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HEALTH COUNSELING "SADARI EXAMINATION" FOR POSYANDU CADRES

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ABSTRACT

Breast cancer is one of the leading causes of death among women in Indonesia and continues to show an increasing incidence rate each year. Breast Self-Examination (SADARI) is a simple yet effective early detection method to identify abnormalities in the breast. The low level of knowledge and awareness among women of reproductive age regarding the importance of SADARI contributes to delayed diagnosis. This community service activity aimed to improve the knowledge of women of reproductive age, particularly Posyandu cadres, through health education on SADARI in Jayaraga Village, Tarogong Kidul Subdistrict, Garut. The counseling was conducted through presentations, interactive discussions, and the distribution of educational leaflets. Evaluation results showed an increase in participants' understanding of the importance of early breast cancer detection through SADARI. Therefore, this initiative is expected to serve as a sustainable preventive effort to reduce breast cancer incidence in the community.

Keywords: Breast cancer, Early detection, Health education,
Posyandu cadres, SADARI, Women of Reproductive Age

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1. INTRODUCTION

The number of breast cancer cases in Indonesia continues to rise at an alarming rate. Currently, breast cancer can affect individuals as young as 15 years old. This trend is particularly concerning among adolescents who are experiencing a transition from traditional to modern lifestyles, which significantly influence their health status (Nielsen et al., 2021). A modern lifestyle—characterized by the frequent consumption of fast food and exposure to electronic radiation—has been shown to increase the risk of developing breast cancer (Bhattacharyya et al., 2020).

According to the Ministry of Health of the Republic of Indonesia (2015), breast cancer is one of the most prevalent types of cancer in the country. In 2012, approximately 1.7 million individuals were diagnosed with breast cancer, and this number was projected to increase fourfold by 2020 (Bianchini et al., 2022).

According to the World Health Organization (WHO), from 2008 to 2012, cancer incidence increased from 12.7 million cases to 14.2 million cases. The second leading cause of death in the world after cardiovascular disease is cancer. By 2030, cancer incidence is expected to increase to 26 million and 17 million people will die from cancer. In addition, cancer is the leading cause of death in women. Based on the Cancer Mortality Profile, breast cancer (21.4%), cervix uteri (10.3%), tracea, bronchus, lung (9.1%), colorectum (8.5%), ovary (7.6%), and others (43.1%). Data from the Global Cancer Observatory in 2018 shows that the incidence of cancer in Indonesia (136.2/100,000 population) ranks 8th in Southeast Asia and 23rd in Asia. Breast cancer is the most common disease among women, with 42.1 cases per 100,000 population and an average mortality of 17 cases per 100,000 population. Cervical cancer is the second most common disease among women, with 23.4 cases per 100,000 population and an average mortality of 13.9 (Gradishar et al., 2022).

The risk of developing breast cancer increases due to unhealthy daily lifestyles and lack of physical activity. This is especially true for those who have a history of breast cancer in their family. Since family history or heredity allows breast cancer to develop in the next generation, and cancer sometimes appears suddenly without significant symptoms, there is a possible link between breast cancer and family history. Women with a family history of first degree (mother, siblings) have 4-6 times more chances than women without these risk factors, according to (Iacoviello et al., 2021).

Indonesian women should start doing SADARI, which is an effort to detect breast cancer as early as possible. However, it seems that modern women still pay less attention to their breast care. When it comes to facial care, they are more active and sensitive. Because having dull and acne-free facial skin is very important. In addition, this is due to the lack of knowledge about breast cancer and the importance of performing SADARI. They do not know and do not realize that SADARI is one way to prevent death from breast cancer that may occur to them (Katsura et al., 2022).

This community service activities aimed to address this gap by enhancing the knowledge and awareness of women of reproductive age, specifically Posyandu cadres, about the importance and method of performing SADARI to promote early detection of breast cancer.

2. METHODS

1. Target Population

This community service activity was aimed at Posyandu cadres, who are women of reproductive age residing in Jayaraga Village, Tarogong Kidul District, Garut. A total of 50 participants were involved in the session.

