

# The Relationship Between Level Of Knowledge About (SADARI) Action As An Effort Forearly Detection Of Breast Cancer In Class X Students Of SMA Santo Thomas 1 Medan 2024

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**Abstract.** Knowledge is one of the factors that determine a person decision to take disease prevention measures. Knowledge may encourage the desire or motivation to carry out one of them breast self-examination (SADARI). It is an attempt to identify breast cancer at an earlier point. The knowledge of a person is useful for doing SADARI in a more regular and thorough way to detect breast cancer. This study aims to determine the relationship between the level of knowledge and the action of SADARI as an early detection of breast cancer. This study is cross-sectional, with an accidental sampling method of 67 respondents of class X female students. The instrument in this study used a questionnaire sheet. The results of the study obtain slightly more good knowledge as many as 34 respondents (50.7%), and more conscious actions are taken by 35 respondents (52.2%). The statistical test used chi square test  $p\text{-value} = ,000$  where  $p < 0.05$  means that there is a relationship between the level of knowledge and the act of awareness as early detection of breast cancer. Researchers hope that respondents will conduct regular breast self-examination (SADARI) to prevent breast cancer.

**Keywords:** Knowledge, awareness action, early detection of breast cancer, female students

## 1. INTRODUCTION

Breast cancer is a cancer that comes from the glands, glandular ducts and breast support tissues, a number of cells in the growing body that develop well are not developing, the early signs of breast cancer are not the same in every woman, the most common signs are changes in the shape of the nipple, discharge of fluid on the putting, and signs that can be felt such as the appearance of a lump in the breast, lumps appear in the armpits, changes in the shape and size of the breasts, changes in the nipples, wrinkled breast skin, and other symptoms that may occur in the breasts such as the breasts appear to feel itching and pain in the breast or swelling of one of the breasts. Breast cancer can be detected early with SADARI examination (Fatrin & Apriani, 2020).

Breast cancer can be detected in adolescents from the age of 17-20 years, for that it is necessary for adolescent girls to study if something abnormal occurs, for example breast cancer. Efforts of adolescent girls to prevent breast cancer can be influenced by adolescent girls' knowledge of breast self-examination (SADARI) (Darmawati., 2022).

Mindfulness is a method used to detect breast cancer early. SADARI is the easiest way to find out if there is a lump in the breast that is likely to develop into malignant cancer. The speed and habit of doing a breast exam yourself makes it easier and faster to recognize and realize if there is something abnormal in the breasts (Ilmu et al., 2021).

Breast cancer is the most frequent type of cancer in women, with an estimated 9–12% of women at risk of developing it, according to the World Health Organization. In Europe, about 250,000 cases of breast cancer are diagnosed annually, while in the US, about 175,000 cases are reported. In 2019, 32.6 million people lived with cancer, 8.2 million died from breast cancer, and 14.1 million new cases of cancer were reported by the Global Burden of Cancer (GLOBOCAN) study. According to basic health research statistics (rikesdas), the prevalence of breast cancer in Indonesia is rather high, with 1.4 cases of tumors/breast cancer for every 1000 persons, or around 330,000 cases. (Kelen & Rangga, 2022) In Indonesia, the leading cause of death is breast cancer. According to Globocan data from 2020, there were 68,858 new cases of breast cancer (16.6%) out of 396,914 new cases of cancer in Indonesia. In the meantime, there are over 22,000 fatalities, 70% of which are discovered at an advanced stage, and this issue may arise from ignorance (Ilmu et al., 2022).

Five female students who participated in interviews with researchers based on the findings of an initial survey they conducted on January 11, 2024, at SMA Santo Thomas 1 Medan, stated that they had never studied or engaged in conscious actions because they were unaware of or did not comprehend them. According to the findings of the researchers' interviews with students at SMA Santo Thomas 1 Medan, none of them were aware of the SADARI initiative, which aims to diagnose breast cancer early. Given the foregoing context, researchers are eager to investigate the connection between class X students' knowledge level and SADARI actions, such as early breast cancer diagnosis, at SMA Santo Thomas 1 Medan in 2024.

## **2. METHODS**

In order to determine the association between knowledge level and proactive measures, such as early diagnosis of breast cancer at SMA Santo Thomas 1 Medan in 2024, a correlational cross-sectional research methodology was employed in this study. All 207 class X pupils at SMA Santo Thomas 1 Medan make up the study's population. The accidental sampling strategy was employed to choose the sample for this investigation. Therefore, there are 67 respondents in this study, and 67 students from class X at Santo Thomas High School—out of a total of 12 classes—make up the samples used in this study. An incidental sampling strategy is then employed for sampling. By using the accidental technique, respondents who just so happen to exist or be encountered are used to choose sample members (Suriani et al., 2023).

The independent variable in this study is Knowledge. The dependent variable in this study is Conscious Action. The researcher used a questionnaire taken from the previous

researcher, namely the Lilis Harefa questionnaire, (2020). The researcher no longer conducts a valid test because the researcher uses the Lilis Harefa (2020) questionnaire about knowledge. The researcher used a questionnaire taken from the previous researcher belonging to Siti Rubiah (2015). The researcher no longer conducts a valid test because the researcher uses a questionnaire from Siti Rubiah (2015) about conscious action.

