

Determinant of Primary Preventive Behaviour Cervical Cancer in an Adolescent Girl

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Abstract

Cervical cancer is caused by infection with the human papilloma virus which can infect the genitals, anus, throat, mouth and cells on the surface of the skin. Cervical cancer is often late so that it can cause death, so efforts are needed to reduce the risk factors for cervical cancer, namely through primary prevention efforts. The purpose of this study was to determine the relationship between primary factors and cervical cancer prevention behavior in adolescent girls. The sample in this study were 77 young women who were taken by technique *purposive sampling*. The research design used was an observational analysis using a cross sectional approach and analyzed using chi-square. The results of this study illustrate that there is a relationship between knowledge, attitudes and social support with cervical cancer prevention behavior in adolescent girls. So we need efforts to reduce cervical cancer risk factors, namely through primary prevention efforts, by increasing outreach activities in the community to carry out a healthy lifestyle.

Keywords: *knowledge, attitudes, social support, cervical cancer prevention behavior.*

Introduction

Reproductive health is a health sector that is closely related to female reproduction, one of which is cervical cancer. Cervical cancer ranks second in prevalence after breast cancer. Cervical cancer is a disease that is difficult to detect, if it can be detected, it is often at an advanced stage so it is difficult to treat. Cervical cancer is also known as the *ladies silent killer* because it is the second killer after breast cancer^(1,2).

Developing countries such as Indonesia, women who suffer from cervical cancer at this time still rank second after breast cancer, where the incidence of cervical cancer in Indonesia is estimated at 100 / 1000.0000

thousand per year. Cervical cancer is a frightening disease, this is because cervical cancer is very malignant and can even cause death. There has been an increase in cervical cancer in Indonesia and one of the causes of death at productive age^(3,4).

Cervical cancer can be cured if detected and treated early on, but due to the lack of symptoms, the treatment for cervical cancer is often too late so that it can cause death. The most important examination in early detection of cervical cancer is the *Papanicolaou Smear* (Pap Smear), especially for women who are already sexually active^(5,6).

All women are at risk for cervical cancer, factors that have a high risk of cervical cancer such as use of oral contraceptives, smoking and casual sex. Adolescence is a period of transition from children to adulthood and at this time the teenager's soul is still full of turmoil. Many of the teenagers behave deviantly such as smoking, free

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sex. Adolescent smoking behavior is not only a gateway for all types of substance abuse but also causes various health problems (7,8).

Cervical cancer is caused by infection with the human papilloma virus which can infect the genitals, anus, throat, mouth and cells on the surface of the skin. Women who do not use condoms during sex and frequently change sexual partners from adolescence have a higher risk of cervical cancer. Heredity is also a risk factor for cervical cancer because it has a tendency to be unable to fight infection with the human papilloma virus which can cause cervical cancer in women (9,10).

So efforts are needed to reduce cervical cancer risk factors, namely through primary prevention efforts, by increasing outreach activities in the community to carry out a healthy lifestyle such as delaying sexual activity, using contraception and using vaccines (1,6). This research

is aimed at developing prevention efforts against cervical cancer problems in adolescent girls, planning strategies or activities health promotion programs in reducing the incidence of cervical cancer in Indonesia.

Material and Method

This study used an observational analysis design using approach *cross sectional*. The independent variables in this study were knowledge, attitudes, social support and the dependent variable was cervical cancer prevention behavior. The population used in this study were all students. Sampling using a technique *purposive Sampling* is a way of taking subjects not based on random, regional or strata-based, but based on the existence of certain goals In this study, a sample of 77 respondents was obtained. The data analysis method used in this study is chi-square to see the relationship between the independent variable and the dependent variable.

Findings

Table 1. : Relationship between knowledge and cervical cancer prevention in adolescent girls.

| Knowledge | Cervical Cancer Prevention Behavior | | Total |
|-----------------|-------------------------------------|------------|----------|
| | Good | Bad | |
| Good | 24 (57.1%) | 18 (42,8%) | 42 (100) |
| Bad | 20 (57.1%) | 15 (42.8%) | 35 (100) |
| Total | 44 (57.1%) | 33 (42.8%) | 77 (100) |
| Test Chi-Square | | | 0.000 |

Based on the results of table 1, it is stated that as many as 57.1% or 24 young women who have good knowledge with good cervical cancer prevention behavior and as many as 20 young women or 57.1% who

have bad knowledge with good preventive behavior. The results of the analysis said the p-value was 0,000, which means that there is a relationship between knowledge and cervical cancer prevention behavior in adolescent girls.

