



THE RELATIONSHIP OF KNOWLEDGE, FAMILY SUPPORT, AND HEALTH INFORMATION ACCESSIBILITY WITH BREAST SELF-EXAMINATION MOTIVATION

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ARTICLE INFO	ABSTRACT
Published: July 27th, 2023 Keywords: level of knowledge, family support, access to information, motivation "realize," breast cancer	Breast cancer is a malignancy that attacks the female breast. Based on data from the East Java Health Office for 2020, Sumenep Regency is the area with the most breast cancer and ranks 12th in East Java. One of the breast cancer screening efforts that can be done is the breast self-examination technique (BSE). This study aims to determine the relationship between the level of knowledge, family support and access to health information with the motivation to perform BSE in the Pagerungan Besar Islands, Sumenep Regency. This study uses a cross sectional design. The sampling technique used was consecutive sampling with a sample of 77 women. The research instrument used a questionnaire on the level of knowledge of family support, access to health information and BSE motivation. The test used was the Spearman Correlation Test where a significant relationship was found between the level of knowledge and the motivation to perform BSE (p value=0.010; $r=0.291$), family support to the motivation to perform BSE (p value=0.00; $r=$) and relationship between access to health information and motivation to perform BSE (p value=0.005; $r=$). Increasing knowledge, family support and access to health information for women in the Pagerungan Besar Islands is very important to increase women's motivation to perform BSE as an effort to detect early breast cancer.

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INTRODUCTION

Breast cancer is cancer that is found in the breast and can spread to the axillary lymph nodes. This disease is a malignancy that is often experienced in women (Harbeck et al., 2019). Global Burden of Cancer (GLOBOCAN) statistical data for 2020 states that breast cancer is the fifth cause of death from cancer in the world, which has reached 65,858 cases of death with a percentage of 16.6% of all cancer incidence in Indonesia. Cases in East Java with breast cancer have a number of breast cancer patients reaching 12,186 cases in 2019. Sumenep Regency ranks 12th with the most breast cancer patients in East Java Province. The number of breast cancer sufferers in Sumenep Regency will reach 4,034 in 2020 (Dinas Kesehatan Provinsi Jawa Timur, 2020).

One of the easiest ways to detect early breast cancer is breast self-examination (BSE) (Anwar et al., 2011). According to Mulyani (2013) in Despitasari and Nofrianti (2017) BSE is still performed by a small proportion of women, which is estimated to be only 25-30%. One of the factors that causes many women not to do BSE is due to a lack of motivation (Fatmawati & Prastiwi, 2021). The motivation to do BSE is important because it can encourage someone to do BSE regularly.

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It is important to do it regularly so that the symptoms of breast cancer can be recognized as early as possible and can be treated properly, so the cure rate is quite high, which is around 80-90% (Astuti, 2016). The low motivation of the community to perform BSE can be influenced by various intrinsic factors, namely the level of knowledge about breast cancer (Marfianti, 2021). Lack of knowledge, limited public information about the dangers, early signs and symptoms, risk factors, ways to prevent and treat breast cancer greatly influence people's motivation to do BSE (Lubis, 2017). Meanwhile, extrinsic motivation can come from the environment, such as support from friends and family (Herijulianti et al., 2002). In addition, women who have good sources of BSE information can inspire these women to do what they have learned (Hidayani et al., 2022).

Information about BSE can be obtained through health services in that area (Lubis, 2017). According to research conducted by Aisah and Anjarwati (2016), it is explained that the more easily a person can get access to health information in the surrounding environment, the easier it is for someone to get information about BSE. Therefore, easy access to health information can also be a factor in the motivation for early examination with BSE (Hastuti et al., 2021).

Preliminary studies that have been conducted on 6 family members with breast cancer in the Pagerung Besar Islands show that most sufferers have breast cancer checked for the first time when they have reached stage 2. The people in the Pagerung Besar Islands are also more focused on treating disease complaints with herbal remedies rather than visiting health services.