In the knowledge questionnaire, the researcher did not conduct a validity test because the researcher used a questionnaire belonging to Lilis Harefa (2020) and had been studied before, conducted on 30 people using the pearson Product Moment and Cronbach's Alpha tests (Polit, D. F., & Beck, 2012) using the Statistical Package for the Social Science (SPSS) application with validity test results (0.761). Meanwhile, in conscious action, the researcher also did not conduct a validity test because the researcher used Siti rubiah's (2015) with a validity value (0.760). The results of the reliability test in the knowledge level questionnaire were obtained *with a Cronbach's Alpha value* of (0.819) while in the conscious action reliability test, a *Cronbach's Alpha value* (0.930) was obtained so that both questionnaires were declared reliable because of their alpha value ( $< 0.7$ ).

In this study, bivariate analysis is used to explain the relationship between two variables, namely the knowledge variable as an independent/independent variable and conscious action as dependent/bound. Test the statistics used by Chi-square. This research has passed an ethical test from the Santa Elisabeth Health College Commission in Medan with letter number No.089/KEPK-SE/PE-DT/IV/2024.

### 3. RESULT AND DISCUSSION

The respondents in this study were 67 early adolescents. The research will take place from April 17 to April 19, 2024.

#### 1. Demographic Characteristics

**Table 1 Distribution of Frequency and Percentage of Demographic Data Based on (Age, Gender) in Class X Students at SMA Santo Thomas 1 Medan in 2024**

Characteristic	Frequency (f)	Percentage(%)
Age (years)		
16	57	85,1
17	10	14,7
<b>Total</b>	<b>67</b>	<b>100,0</b>
Gender		
Female	67	100,0
<b>Total</b>	<b>67</b>	<b>100,0</b>

**Table 2 Distribution of Frequency and Percentage of SADARI Knowledge to Class X  
Students at SMA Santo Thomas 1 Medan in 2024**

Knowledge	Frequency (f)	Percentage (%)
Good	34	50,7
Enough	33	49,3
Less	0	0,0
<b>Total</b>	<b>67</b>	<b>100,0</b>

**Table 3 Distribution of Frequency and Percentage of Conscious Actions in Class X  
Students at SMA Santo Thomas 1 Medan 2024**

Conscious action	Frequency (f)	Percentage(%)
<b>Done</b>	35	52,2
<b>Not done</b>	32	47,8
<b>Total</b>	<b>67</b>	<b>100,0</b>

**Table 4 The Relationship Between Knowledge Level and Conscious Action in Class X  
Students at SMA Santo Thomas 1 Medan in 2024**

Knowledge	Conscious action				Total		<i>p-value</i>
	Done		Not done				
	<i>F</i>	%	<i>f</i>	%	<i>F</i>	%	,000
Good	33	97,1%	1	2,9%	34	100,0%	
Enough	2	6,1%	31	93,9	33	100,0%	
Less	0	0,0	0	0,0	0	0,0	
Total	35	52,2	32	47,8	67	100,0	

Thus, the results of *the chi square test* obtained a p-value, ( $p < 0.05$ ). Therefore, it can be concluded that there is a relationship between the level of knowledge and conscious action as early detection of breast cancer in class X students at SMA Santo Thomas 1 Medan in 2024.

#### 4. DISCUSSION

##### 1 Level of Knowledge of SADARI in Early Detection of Breast Cancer among Grade X Students at SMA Santo Thomas 1 Medan in 2024

Based on the results of the research on the distribution of frequency and percentage of SADARI knowledge in class X students at SMA Santo Thomas 1 Medan in 2024, from 67 respondents showed that the knowledge of class X students was found to be good knowledge as many as 34 people (50.7%), and sufficient knowledge as many as 33 people (47.3%), and no knowledge was found to be less than 0 respondents. This means that the knowledge of

SADARI in class X students at SMA Santo Thomas 1 Medan in 2024 is more knowledgeable as many as 34 people (50.7%).

The results of the SADARI knowledge research at the level of knowledge found a little more knowledge, a total of 34 respondents (50.7%) where the respondents knew how to detect breast cancer that could be done by themselves, breast care was carried out by themselves, breast care was very easy to do, breast examination could be done, awareness is breast examination, the main purpose of awareness is, examination can be done by yourself without excretion, preferably cancer examination breasts are done though. Good knowledge of the procedure, awareness of the effort to treat, awareness of whether it is done on, breast examination can be done, and why breast examination is recommended to be done while bathing. The level of good knowledge obtained from various sources of information where a person receives information from the surrounding environment, health workers and on social media, the more information is received, the level of knowledge of the respondent is better to take conscious action according to the procedure in the breast self-examination as an early detection of breast cancer.

