

# Training of Breast Examination (Best Self-Examination) in the Order of Improving the Independence of Adolescent Care of Reproductive Health in the Pandemicovid-19 Time at Senior High School 1 Telaga

Ani Retni<sup>1</sup>, Harismayanti<sup>1</sup>, Siti Nur Khaliza Djauhari<sup>2</sup>, Sartika Olii<sup>2</sup>, Muhlis Tahir<sup>2</sup>

<sup>1</sup>Lecturer of the Department of Nursing, Muhammadiyah University of Gorontalo, Indonesia

<sup>2</sup>Nurse Profession Student, Muhammadiyah University of Gorontalo, Indonesia

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**Abstract.** *Producer health is a problem that needs special attention among teenagers. Public awareness and knowledge of cancer including risk factors, prevention efforts, symptoms that arise, and early detection of cancer is still lacking so it is necessary to increase knowledge for young women. 1 Lake in the context of increasing the independence of adolescents who care about reproductive health during the covid-19 pandemic. From the results achieved with this activity, the school is very supportive and gives thanks to the Muhammadiyah University of Gorontalo in carrying out the activities that have been carried out. The conclusion of this community service is that counseling can increase the knowledge of participants in breast self-examination (BSE) training.*

**Keywords:** SADARI, Teens, Covid-19

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## INTRODUCTION

Reproductive health is a state of complete physical, mental and social well-being in all matters relating to the function, role and reproductive system. Reproductive health is an important issue to get attention, especially among adolescents. Every teenager who will marry and become parents should have excellent reproductive health. So that it can produce a healthy and quality generation.

Adolescence is one of the most rapid development periods in the course of human life (Scheffler & Hermanussen, 2018; Elder et al., 2003; Lancaster, 2017). The biological maturation process generally precedes psychosocial maturity in adolescents. The development of the pre-frontal cortex, which is responsible for executive function, decision making, organization, impulse control, and future planning, occurs more slowly than the development of the limbic system, which is responsible for pleasure and reward processing, emotional responses, and sleep regulation.

WHO defines adolescents as individuals aged 10-19 years, while based on the 2014 Indonesian Minister of Health regulations, the age range for adolescents is 10-18

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years. In contrast to the two definitions above, the National Disaster Population Agency (BKKBN). Defines youth as unmarried individuals aged 10-24 years. Despite differences in the age ranges of youth groups and various authorities, adolescents are identified with the transition from childhood to adulthood.

Cancer is a disease that is everyone's nightmare. Among the various types of cancer there are several cancers that attack women. Cancer is very dangerous for women. The following are cancers that typically attack women (Boudreau et al., 2014; Hurley et al., 2015). Breast cancer is cancer that develops from cancer cells originating from breast tissue. Millions of women die as a result of breast cancer.

Reproductive health is a state of complete physical, mental and social well-being, not merely free from disease or disability in anything related to the reproductive system, its functions and related to the reproductive system, its functions and processes (Kühn & Rieger, 2017).

Coronavirus Disease 2019 (COVID-19) has become a major health problem causing severe acute respiratory illness in humans. This virus has spread rapidly around the world since it was first defined in Wuhan, China, in December 2019.

This activity is carried out by bringing in students by first asking permission from the school, namely the principal related to the implementation of counseling. The implementation of this counseling was also witnessed by the principal teacher and also the facilitator in charge of providing an assessment of the presenters (Macias, 2017; Pungur, 2007). The hope of this outreach activity is that it is expected to increase public knowledge about breast self-examination (BSE) training in the context of increasing the independence of adolescents in caring for reproductive health during the COVID-19 pandemic.

Breast self-examination (BSE) is done by feeling and looking at the breasts themselves to see the possibility of physical changes in the breasts. This process is carried out so that all changes that lead to more serious conditions can be detected early.

Breasts will generally feel different during menstruation. Before and during this period, most women feel that their breasts are getting tighter and denser. Entering menopause, the breasts will also experience changes, namely becoming slacker and softer. Changes in the shape and density of the breast at certain times are normal to occur. However, it is important to be aware of any changes that occur because they can be a sign of certain diseases, such as tumors or breast cancer.

## **RESULTS AND DISCUSSION**

The method used in this research is the method of literature review or literature review. By searching the literature using the keywords "Breast Self-Examination in Adolescents (BSE)", on the google scholar site. The criteria used in this literature study are literature related to breast self-examination (BSE), a journal publication range of at least the last 5 years starting from 2016 to 2021, in Indonesian, targets or subjects in adolescents and can be accessed in pdf and scholarly formats. peer reviewed journal) and full text.