2. Activity Implementation

The health education session on SADARI was conducted face-to-face at the village's GOR. The counseling was delivered using a PowerPoint presentation accompanied by a discussion and Q&A session between the presenters and participants. After the session, educational leaflets were distributed to reinforce the information shared.

3. Evaluation Design

To measure the effectiveness of the counseling, a pre-test and post-test were conducted focusing on knowledge about SADARI (SANURTYA, 2020a). Participants' understanding was also assessed informally through repetition and direct questioning following the presentation.

4. Institutional Role

This activity was organized by LP4M STIKes Karsa Husada Garut as part of the institution's commitment to the Tri Dharma of Higher Education, specifically in community service. The educational institution played the role of an educator, aiming to improve community knowledge and encourage early detection.

5. Team Composition

The service activity was conducted by a team of three lecturers who were responsible for the preparation, delivery, and evaluation of the session. All team members were actively involved throughout the entire activity.

3. RESULT AND DISCUSSION

1. Results of Activity Implementation

Community service activities; health counseling on SADARI examination in women of childbearing age carried out by a team from LP4M STIKes Karsa Husada Garut for 1 (one) day, Tuesday 24, December 2024. Before the activity, the team spread links and brochures through social media. Permission requests are made 1 week before the counseling activity is carried out (SANURTYA, 2020b). The activity on Saturday was the core activity of community service, namely the presentation of material attended by 50 people, namely Posyandu Cadres and women of childbearing age.

The results of community service activities based on the first community service objective are to increase the knowledge and understanding of women of childbearing age about SADARI examination. Based on these objectives, the community service team presented material on SADARI examination in women of childbearing age that can be done by mothers at home.

2. Discussion of Activity Implementation Results

In the world, breast cancer has the highest incidence and mortality rates. Breast self-examination (SADARI) to identify abnormalities in the breast as early detection of breast cancer is one way to reduce the number of breast cancer cases (Nurfitriani, 2020). Currently, there is a tendency for breast cancer to be experienced by women aged 15-20 years, which means that it is not too early for women aged 15-20 years to start being educated to do SADARI regularly (7-10 days after menstruation) every month. SADARI is very important to implement, as it has been proven that almost 85% of breast abnormalities are first discovered by the patient through the correct application of SADARI.

Health education is the first step in increasing a person's knowledge, which can provide knowledge, especially about how doing breast self examination can reduce breast cancer rates in women. Knowledge is the result of human sensing, or knowledge of something through their senses, such as eyes, nose, and ears (Rifai & Perceka, 2022). itself during sensing, so the intensity of attention and perception of the object greatly affects the knowledge produced (Supriyatiningasih et al., 2022). Knowledge is the result of "knowing", which is produced after a person has sensed a certain object. The five human senses, including smell, taste, hearing, sight and touch, function to identify objects.

Health education on SADARI screening affects adolescent girls' knowledge (Rochmaedah & ..., 2022). SADARI health education can change or improve the knowledge of productive-age women due to changes in individual awareness to acquire more knowledge and abilities through practical learning methods that encourage self-direction. Health education strongly influences knowledge, which in turn shapes a person's perception of the world, which in turn influences their actions (Perceka & ..., n.d.).

The theme of SADARI (Check your own breasts) was a health education topic given to women of childbearing age and adults (Asnuriyati & Yulianti, 2018). The counseling was held online using a Google Meet meeting room, and a total of 50 people attended at the Jayaraga Village GOR in Tarogong Kidul District, Garut. Before the counseling began, the team leader introduced the group members and shared the purpose of the counseling: preventing breast cancer with SADARI.

The participants continued to follow until the speaker finished the presentation during the activity. After the speaker delivered his counseling material, the moderator asked the participants to ask questions about SADARI. Four questions were collected and answered by group members according to the questions. After all the questions were answered, the group asked again if anyone wanted to ask more questions or if they did not understand SADARI. The participants already understood about SADARI, so no more questions were asked.

4. CONCLUSION

After the community service was carried out; health counseling on SADARI examination for women of childbearing age by the service team LP4M STIKes Karsa Husada Garut, it was found that there was an increase in the knowledge of women of childbearing age about SADARI examination which was assessed from the

feedback evaluation after the presentation of the material.

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