

**TEENAGE GIRLS KNOWLEDGE ABOUT RISK FACTORS FOR
CERVICAL CANCER
IN SMA NEGERI 7 SURABAYA**

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ABSTRACT

Cervical cancer is a malignant tumor that occurs in the cervix, an area in the female reproductive organs which is the entrance to the uterus, it is located between the uterus and the vagina. Several risk factors can increase the development of cervical cancer due to lack of knowledge about risk factors that cause cervical cancer. The purpose of this study is to determine teenage girls knowledge about the risk factors for cervical cancer. This type of this research is descriptive with a probability sampling technique of simple random sampling. The population is 598 female students, with sample of 86 female students. The results of research on knowledge of teenage girls about risk factors for cervical cancer show that more than half have less knowledge and a few have good knowledge. Knowledge of teenage girls based on age is less than half of those who have less knowledge are in the group of teenage girls aged 16 and 18 years. Teenage girls knowledge based on information sources, more than half of those who are knowledgeable lack information sources from the mass media. It is expected that teenage girls will always increase their knowledge about risk factors that cause cervical cancer by participating in health education, adding insight through textbooks or mass media. In addition, it is hoped that teenage girls can prevent cervical cancer in order to minimize the occurrence of cervical cancer.

Keywords: Knowledge, Cervical Cancer, Risk Factors, Teenage Girls

INTRODUCTION

Cervical cancer is one of the leading causes of death for women worldwide. In Indonesia, cervical cancer is the second most common type of cancer after breast cancer. Every two minutes a woman dies of cervical cancer. The number of cervical cancer cases is increasing every year in Indonesia. Every woman is at risk of cervical cancer regardless of age (Kemenkes RI, 2019). Cervical cancer is mainly caused by the HPV (Human Papilloma Virus). However, several factors can increase the chance of cervical cancer. Cervical cancer is a women's health problem in Indonesia in connection with the increasing incidence and mortality due to lack of knowledge about the risk factors that cause cervical cancer (Eva & Anna, 2014).

The incidence of cervical cancer in Indonesia ranks second after breast cancer with an incidence rate of 23.4 per 100,000 population and an average cervical cancer mortality rate of 13.9 per 100,000 population. While the incidence of breast cancer is 42.1 per 100,000 population, the average death rate is 17 per 100,000 (Kemenkes RI, 2019). The number of cervical cancer cases in East Java ranked first reaching 13,078 cases, followed by breast cancer reaching 12,186 in 2019 (East Java Health Office, 2019). In the city of Surabaya in 2019, out of 24,345 women who were screened for cervical and breast cancer, 325 women had positive VIA results, or 1.33%. Based on research from (Indryani, 2019) at SMAN 2 Model Watampone shows the conclusion that of the 70 respondents, most (55%) have a low level of knowledge, less than half (31%) have sufficient knowledge, and a small (14%) level of knowledge good.

Cervical cancer is a malignancy that occurs in the cervical tissue which is the lowest part of the cervix and protrudes to the top of the intercourse hole (Kemenkes RI, 2019). The cause of cervical cancer 90% is caused by the Human Papilloma Virus (HPV) which is transmitted through sexual intercourse. In addition to HPV, there are several risk factors that cause cervical cancer, including: low socioeconomic status, addiction to tobacco smoking, long-term use of oral contraceptives, impaired immunity, marriage before the age of 18 years, young age <18 years of sexual intercourse, multipartners in sexual intercourse, husbands who are not circumcised, poor personal hygiene of the genitalia, family history of cervical cancer, and history of sexually transmitted diseases (Kemenkes RI, 2017). An increase in the number of young couples when they first have sexual intercourse increases the risk of cervical cancer. The age of marriage due to sexual intercourse is ideally carried out by a woman at a mature age because the new mucosal cells mature after the woman is 20 years old and over. Maturity also depends on the mucus cells found in the skin membranes in body cavities (Rasjidi, 2009). The results of the study by (Sulistiya, 2017) showed that women who had sexual intercourse for the first time at the age of 20 years had a 2.41 times greater risk of developing cervical cancer compared to women who had their first sexual intercourse at the age of > 20 years. According to (Sadewa et al, 2014), another risk factor that causes cervical cancer is the lack of genital hygiene in women will increase pathogenic bacteria in the vagina so that it triggers disease, one of which is cervical cancer. According to research (Indrawati, T., Fitriyani, 2012), poor genital personal hygiene has a risk of cervical cancer 19,386 times greater than