Based on the above problems, the researchers wanted to know the relationship between the level of knowledge, family support and access to health information in Pagerung Besar Island with breast cancer examination using the BSE method. This study examined each variable to gain knowledge regarding the issue to shed some light for readers, especially those who are involved in public health sector.

METHODS

This study used cross sectional research method. The population of this study was women in Hamlet 2 of Pagerungan Besar Islands, Sumenep Regency, Madura, as many as 330 respondents. Using purposive sampling technique, with a total sample of 77 samples. Research data collection using questionnaires and data analysis using the Spearman Rank correlation test.

RESULTS AND DISCUSSION

Table 1. Frequency Distribution of Respondent Characteristics

	Characteristics	Frequency (n)	Percentage (%)
Age	<20 years	5	6.5 %
	20 – 30 years	30	39 %
	31 – 40 years	18	23.4 %
	>40 years	24	31.2 %
Education	Elementary School	37	48.1 %
	Junior High School	20	26 %

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	Senior High School	18	23.4 %
	Bachelor	2	2.6 %
Work	Does not work	9	11.7 %
	Housewife	61	79.2 %
	Civil servant	1	1.3 %
	Trader	6	7.8 %
Marital status	Not married yet	11	14.3 %
	Marry	61	79.2 %
	Divorced Widow	3	3.9 %
	Dead Widow	2	2.6 %

Age Most of the women of childbearing age are aged 20-30 years, namely 30 respondents (39%). Apart from that, for the last education that was taken by most of the respondents in Dusun 2 Pulau Pagerung Besar, namely Elementary School Education (SD), there were 37 respondents (48.1%). This shows that the education of some respondents in Dusun 2 can be categorized as having low education. Other data shows that most of the respondents work as housewives with a total of 61 respondents (79.2%). And most of the respondents' marital status is married, namely a number of 61 respondents (79.2%).

Table 2. Cross Table of Relationship between Family Support and BSE Motivation in the Pagerungan Besar Islands, Sumenep, Madura

Knowledge level	BSE Motivation						P-value	R
	Height		Medium		Low			
	N	%	N	%	N	%		
Height	1	6,3	12	75.0	3	18,8	0.010	0.291
Medium	1	3,8	10	38.5	15	57.7		
Low	2	5,7	10	28,6	23	65.7		

Based on table 2 shows that respondents with a level of knowledge in the low category with low BSE motivation were 23 (65.7%) respondents. After testing the data using Spearman's Rank, the results of the correlation coefficient between the level of knowledge and BSE motivation were 0.291 with a significance level of 0.010 (p value <0.05). The results of the analysis show that there is a relationship between the level of knowledge and BSE motivation with a low correlation. Where the direction of the relationship is positive. This can be interpreted that the higher the level of knowledge, the greater the motivation to do BSE.

Table 3. Cross Table of Relationship between Family Support and BSE Motivation in the Pagerungan Besar Islands, Sumenep, Madura

Family Support	BSE Motivation								P-value	R
	Good		Enough		Not enough		Total			
	N	%	N	%	N	%	N	%		
Good	23	29,9	22	28,6	7	9,1	52	67,5	0.000	0.543
Enough	3	3,9	12	15,6	2	2,6	17	22,1		
Not enough	0	0	3	3,9	5	6,5	8	10,4		
Total	26	33,8	37	48,1	14	18,2	77	100		

Most of the respondents who had good family support had a good level of motivation to do BSE activities, namely 23 respondents (29.9%).

Spearman Rank Correlation Test have obtained a significance value of 0.000 where α (0.000 < 0.050), so that there is a significant relationship between family support and motivation to perform BSE in the Pagerung Besar Islands of Madura. In family support, the correlation strength is 0.543 which has a positive direction and can be categorized as a strong relationship. This can indicate that the better the family support that occurs for women, the better the level of BSE motivation they have, while the less family support, the less motivated a woman will be to do BSE.

