



Research Article

The Influence of SADARI Education on Mothers' Knowledge and Attitudes in Early Detection of Breast Cancer in the Working Area of the Gunung Batu Besar Community Health Center UPTD

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Abstract. Breast cancer is one of the most common types of cancer in women and is the leading cause of cancer death in the world. Low awareness of women of childbearing age towards early detection causes delays in treatment, increasing the risk of mortality. Breast self-examination (SADARI) is a simple method that can be done independently to detect breast abnormalities from an early age. This study aims to determine the influence of SADARI education on maternal knowledge and attitudes in the early detection of breast cancer in the work area of UPTD Gunung Batu Besar Health Center. The study used a quantitative method with an observational analytical design and a cross-sectional approach. The sample consisted of 60 respondents selected by purposive sampling. The research instrument used a SADARI knowledge and attitude questionnaire. Data analysis used the Chi-Square test with a significance level of 0.05. The results showed that most of the respondents had sufficient category knowledge and a positive attitude towards SADARI. There was a significant relationship between SADARI education and maternal knowledge and attitudes (p-value 0.001). SADARI education was proven to be influential in increasing awareness of early detection of breast cancer.

Keywords: Breast Cancer; Early Detection; Mother's Knowledge; Positive Attitude; SADARI Education.

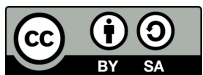
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1. Introduction

Breast cancer is one of the type the most common cancer found in women in various countries, including Indonesia. The disease This happen consequence growth abnormal cells in tissue developing breasts in a way No controlled. Detection early become step important For increase opportunity healing and reducing number death. One of the method simple that can done is inspection breast self-examination (SADARI). Many women Not yet do SADARI regularly because lack of knowledge and awareness to importance detection early. Condition This cause part case found in advanced stages. Research previously show low SADARI practice in women age fertile in several regions of Indonesia (Sari & Wulandari, 2022).

Globally, cancer breast become cancer with number incident highest in women. The World Health Organization reports that in 2023 there will be more from 2.3 million case new cancer breasts in the world. In Indonesia, the number incident cancer breasts also continue increase and become reason death highest in women consequence cancer. Many cases diagnosed at an advanced stage Because delay detection early. Low coverage screening be one of factor main height number death. This is show that effort prevention through education health Still need improved. Studies show that delay detection relate with low knowledge society (Lestari & Anisa, 2021).

Education health is one of the effort important in increase knowledge and attitudes public to detection early cancer breasts. SADARI education aims give understanding about method inspection breast Alone in a way independent and orderly. Giving education can done

through counseling, print media, and electronic media. Increasing knowledge expected can form attitude positive to behavior SADARI examination. Research show that education health influential to improvement knowledge Woman about BSE (Ningsih & Rahmawati, 2021).

Attitude is response somebody to something objects that are influenced by knowledge and experience. Attitude positive regarding SADARI will increase possibility somebody do detection early cancer breast on a regular basis. However Still Lots women who have attitude not enough care to health breasts. This is influenced by fear, shame, and lack information. Changes attitude can happen through a continuous educational process. Studies show existence connection between knowledge with attitude towards SADARI (Yuliana & Putri, 2023).

SADARI behavior is greatly influenced by internal and external factors. individual. Internal factors include knowledge, attitude, and motivation, whereas factor external covering support family and energy health. Lack of information be one of reason low SADARI practice in the community. The role of health workers health is very important in give education in a way direct to society. Improvement awareness through education can push behavior detection early cancer breasts. Research show that promotion health relate with improvement SADARI practice (Handayani & Lestari, 2020).

UPTD Puskesmas Mount Batu Besar is one of the facility service health services public with various health programs women. Based on observation early, still Lots women who have not know SADARI technique with true. Most of them respondents Not yet Once do inspection breast Alone routinely. Condition This show Still low awareness detection early cancer breasts in the area. SADARI education is one of the efforts that can be made increase knowledge and attitudes community. Research This important done For know influence SADARI education on knowledge and attitudes Mother in detection early cancer breast.

2. Theoretical Study

The Concept of Breast Cancer and SADARI

Breast cancer is the growth of abnormal cells in breast tissue that can spread to other parts of the body if not treated early. Breast Self-Examination (BSE) is an early detection method that women can perform independently to identify changes in their breasts. This examination is recommended to be performed routinely every month after menstruation. BSE helps increase the chances of early detection, allowing for faster treatment. Health theory explains that preventive behavior is influenced by an individual's knowledge and perception of disease risk. Research shows that knowledge is related to BSE practice in women (Dewi & Kartika, 2022).

Health Education and Attitude Formation

Health education is the process of providing information aimed at improving a person's knowledge, attitudes, and behaviors regarding health. BSE education plays a role in providing an understanding of the importance of early breast cancer detection. An individual's attitude toward BSE is formed through learning, experience, and the information received. A positive attitude will encourage someone to undergo regular check-ups. Health behavior theory explains that attitude change can occur through increased knowledge and direct experience. Research shows that health education influences women's attitudes toward BSE (Fitriani & Sulastri, 2020).

3. Research Methods

Study This use method quantitative with design analytic observational and cross-sectional approaches to know influence SADARI education on knowledge and attitudes Mother in detection early cancer breasts in the working area of the UPTD Puskesmas Big Stone Mountain. Variable independent in study This is SADARI education, while variables dependent is knowledge and attitudes Mother about detection early cancer breasts. Research implemented in May 2026.