women who have good genital personal hygiene. Cervical cancer can be caused by HPV that comes from public toilets when the HPV virus is on a woman's hands and then touches the genital area so that this virus can move and infect the cervix. According to the World Health Organization (WHO) (2014) the relative risk of using oral contraceptives/pills increases by 1.19 times along with the length of use, while according to research (JodelinMuninggar, 2019) the use of IUD contraception will experience a risk of cervical cancer 12.7 times higher than those who did not use the IUD. According to research (Tira, 2008) obtained an OR value of 12,048 the number of marriages more than 1 time is very at risk of cervical cancer. Seeing some of the risk factors above will have an impact on death in women and the high incidence of cervical cancer in Indonesia. The process of cervical cancer is very long, which is between 10 to 20 years to become a cancer which was originally from an infection. In the early stages of development it will be difficult to detect. Therefore cervical cancer can be prevented from an early age by providing knowledge to young women about the risk factors that cause cervical cancer.

Various efforts can be made to suppress the high incidence of cervical cancer, it is necessary to increase awareness about the knowledge of risk factors that cause cervical cancer, including: marrying at a mature age > 20 years, avoiding sexual intercourse at an early age, not taking turns sexual partners, avoid or stop smoking tobacco, avoid cleaning genital area with dirty water (Dinas Kesehatan Bandung, 2016). Apart from providing counseling, government efforts to reduce cervical cancer, namely: primary prevention by vaccinating HPV for couples who have not had sexual intercourse, secondary prevention by holding screening in the form of regular pap smear tests, namely once a year and if no lesions are found, it can be done every 5 years in health centers and in health clinics (Kemenkes RI, 2017). Based on the description above, the authors are interested in conducting research to determine the knowledge of young women about the risk factors that cause cervical cancer. The government's efforts to reduce cervical cancer, namely: primary prevention by vaccinating HPV for couples who have not had sexual intercourse, secondary prevention by holding screening in the form of regular pap smear tests, i.e. once a year and if no lesions are found, then it can be done every 5 years at the puskesmas or at the health clinic (Kemenkes RI, 2017). Based on the description above, the authors are interested in conducting research to determine the knowledge of young women about the risk factors that cause cervical cancer.

METHOD

This type of research uses quantitative methods with a descriptive research approach that aims to describe facts that are investigated systematically and factually by collecting data, processing, analyzing, and interpreting data (Sugiyono, 2013). This study aims to identify the knowledge of young women about risk factors that cause cervical cancer in SMA Negeri 7 Surabaya. The population in the study are subjects such as humans or clients who have met the requirements that have been set. The population in this study were students of

class X, XI, and XII at SMAN 7 Surabaya with a total of 598 students in academic year 2021/2022 (Data for SMAN 7 Surabaya in 2021).

The sample consists of the affordable population that can be used as research subjects through sampling. The sample used in this study was from a population of students in grades X, XI, and XII in 2021 at SMA Negeri 7 Surabaya as many as 598 students where this sampling used the Slovin formula with a significant level of 10% (0.1). In this study, researchers took samples by lottery from a population of 86 students in grades X, XI, and XII of SMA Negeri 7 Surabaya. The method that the researcher uses in determining the sample is the probability sampling technique of the type of simple random sampling where this technique is said to be simple (simple) because the taking of sample members from the population is carried out randomly without regard to the strata that exist in the population (Sugiyono, 2013).

The data collection technique in this study was done by filling out a questionnaire that had been given through the google form link. Respondents were asked to fill out informed consent before giving answers to the answer choices provided in the google form column. Previously, respondents had been coordinated and explained about the filling procedure.

RESEARCH AND DISCUSSION

1. General Data

General data of this study include age and sources of information.

Table 1 Distribution of Age Characteristics of Teenage Girls at SMA Negeri 7 Surabaya

No	Age	Frequency	Percentage (%)
1.	16 years	23	27
2.	17 years	29	34
3.	18 years	22	25
4.	19 years	12	14
Total		86	100

Based on the results of the study, it was found that from 86 young women at SMA Negeri 7 Surabaya, less than half (34%) were 17 years old and a small portion (25%) was 18 years old, (14%) was 19 years old.

Table 2 Distribution of Characteristics of Information Sources for Teenage Girls at SMA Negeri 7 Surabaya

No	Resources	Frequency	Percentage (%)
1.	Health Workers	10	12
2.	Mass Media	54	63
3.	Environment	6	7
4.	Not Getting Information	16	18
Total		86	100

Based

on the results of the study, it was found that out of 86 young women at SMA Negeri 7 Surabaya, more than half (63%) got sources of information about risk factors that cause cervical cancer from the mass media and a small part (7%) got sources of information about risk factors that cause cervical cancer. cervical cancer from the environment, (18%) did not get information.