Table 4. Cross Table of Access to Obtaining Health Information with BSE Motivation in the Pagerungan Besar Islands, Sumenep, Madura

Access to Health Information	BSE Motivation								P-value	R
	Good		Enough		Not enough		Total			
	N	%	N	%	N	%	N	%		
Easy	21	27,3	21	27,3	6	7,8	48	62,3	0.005	0.315
Enough	4	5,2	15	19.5	7	9,1	26	33,8		
Difficult	1	1,3	1	1,3	1	1,3	3	3,9		
Total	26	33,8	37	48,1	14	18,2	77	100		

The variable of access to health information can be stated that the majority of respondents who have easy access to health information have the motivation to do good BSE, namely 21 respondents (27.3%).

Spearman Rank Correlation Test obtained a significance value of 0.005 where α (0.005 < 0.050), so that there is a significant relationship between access to health information and motivation to perform BSE in the Pagerung Besar Islands, Madura. The strength of the correlation is 0.315 which has a positive direction and is included in the category of sufficient relationship strength. This can indicate that the easier access to health information obtained by women, the better the level of BSE motivation possessed by a woman, and vice versa the more difficult it is to access health information, the less motivated a woman will be to perform BSE.

Level of Knowledge of Women in the Pagerungan Besar Archipelago, Sumenep Madura Regency

The results of the data analysis using the Spearman's rank test showed that the correlation coefficient between the level of knowledge and the motivation to perform BSE obtained a p value of 0.010 (<0.05) and a value of $r = 0.291$. The results of the analysis show that there is a relationship between the level of knowledge and BSE motivation with a low correlation. While the direction of a positive relationship can be interpreted that the higher the level of knowledge, the more women's motivation to perform BSE in Dusun II Pulau Pagerung Besar. Where the level of knowledge of the respondents in this study was still low so that there was no will or motivation for the community to do BSE.

The results of this study are in line with previous research conducted by (Afifah et al., 2022) concerning BSE Behavior Analysis which stated that there was a significant relationship between knowledge, self-motivation and support from health workers and BSE behavior. Based on the results of the tests conducted in this study, it was obtained that the value of $p < 0.05$ means that there is a significant relationship between the variables.

Knowledge is the result of knowing that arises after observing a particular object. In addition, knowledge is one of the factors that influence BSE and is very important in BSE action. The same thing also happens to women who have good knowledge about breast cancer and BSE which makes them carry out BSE as a form of secondary prevention (Sirait et al., 2021). If someone has good knowledge about BSE, then BSE actions can be carried out routinely every month which will go well (Heriyanti et al., 2018).

The results of this study are also in accordance with the results of previous research on knowledge about BSE with motivation to do BSE. This research shows that there is a positive and significant relationship between knowledge and motivation to perform BSE. In addition, the results of a correlation coefficient with moderate correlation were obtained (Septiyaningsih, 2011).

Motivation is one that is based on knowledge (Siagian, 2004). According to Sari (2018), motivation is an impulse that appears in individuals consciously or unconsciously to carry out an action with a specific purpose. Motivation is a process that gives someone a reason to do something. In addition, motivation can also be defined as the basic impetus that moves a person to behave. This desire is found in a person who moves to carry out something according to his inner desires (Irmalia, 2014).

Likewise, the results of this study are in line with the research of Wulandari and Ayu (2017) which shows that there is a significant relationship between knowledge and BSE behavior. Based on this research, knowledge is a domain that influences a person's behavior. If the respondent's knowledge is sufficient, then his behavior is also sufficient. In other words, behavior can be shaped by the individual's motivation. In line with the opinion expressed by Notoatmodjo (2007) that in order to behave, individuals need motivation that moves individuals to behave.

