various activities that are their responsibility and fulfill their obligations to achieve goals. Motivation as a driving force, fuel is a necessity. Motivation in this research is the encouragement to implement BSE both internal motivation (from within or commonly called intrinsic motivation) and external motivation (extrinsic motivation) arising from external stimulation, including support from peers and information that supports the activities.

Based on the results of the study note that high school 9 Makassar students already have high motivation in terms of breast self-examination (BSE). Of the 120 highly motivated respondents, 87 (72.5%) did BSE and 33 other students (27.5%) were not BSE. High motivation and responsiveness support breast self-examination and breast care are possible because it is felt necessary to anticipate the possibilities that are not desirable in the condition of the breast. The importance of this anticipation is to form a high motivation for BSE in preventing and detecting breast cancer (ca mammae) early on in students. While from the results of the study 62 respondents with low motivation, as many as 40 students (64.5%) were not BSE and 22 other students (35.5%) did BSE. Based on the statistical test results obtained $p\text{-value} = 0.000 < 0.05$ then, it means that there is a relationship between student motivation with BSE in students at high school 9 Makassar in 2017. This is by research conducted by Sumiyarsih, et al (2014) showing that motivation has a significant influence on the behavior of adolescent girls who do a breast self-examination (BSE) in high school 1 Marbau with $p = 0.002 < \alpha = 0.05$ and estimated regression coefficient of 0.275. Based on Standardized Regression Weight, motivation influences BSE behavior by 0.258. This means that the correlation of motivation variables with BSE behavior is quite strong and unidirectional. This can be seen from the estimated value of the motivation variable towards

attitudes of 0.258 which are at intervals $>0.25 - 0.5$ (strong enough and unidirectional). Thus motivation provides an increase in the contribution of an average of 28.5% of the behavior in checking their breasts. In line with the theory in the book Syamsul Hidayat (2006) which says that motivation is influenced by learning and personality traits. There is an interaction between learning and motivation in behavior. The more people learn something, the more motivated they will behave according to what they have learned. The personality traits are the patterns of habits of a person which are gathered in him and used to react.⁽⁷⁾

Researchers see that respondents' motivation about BSE in detecting breast cancer (ca mammae) is a factor that causes respondents to do BSE.

CONCLUSION

There is no relationship between the level of knowledge of students with BSE in students at high school 9 Makassar because the average knowledge of students about breast cancer and BSE can also be said to be sufficient, but their practice to apply these habits (BSE) routinely is still low. From interviews conducted by researchers, on average the students said they were lazy and often forgot to do BSE routinely every month.

The relationship between attitude and BSE in female students at high school 9 Makassar due to lack of knowledge will have an impact on negative attitudes because they lack knowledge of how to conduct BSE examination so that interest in doing BSE is also reduced, this is supported by the theory of attitude that certain attitudes towards a The object shows the knowledge of people towards the object of the attitude in question.

There is a relationship between motivation and BSE among female students at high school 9 Makassar because students already have high motivation in terms of breast self-examination (BSE).

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