2. Specific Data

Table 3 Distribution Knowledge of Teenage Girls about Risk Factors Causing Cervical Cancer in SMA Negeri 7 Surabaya

No	Knowledge	Frequency	Percentage (%)
1.	Good	3	4
2.	Enough	29	33
3.	Not Enough	54	63
Total		86	100

Based on the results of the study showed that of the 86 young women in SMA Negeri 7 Surabaya more than half (63%) had less knowledge and a small portion (4%) had good knowledge.

Knowledge is the result of knowing and this occurs after people have sensed a certain object. Sensing occurs through the five human senses, namely: the senses of sight, hearing, smell, taste and touch. Knowledge and cognitive are very important domains for the formation of one's actions (Nursalam, 2011).

The results of this study are in line with research conducted by Indriyani (2019). In this study, it showed that most of the respondents had less knowledge as many as 38 students (55%) and a small proportion have good knowledge as many as 10 students (14%). However, the results of this study are not in line with previous research conducted by Tamara Patricia (2017) where the results obtained were 23 young women (46%), with good knowledge and as many as 12 young women (24%) with poor knowledge.

The results of the research that has been done, it is known that 86 young women in SMA Negeri 7 Surabaya more than half of the young women have less knowledge. This lack of knowledge of young women is evidenced by from 30 questions there are 12 questions that are not known by young women, namely about the concept of cervical cancer and risk factors that cause cervical cancer, namely parity, poor personal hygiene of the genitalia, and age over 35 years. This lack of knowledge in young women is due to the absence of information about the risk factors that cause cervical cancer from the SMA Negeri 7 Surabaya. The student teacher of SMA Negeri 7 Surabaya said that until now there has been no education about the risk factors that cause cervical cancer in any form such as leaflets, print media, posters and others.

One way to provide information to young women is to provide health education which can be done by counseling and giving leaflets. The education contains an explanation of the risk factors that cause cervical cancer. The purpose of the activity to increase knowledge of young women about risk factors that cause cervical cancer is intended for young women to know how to prevent

cervical cancer by knowing what risk factors cause cervical cancer so as to minimize the occurrence of cervical cancer.

Table 4 Distribution Knowledge of Teenage Girls about Risk Factors Causing Cervical Cancer in SMA Negeri 7 Surabaya by Age

No	Knowledge	Age (Years Old)								Total	
		16 Years		17 Years		18 Years		19 Years			
		F	%	F	%	F	%	F	%	F	%
1.	Good	0	0	0	0	1	33	2	67	3	100
2.	Enough	7	24	15	52	5	17	2	7	29	100
3.	Not Enough	16	30	14	26	16	30	8	14	54	100
Total		23	27	29	34	22	25	12	14	86	100

Based on the results of the study, it was shown that of the 3 teenage girls who had good knowledge, more than half (67%) were 19 years old and none (0%) had good knowledge aged 16-17 years. More than half (52%) of 29 well-educated young women are 17 years old and a small proportion (7%) are 19 years old. Less than half (30%) of 54 young women with less knowledge are 16 and 18 years old, a small proportion (14%) are 19 years old.

Knowledge can be affected by age. At this age, teenagers are looking for their identity and like to oppose, where respondents are in the age category who can accept things that are easy to digest information into knowledge. (Widyaswara&Yuwono, 2017).

Based on the results of research that has been carried out, it is known that the majority of adolescent girls are in the late teens group, because age in late adolescence can affect the level of ability and maturity in thinking and receiving better information when compared to early adolescence, this age difference can affect power capture and patterns of someone's thinking. The older a person gets, the more the power and thinking patterns of a person develop so that the knowledge gained is getting better. Adolescent girls aged 16-17 years have less knowledge and on average answered incorrectly on questions that discuss risk factors that cause cervical cancer. The teenage girls who are at the age of 16-17 years are students of class X and XI. This is because class X students have not received material about disorders and disorders/diseases in the reproductive system where these subjects are given during class XI. As for the students of class XI from the results of interviews conducted by researchers due to lack of attention to the material presented when the learning process was in progress.

Based on the research above, it is recommended that all young women increase their knowledge about the risk factors that cause cervical cancer while also attending health education such as seminars on cervical cancer in order to minimize the occurrence of cervical cancer because the process of cervical cancer is very long, which is between 10 to 20 years to become a cancer. cancer that starts with an infection. In the early stages of development it will be difficult to

detect. Therefore cervical cancer can be prevented from an early age by providing knowledge and information from the beginning to young women about the risk factors that cause cervical cancer intensively as a health promotion step to increase knowledge and minimize the occurrence of cervical cancer.