Family Support for Women in the Pagerung Besar Islands, Sumenep Madura Regency

The results of the data in this study showed that family support for women in Pagerungan Besar Islands Hamlet 2, Sumenep Madura Regency was in the good category, namely 52 women (67.5%). This can be related to the majority of research respondents having married marital status. In accordance with research from Grundy and Murphy (2007) that someone who is married has potential support in the form of a partner that someone who is not married does not have. Spouses, children or even grandchildren are providers of emotional support and friendship, as well as practical assistance that can make a substantial contribution to well-being and quality of life. Research from Dewi et al. (2017), states that husband's support is very important for wives in detecting breast cancer. Support provided by the husband can be in the form of emotional support where the husband can include acts of empathy, and attention to his wife in carrying out early breast detection behavior. Other support is in the form of esteem support where the wife feels valued and has feelings of value, then the husband also provides support in the form of instrumental support where the husband provides direct assistance accompanying the wife during early detection activities. As for informational support, namely the husband can provide advice, feedback, advice to his wife when carrying out activities in early detection of breast cancer.

This can also be supported by the theory of Friedman (2013) which states that the role of the family in informational support is a shared responsibility and a communication network which contains elements of providing solutions to problems faced by family members. The family also provides advice and suggestions as well as feedback regarding what other family members do. Included in the family itself can convey information regarding doctor's advice, actions to improve health and other related matters.

Access to Health Information on the Pagerung Besar Islands, Sumenep Madura district

The results of research data on access to health information stated that access to health information on the Pagerung Besar Islands was in the easy category, with 48 respondents (62.3%). Result data on questionnaires number 1, 2, and 3 which explain whether the public is exposed to health information, especially regarding breast cancer and breast self-examination, on average from the three numbers as much as 71% of respondents stated that access to obtaining health information related to breast cancer and BSE is easy to get. Whereas in questionnaire number 4 as many as 66.2% of respondents stated that the nearest health facility provided services in all health problems including providing health information.

Based on the results of the study, it can be seen that women of childbearing age in Pagerung Besar Islands 2 hamlet have the motivation to do BSE because most of the respondents are exposed to health information, especially related to breast cancer and BSE. This is in line with research from Jayanti and Al (2022), where with the good role of medical personnel and exposure to health information media, the majority of women (82.1%) in the study had carried out early detection of breast cancer. The study also explained that women who had been exposed to health information, especially about breast cancer and BSE, had a 5 times greater chance of doing BSE regularly than women who had never been exposed to information media.

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A person's exposure to health information due to media use can lead to motivation for that person to carry out positive behavior (Sidik, 2015). This is in line with research from Fatmawati and Prastiwi (2021) regarding the relationship between motivation for early detection of breast cancer and BSE practice, where women who have good motivation for early detection of breast cancer because they have received a lot of health information about breast cancer and breast self-examination. The more information that women get, the stronger the belief in encouraging women to behave positively, especially for their health.

Motivation to Perform BSE in Pagerung Besar Islands Women, Sumenep Madura Regency

Based on the results of research that has been done, the motivation to do BSE for women in Dusun 2 Pulau Pagerung Besar is in the sufficient category, namely 37 (48.1%). Other data states that most of the women in Dusun 2 Pulau Pagerung Besar have the last level of education equivalent to elementary school. This can be related to the results of BSE motivation data for most respondents in the sufficient category which is in line with research from Tastan et al. (2011), in a study entitled "Health Beliefs Concerning Breast Self-examination of Nurses in Turkey" examining health beliefs about medical examinations. breast cancer and its relationship to age, educational status, and family history of breast cancer among nurses working in university hospitals. It was found that respondents who had university education had higher health motivation than respondents who had lower educational status. It can be seen that the higher the level of education, the better the motivation for own health.

In addition, the data has stated that the family support for most of the respondents is good. This can be known because some of the motivation obtained by respondents is from the family. It is supported by research from Yuliatun and Laily (2012), in which the support of one of the husband's family and the level of knowledge provided by the husband to his wife can affect the wife's activities to do something, especially related to her health.