Table 2: Relationship between attitudes and cervical cancer prevention in adolescent girls.

| Attitude | Cervical Cancer Prevention Behavior | | Total |
|-----------------|-------------------------------------|------------|----------|
| | Good | Good | |
| Supporting | 27 (56,2) | 21 (43,7) | 48 (100) |
| Unsupportive | 17 (58,6) | 12 (41,3) | 29 (100) |
| Total | 44 (57.1%) | 33 (42.8%) | 77 (100) |
| Test Chi-Square | | | 0.001 |

Based on the results of table 2, it is stated that 56.2% or 27 young women have a supportive attitude with good cervical cancer prevention behavior and as many as 17 girls or 58.6 % who have an unsupportive attitude with good preventive behavior. The results of the analysis said the p-value was 0.001, which means that there is a relationship between attitudes and cervical cancer prevention behavior in adolescent girls.

Table 3: Relationship between social support and cervical cancer prevention in adolescent girls.

| Social support | Health Status | | Total |
|-----------------|---------------|------------|----------|
| | Good | Good | |
| Supporting | 32 (71,1) | 13 (28,8) | 45 (100) |
| Unsupportive | 20 (62,5) | 12 (37,5) | 32 (100) |
| Total | 52 (67.5%) | 25 (32,4%) | 77 (100) |
| Test Chi-square | | | 0.001 |

Based on the results of table 3, it is stated that as many as 71.1% or 32 young women who get social support with good cervical cancer prevention behavior and as many as 20 young women or 62, 5% who do not get social support with good preventive behavior. The results of the analysis said the p-value was 0.001, which means that there is a relationship between knowledge and cervical cancer prevention behavior in adolescent girls.

Discussion

Knowledge

Increased knowledge in society, especially young women can change negative behavior into positive behavior, knowledge can also form trust. Cervical cancer prevention behavior can prevent young women from risk factors that can trigger disease, namely cancer that can be caused by exposure to cigarette smoke, improve health, especially endurance by consuming a balanced nutritious diet and contain lots of vitamins such as folic acid, vitamin C and A. In implementing cervical cancer

prevention behavior, knowledge of risk factors that must be avoided and conducting early detection checks and increasing nutritional intake is needed. A person's behavior which is based on knowledge will be more lasting than those that are not based on knowledge^(5,11).

Information is one way to strengthen knowledge and change behavior. knowledge is the impression in the minds of men as a result of the senses, which is quite different from the beliefs (*beliefs*), superstitions (*superstitious*), and caption information wrong (*miss-informations*). This theory statement emphasizes that the meaning of correct information can be positive⁽¹²⁻¹⁴⁾.

Knowledge is a person's way of determining steps, choices, and attitudes in decision making, to determine steps for cervical cancer prevention behavior so that someone makes a behavior change, a fundamental stimulus through health education is needed so that information can reach the community, especially young girls to get their rights to it. reproductive health^(15,16).

Attitude

A person's attitude is influenced by several factors, namely culture, personal experience, mass media, emotional level, other people who are considered important, religion or educational institutions. Attitudes that shape cervical cancer prevention behavior support are influenced by the personal experiences of young women in the learning process at educational institutions, peers or family, the mass media as a media for scientific information about cervical cancer prevention and educational institutions that provide learning about reproductive health. These factors can provide a stimulus for young women in responding to cervical cancer prevention behavior⁽¹⁷⁻¹⁹⁾.

From the description above it can be concluded that the attitudes of young women towards cervical cancer prevention behavior are formed through personal experiences, experiences of other people who are considered important such as parents, emotional level, educational institutions and thus stimulating the emergence of intentions to prevent cervical cancer

behavior^(20,21).

Social Support

Forms of social support such as reward support, emotional support, group support, instrumental support and information support. Support from other people such as family is a determining factor for this because support from family will provide reinforcement of motivation to carry out cervical cancer prevention behavior. families who have good knowledge can provide understanding and support for young women to carry out healthy behaviors^(22,23).

The continuity and success of young women with healthy behavior really needs support from family members. Support from families, especially parents, is very important to improve the health status of young women. Family support can provide emotional benefits or can affect behavior in cervical cancer prevention behavior^(22,23).

The culture of Indonesian society is still being carried out today where the family is the determinant of decisions that affect the behavior of young women in cervical cancer prevention behavior. This makes family support very meaningful in the continuation of preventive behavior considering that the family often acts as a decision maker for efforts to maintain the health of their family^(22,24).

Conclusion

Analysis of this study illustrates that there is a relationship between independent variables such as knowledge, attitudes and social support with cervical cancer prevention behavior in adolescent girls.

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Ethical Clearance: The study was approved by the institutional Ethical Board of Ibn Khaldun University.

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