Table 5 Distribution Knowledge of Teenage Girls about Risk Factors Causing Cervical Cancer in SMA Negeri 7 Surabaya based on Information Sources

No	Knowledge	Resources								Total	
		Health Workers		Mass Media		Environment		Not Getting		F	%
		F	%	F	%	F	%	F	%		
1.	Good	1	33	1	33	1	33	0	0	3	100
2.	Enough	7	24	14	48	2	7	6	21	29	100
3.	Not Enough	2	4	39	72	3	6	10	18	54	100
Total		10	12	54	63	6	7	16	18	86	100

Based on the results of the study showed that of the 3 young women with good knowledge, a small portion (33%) received information from health workers, mass media, and the environment. Less than half (48%) of the 29 young women with sufficient knowledge received information from the mass media and a small portion (7%) received information from the environment. More than half (72%) of the 54 knowledgeable young women did not get information from the mass media, a small portion (4%) got information from health workers and (18%) did not get information sources.

Source of information is a notification process that can make someone know information by hearing or seeing something directly or indirectly. The more information obtained, the wider a person's knowledge (Budiman & Riyanto, 2013). The results of this study are in line with research conducted by Serlianti & Badriyah (2019) that respondents with good knowledge obtained information sources from health workers as many as 13 people (20%), and respondents with low knowledge obtained information from the mass media as many as 12 people (18%). However, the results of this study are not in line with research conducted by Jesiandra, et al (2018) that most of the respondents, namely 26 respondents (52%) received information through mass media. Some teenagers consider the mass media to be the most accessible source of information.

Based on the results of the research that has been done, it is known that less than half of the 86 young women in SMA Negeri 7 Surabaya have good knowledge and a small proportion of young women are knowledgeable enough to know about the risk factors that cause cervical cancer, namely through health workers. The place of residence and the location of the school for young women who are close to the puskesmas makes young women receive more information from health workers and more quickly capture information that is directly given from health workers, especially about cervical cancer. The results of the study said that more than half of the knowledgeable lack of information sources from the mass media. In the current era, teenagers prefer to find information through the internet because of the influence of globalization, namely sophisticated technology. Thus,

teenagers will be reluctant to ask questions or share among friends, relatives, or family because they feel it is enough to get information through the internet. However, not all information from the mass media is real information, it can also be false/hoax. Thus, even though we seek information from the mass media (internet) we must also seek through trusted sources such as journals, articles, books, and others. The results of the study also said that a small proportion of young women who did not get a source of information about risk factors that cause cervical cancer were caused by indifference, lack of interest and enthusiasm, as well as a lack of awareness of young women that they needed knowledge and information about cervical cancer so that they could be more informed. understand the changes that occur in him, resulting in low knowledge.

CONCLUSION

From the results of the research that has been done, the following conclusions can be drawn:

1. Knowledge of adolescent girls about risk factors that cause cervical cancer is more than half of them have less knowledge.
2. Knowledge of young women about risk factors that cause cervical cancer in terms of age, more than half of them have good knowledge who are at the age of 19 years.
3. Knowledge of young women about risk factors that cause cervical cancer in terms of information sources, more than half of them have less knowledge than the mass media.

RECOMMENDATION

1. Share the Research Place

After knowing the results of this study, it is recommended that the SMA Negeri 7 Surabaya school provide health education which is carried out by counseling and providing leaflets. The education contains an explanation of the risk factors that cause cervical cancer. In addition, the SMA Negeri 7 Surabaya can collaborate with health workers, for example the Puskesmas to provide counseling to young women at SMA Negeri 7 Surabaya about the risk factors that cause cervical cancer as a health promotion step to increase knowledge.

2. For Teenage Girls

It is recommended that young women always increase their knowledge about the risk factors that cause cervical cancer by attending health education, adding insight through textbooks, magazines, or mass media. In addition, it is suggested that young women can do cervical cancer prevention in order to minimize the occurrence of cervical cancer, pay attention to the teacher while in the learning process and read more to add insight other than what has been conveyed by the teacher.

3. For Other Researchers

For other researchers, it is recommended that the results of the study can provide an initial picture to conduct further research on the knowledge of young women

about the risk factors that cause cervical cancer and to increase the number of respondents as well as more specific research that refers to the results of the study.

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