Relationship between Family Support and Motivation to Perform BSE

The results of this study's data analysis stated that some women who had family support in the good category had the motivation to do good BSE, namely 23 respondents (29.9%), while a small number of respondents who had family support in the good category had good BSE motivation. less, namely as many as 7 women (9.1%).

In this study, data processing was carried out using the Spearman Rank correlation test. The family support variable with BSE motivation has a significance value of 0.000. It is known from the results of the research analysis that the significance value is less than α ($0.000 < 0.050$), therefore it can be obtained that H_0 is rejected which indicates that there is a significant relationship between family support and BSE motivation by women in Hamlet 2 Pagerung Besar Islands, Sumenep Madura Regency.

In the results of the study there was a significant relationship between family support and the motivation of women of childbearing age to carry out early detection of breast cancer with BSE. This is supported by research from (Putri et al., 2022) which stated that the majority of respondents

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who were in the supportive family category, namely 24 respondents (66.7%) had a high motivation to do early cancer screening. Family support plays an important role in a person's behavior towards his health. Family influence can be in the form of emotional support, instrumental support, appraisal support, and information support, especially regarding maintaining the health of family members. In the motivation of women of childbearing age to carry out early detection of cancer, husband's support is one of the most participating things because the husband is the person closest to making decisions and information related to health. Good family support will increase one's motivation in the interest and awareness of a woman to do early cancer screening. If a woman is facilitated by good emotional support, informational support, assessment support, and instrumental support, then indirectly the woman will carry out good behavior for her health (Jurusan et al., 2021).

Relationship between Access to Health Information and Motivation to Perform BSE

The results of the research data stated that the majority of respondents who stated that access to health information in the Pangerungan Besar Islands was easy had BSE motivation in the good and sufficient category, namely that they had the same number of respondents with a total of 21 respondents (27.3%). In the study it was also known that a small number of women who stated that access to health information in the Pangerung Besar Islands was easy had the motivation to do BSE in the less category of 6 respondents (7.8%).

In this study, data processing was carried out using the Spearman Rank correlation test. The access variable to obtaining health information with BSE motivation has a significance value of 0.005. It is known that in the results of the research analysis the significance value is less than α ($0.005 < 0.050$), therefore it can be obtained that H_0 is rejected which indicates that there is a significant relationship between access to health information and BSE motivation in women in Hamlet 2 Pagerung Besar Islands, Sumenep Madura Regency .

It is known that access to health information has a relationship with the BSE motivation variable. This is supported by research from Ramlis (2013) who examined family support, healthy motivation, quality of health services, and behavior towards breast cancer prevention in mothers using a cross sectional analysis method. The results of this study stated that there was a significant and positive relationship between the quality of health services and the healthy motivation of mothers. The behavior and motivation that a person gets in the early prevention of breast cancer can be maximized if there is good collaboration and integration between several elements that influence this behavior. The existence of good health service facilities or facilities such as the puskesmas, the availability of medicines and health information about breast cancer prevention are elements that can support a woman to avoid the risk of breast cancer. Supporting factors based on the person's knowledge and attitudes can have a positive impact on the success of preventing breast cancer risk in women. In accordance with (Hidayani et al., 2022) that a good source of information will lead to positive behavior in women to carry out BSE activities than a woman who does not have good sources of information.

CONCLUSION

Most of the women (48.1%) in Pagerung Besar Islands are motivated to do sufficient BSE. The level of knowledge of respondents in Pagerung Besar Islands about breast cancer and BSE showed that most (53.2%) had a low level of knowledge. 67.5% have good family support and (62.3%) have easy access to health information. There is a relationship between the level of knowledge, family support and motivation to do BSE and there is a relationship between access to health information and the motivation to do BSE. Suggestions that can be given to health workers to maintain and further improve public understanding in efforts to prevent breast cancer in the early phase by carrying out BSE activities.

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