## Characteristics of Respondents

Table 1. Frequency Distribution of Respondents' Age Based on gender, age, education at SMAN 1 Telaga

Characteristics	Frequency	Percentage (%)
Sex		
Woman	20	100
Total	20	100
Age		
16-17 Years	20	100
Total	20	100
Education		
High School	20	100
Total	20	100

Source: Processed Primary Data 2021

Table 1 shows the characteristics of female respondents as many as 20 people (100%). Most of the respondents belonged to the age group of 16-17 years with a total of 20 people (100%) in the category of education level of respondents with high school education as many as 20 people (100%).

Table 2. Frequency Distribution of Respondents based on Pre-Test at SMA N 1 Telaga

Pre-Test	Frequency	Percentage (%)
Understanding (BSE)		
Right	15	80
wrong	5	20
Total	20	100
Purpose (BSE)		
Right	18	90
wrong	2	10
Total	20	100
Time (BSE)		
Right	17	70
wrong	3	30
Total	20	100
How to do (BSE)		
Right	14	60
wrong	6	40
Total	20	100

Source: Processed Primary Data 2021

Based on table 2. The results of the pre-test showed that from the 20 respondents studied, those who answered understanding (BSE) with the correct category were 15 people presenting (80%). While the respondents who answered the objective (BSE) in the correct category were 18 people (90%). While the respondents who answered the examination time (BSE) with the correct category were 17 people presenting (70%). As for how to do (BSE) respondents who answered the correct category were 14 people (60%).

Table 3. Frequency Distribution of Respondents based on Post-Test at SMA N 1 Telaga, Telaga District, Gorontalo Regency 2021

Test Post	Frequency	Percentage (%)
Understanding (BSE)		
Right	17	70
wrong	3	30
Total	20	100
Purpose (BSE)		
Right	18	80
wrong	2	20
Total	20	100
Time (BSE)		
Right	19	90
wrong	1	10
Total	20	100
How to do (BSE)		
Right	19	90
wrong	1	10
Total	20	100

Source: Processed Primary Data 2021

Based on table 3. Post-test results show that from the 20 respondents studied, those who answered understanding (BSE) with the correct category were 17 people presenting (70%). While the respondents who answered the objective (BSE) in the correct category were 18 people (80%). While the respondents who answered the examination time (BSE) with the correct category were 19 people presenting (90%). As for how to do (BSE) respondents who answered the correct category were 19 people (90%).

The literature study got significant results. Pre-test results showed that from the 20 respondents studied, who answered the understanding (BSE) with the correct category as many as 15 people presented (80%). Meanwhile, the respondents who answered the objective (BSE) in the correct category were 18 people (90%). While the respondents who answered the examination time (BSE) with the correct category were 17 people presenting (70%). As for how to do (BSE) respondents who answered the correct category were 14 people (60%).

The results of the Post Test showed that of the 20 respondents studied, who answered understanding (BSE) with the correct category, 17 people presented (70%). While the respondents who answered the objective (BSE) in the correct category were 18 people (80%). While the respondents who answered the examination time (BSE) with the correct category were 19 people presenting (90%). As for how to do (BSE) respondents who answered the correct category were 19 people (90%).

The implementation of this service will be carried out on Saturday, April 24, 2021. The stages of achieving the target results are described according to a sequence of implementation methods with several modifications according to field conditions.

Stages of implementation of counseling activities for Breast Self-Examination Training (BSE) in the Context of Increasing Adolescent Independence. Caring for Reproductive Health During the Covid 19 Pandemic SMAN I Telaga Kec. Lake District.

The results achieved with this activity, the SMA NI Telaga school are very supportive and give thanks to the researchers in carrying out this activity, all a series of activities have been carried out by achieving good results because there are 20 students who are willing to take part in the counseling and in accordance with the report on the evidence of the activities provided. held.

Filling out the questionnaire for this activity, obtained information that as many as 93.3% of students already knew what the term reproductive health was, while 6.7% of students had never heard of the term reproductive health. This shows that they already know what reproductive health is.

## CONCLUSION

From a series of community service activities, it can be concluded that: Increasing knowledge of young women about breast self-examination (BSE), Efforts to improve public health status through breast self-examination (BSE) training. It is an activity that can provide good benefits to the community, especially young women and the campus. Because Breast Self-Examination (BSE) can detect breast cancer early and reduce the incidence of adolescents with breast cancer.

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