This research included all women of reproductive age who worked at the Gunung Batu Besar Community Health Centre (UPTD). A purposive sampling technique was used to select a sample of 60 respondents, with inclusion and exclusion criteria. Women aged 20 to 49 years old who were willing to participate and able to read and finish the questionnaire were eligible. Respondents who were absent during data collection or did not fully complete the questionnaire were excluded.

The research instrument used a structured questionnaire consisting of respondent characteristics, a questionnaire on knowledge of breast self-examination (BSE), and a questionnaire on attitudes toward early breast cancer detection. The questionnaire was

constructed using a closed-ended scale and underwent validity and reliability testing. Data were analyzed univariately to determine frequency distribution, and bivariately using the Chi-Square test with a significance level of 0.05.

4. Results And Discussion

Results

Table 1. Respondent Characteristics (n = 60).

Characteristics	Category	f	%
Age	20–29 years	20	33.3
	30–39 years	25	41.7
	40–49 years	15	25.0
Education	Low	18	30.0
	Intermediate	28	46.7
	Tall	14	23.3

Based on Table 1, the majority of respondents were aged 30–39 years (41.7%) with a secondary education level (46.7%). This indicates that the majority of mothers were of active reproductive age with a secondary education level.

Table 2. Mothers' Knowledge of SADARI (n = 60).

Knowledge	f	%
Good	18	30.0
Enough	26	43.3
Not enough	16	26.7
Total	60	100

Based on Table 2, the majority of respondents had sufficient knowledge (43.3%). This indicates that mothers' understanding of BSE is still suboptimal.

Table 3. Mothers' attitudes towards SADARI (n = 60).

Attitude	f	%
Positive	32	53.3
Negative	28	46.7
Total	60	100

Based on Table 3, more than half of the respondents have a positive attitude towards SADARI (53.3%), but there is still a fairly high proportion of negative attitudes.

Table 4. Relationship between SADARI Education and Knowledge and Attitudes.

BSE Education	Good Knowledge n (%)	Positive Attitude n (%)	p-value
Good	15 (75.0%)	16 (80.0%)	0.001
Enough	3 (15.0%)	12 (60.0%)	
Not enough	0 (0%)	4 (20.0%)	

Based on Table 4, respondents who received adequate BSE education mostly had positive knowledge and attitudes. The test results showed a significant relationship between BSE education and maternal knowledge and attitudes.

Discussion

Research result show that SADARI education has connection with improvement knowledge Mother about detection early cancer breasts. Respondents who received education with Good more Lots own knowledge category good. This is show that giving information health can increase understanding individual to something action prevention disease. Good knowledge become base in formation behavior proper health. Findings This in line with research that states that education health influential to improvement SADARI knowledge (Ningsih & Rahmawati, 2021). Good knowledge will make things easier somebody understand importance detection early cancer breast.

Attitude Mother SADARI is also influenced by the education provided. Respondents who received education more Lots show attitude positive to SADARI examination. Attitude formed from the learning process and experiences received individual. Good education capable change perception negative become more positive to inspection health. This is

supported by theory that attitude influenced by the knowledge possessed someone. Research previously show existence connection between education health with attitude towards SADARI (Fitriani & Sulastri, 2020).

Respondents with knowledge Enough Still show variation attitude towards SADARI. Some have attitude positive, but Still there are those who behave negative. Condition This show that knowledge that is not optimal can influence attitude individual. Attitude negative often appear Because lack of understanding and fear to examination. This is show that education need done in a way sustainable. Other research states that that lack of knowledge can lower interest perform SADARI (Lestari & Anisa, 2021).

Good SADARI education proven increase awareness Mother in do detection early cancer breasts. The information provided power health play a role important in form behavior health. The counseling that was carried out in a way direct more effective in increase understanding society. This is show that communication health own role important in change behavior. Studies show that promotion health relate with improvement SADARI behavior (Handayani & Lestari, 2020).

Age and education factors also influence reception SADARI education. Mothers with education more tall tend more easy understand information health. Age productive also supports ability accept information new. This is show that characteristics individual play a role in success education. Research previously show that education relate with behavior health reproduction (Utami & Sari, 2022).

In a way Overall, SADARI education has influence to improvement knowledge and attitudes Mother in detection early cancer breasts. Enhancement education expected can push routine SADARI behavior. This important in effort prevention cancer breast since early. The role of energy health is very necessary in give education sustainable. These results show that education is factor important in change behavior health public.

5. Conclusion

Based on the research results, it can be concluded that there is an influence of BSE education on mothers' knowledge and attitudes regarding early breast cancer detection in the Gunung Batu Besar Community Health Center's work area. Mothers who received good BSE education had higher knowledge and more positive attitudes compared to mothers who received less education. The analysis results showed a significant relationship between BSE education and mothers' knowledge and attitudes, thus education plays a crucial role in increasing awareness of early breast cancer detection.

Health workers at the Gunung Batu Besar Community Health Center (UPTD) are expected to increase routine BSE education activities through counseling, demonstrations, and accessible information media. Women of childbearing age are also expected to participate more actively in health education activities and perform monthly BSE examinations. The community health center needs to expand its health promotion efforts to ensure that the entire community receives adequate information about early breast cancer detection. Future research is recommended to include other variables such as family support, access to information, and health behaviors to obtain more comprehensive results.

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