The findings of this study are in line with research conducted by Lisa Aryanti & Sitti Rahma Soleman (2023) that the level of awareness is good as many as (51.1%) respondents know about the meaning of awareness, the purpose of awareness, the benefits of awareness, and about the change in shape of the breasts. Supported by the findings of the Tae & Melina (2020) research with a good level of knowledge (53.4%), the majority of them have a good level of knowledge. This indicates from the level of education where the respondents of high school students can affect the results of the knowledge of the respondents or this can be caused by the fact that students get a lot of information from the media which can affect the level of knowledge about awareness.

Researchers also argue that a person's level of consciousness greatly affects the level of knowledge regarding conscious action. This is in line with research conducted by Erica & Putri Azzahroh (2022) which shows that a person's level of consciousness can affect the level of knowledge, so that a person's level of consciousness is more likely to obtain information and be able to take conscious action. Some respondents have good knowledge about awareness, but there are still respondents who have less knowledge. The existence of good knowledge and a good response in doing a breast examination yourself is an important thing to detect abnormalities in the breasts.

Researchers also argue that the knowledge that a person possesses cannot be separated from the information obtained, both sight, hearing, smell, taste and touch. This is supported by

the research of Firda Tamar Jaya, Usman, (2020) stating that most of human knowledge is obtained by eyes and ears. So that it produces a good understanding that then reflects good behavior, then communication techniques are carried out appropriately both in sufficient frequency and time, which is able to increase knowledge and understanding of awareness.

## **2. SADARI action such as early detection of breast cancer in grade 10 students of SantoThomas 1 Secondary School in Medan in 2024**

Based on the results of the research on the distribution of frequencies and percentages of conscious actions in Class X students at SMA Santo Thomas 1 Medan Tahunan 2024, out of 67 respondents showed that conscious actions in class X students in the category of performing conscious actions were 35 people (52.2%) and no conscious actions were carried out as many as 32 people (47.8%). This means that more students in Class X at SMA Santo Thomas 1 Medan Tahunan in 2024 have taken actions of awareness as many as 35 people (52.2%)

From the results of the above study, it shows that under the act of awareness in class X students at Santo Thomas High School, they are more aware because the respondents know the procedure for implementing the act of awareness by standing in front of the mirror, opening the upper clothes and looking at the breasts, looking at the breasts in the mirror whether there is a change in the breasts or not, the position of the shoulders is firm, both hands are on plates to see the size of the skin shape and the color of the breasts, Wrap your hands around and observe the changes in the breasts, and begin massaging the breasts from top to bottom, left and right. This is in line with research conducted by (Surury et al., 2020) with conscious actions carried out as many as (54.2%) know the procedure for implementing conscious actions, and are able to perform a light massage under the skin from the middle of the breast to the outside of the breast. This research is also supported by research conducted by (Tresnasih & Anggraini, 2023) with conscious actions carried out as many as 77.6% know the benefits of conscious actions and steps of conscious actions.

## **3. The relationship between knowledge level and awareness of early detection of breast cancer among grade 10 students of Sant Thomas 1 high school, Medan**

The results of the research conducted by the researcher on the relationship between the level of knowledge and conscious action as an early detection of breast cancer in Class X students at SMA Santo Thomas 1 Medan found that *the chi square* statistical test obtained a p-value of .000 ( $p < 0.05$ ). This shows that there is a significant relationship between the level of knowledge and conscious action as an early detection of breast cancer in class X students at SMA Santo Thomas 1 Medan 2024, so  $H_a$  is accepted,  $H_o$  is rejected. Based on the results of

the research conducted by the researcher, the level of knowledge of the respondents is classified as good, because more and fewer are at the level of good knowledge.

Researchers assume that under good knowledge of awareness has a good impact on performing conscious actions and vice versa, a person who has knowledge about awareness tends to do well awareness. This is in line with research that (Kamallia et al., 2023) the results of the study showed a good level of knowledge of 51.1% and a sufficient knowledge result of 30.4% because it was thought that the respondents only understood about breast cancer and the signs of symptoms but did not understand it. This is because if you get SADARI information such as the meaning and time of implementation, goals and understanding how to be aware. This is in line with research (Prasetyaningtyas et al., 2023) that a person who has good knowledge about an object forms a positive attitude towards the object, such as someone who has good knowledge about breast cancer, it affects them to do SADARI regularly.

## **5. CONCLUSIONS AND SUGGESTIONS**

The awareness knowledge of class X students at SMA Santo Thomas 1 Medan in 2024 shows that there are more people who have good knowledge as many as 34 people (50.7%). Conscious actions in class X students at Santo Thomas 1 Medan High School in 2024 showed a little more awareness actions as many as 35 people (52.2%). The relationship between the level of knowledge and conscious action as early detection of breast cancer in class X students at SMA Santo Thomas 1 Medan in 2024 on the chi square test has a value of  $p\text{-value} = .000$  where  $p < 0.05$  means that there is a relationship between the level of knowledge and conscious action as an early detection of breast cancer in class X students at SMA Santo Thomas 1 Medan in 2024. It is hoped that in the next study, the number of respondents studied will be even more, starting from students in grades X to XII so that the research results obtained will be more effective

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