ABSTRACT

AWARENESS OF BREAST CANCER RISK FACTORS AND PRACTICE OF BREAST SELF-EXAMINATION AMONG FEMALE STUDENTS IN MEDICAL FACULTY, UDAYANA UNIVERSITY, BALI

Breast cancer patients generally have low rates of survival rates due to late stage diagnosis as patients usually present at and late stage because of lack of awareness and ignorance of risk factors. The objectives of this study are to evaluate knowledge of risk factor for breast cancers and the practice of breast self-examination among female students in medical faculty Udyana university. A cross sectional study conducted over a period of one month. 100 female students were volunteered to take part in the survey. The data were analysed by descriptive studies. The results of the study showed that a half of the students have moderate knowledge of breast cancer risk factors and majority of the students do not practice breast self-examination monthly. It was suggested to students have more concern about relevant education programs that having around them.
CONTENTS

SAMPUL DEPAN ........................................................................................................... i
SAMPUL DALAM ......................................................................................................... ii
LEMBAR PERSETUJUAN ............................................................................................... iii
PENETAPAN PANITIA PENGUJI .................................................................................... iv
PENYATAAN KEASLIAN PENELITIAN .......................................................................... v
ABSTRACT ..................................................................................................................... vi
SUMMARY ..................................................................................................................... vii
ACKNOWLEDGEMENT ................................................................................................. ix
CONTENTS ..................................................................................................................... x
LIST OF TABLES .............................................................................................................. xii
LIST OF PICTURES .......................................................................................................... xiii
LIST OF ABBREVIATIONS .............................................................................................. xiv
LIST OF ATTACHMENTS ............................................................................................... xv

CHAPTER 1 INTRODUCTION
1.1 Background ............................................................................................................. 1
1.2 Problem Identification ......................................................................................... 2
1.3 Purpose of study .................................................................................................. 2
1.4 Objectives ............................................................................................................. 2

CHAPTER II LITERATURE REVIEW
2.1 Epidemiology ........................................................................................................ 3
2.2 Anatomy ............................................................................................................... 4
   2.2.1 Normal breast ............................................................................................... 4
   2.2.2 Breast Carcinoma ....................................................................................... 5
2.3 Risk factors .......................................................................................................... 6
2.4 Staging .................................................................................................................. 7
2.5 Treatment ............................................................................................................. 9
2.6 Breast self-examination ..................................................................................... 15
2.7 Prognosis ............................................................................................................. 16

CHAPTER III CONCEPTUAL FRAMEWORK
3.1 Concept ............................................................................................................... 17

CHAPTER IV METHOD OF STUDY
4.1 Design of study ................................................................................................... 18
4.2 Location and duration of study ........................................................................ 18
   4.2.1 Location of study ....................................................................................... 18
   4.2.2 Duration of study ..................................................................................... 18
4.3 Population and sample ...................................................................................... 18
   4.3.1 Variable of population .......................................................................... 18
   4.3.2 Criteria of sample .................................................................................. 19
   4.3.3 Size of sample ....................................................................................... 20
4.4 Study variable ................................................................................................... 20
   4.4.1 Operational Definition ......................................................................... 20
4.5 Things and instruments .................................................................................... 20
4.6 Analysis data ...................................................................................................... 20
CHAPTER V RESULTS

5.1 Sociodemographic ................................................................. 21
5.2 Knowledge of breast cancer risk factors .................................. 21
5.3 Knowledge of breast self-examination ................................. 22
5.4 Practice of breast self-examination ....................................... 23

CHAPTER VI DISCUSSION AND CONCLUSION

6.1 Discussion ................................................................................. 25
6.2 Conclusion ................................................................................. 27

REFERENCE ..................................................................................... 28

ATTACHMENT ................................................................................ 30
CHAPTER 1
INTRODUCTION

1.1 Background

Breast cancer is common development of malignant cells in the breast. Breast cancer is caused by differentiation and proliferation of breast epithelial cells mediated by hormonal factors. It is the most common cancer found in Indonesian women. According to the latest WHO data published in May 2014 Breast Cancer Deaths in Indonesia reached 19,739 or 1.41% of total deaths. The age adjusted Death Rate is 19.02 per 100,000 of population Indonesia.¹

Survival rates for breast cancer patients are generally low due to late stage diagnosis as patients usually present at an advanced stage because of lack of awareness and ignorance of risk factors. Awareness about breast cancer different among populations groups worldwide. Generally, patients with high level of awareness usually present with early stages of breast cancers as a results of adoption of screening methods, while patients from low level communities has little knowledge or awareness about breast cancer.²

Mammography, breast self-examinations and clinical breast examinations are regular examination which used for breast cancer screening. These examinations are widely recommended by physicians to reduce breast cancer mortality. Women of all ages are encourages to do breast self-examination which known as “breast aware”, which is useful to make an earlier diagnosis of breast cancer. Women must learn to assess the knowledge of breast cancer risk factor. This would improve their individual level of breast cancer risk factors awareness.²

Patients with breast cancer believe that physicians are controlling the pain. Top average score of breast cancer pain will be recorded in the positive coping self-statement subscale among pain coping strategies. Level of breast cancer acceptance of patients depends on their income.³

Studies proved that young women are more likely to get breast cancer because of contraceptive pills, nulliparity, advancing age at first child birth, consumption of alcohol, unhealthy diet and smoking habit. Most of the young
women normally characterized by female university undergraduates are conscious of the information that some of these lifestyle habits create risk factors for breast cancer.²

1.2 Problem identification

Study is always conducting on breast cancer risk factors and breast self-examination. Physicians are wondering whether the community aware about breast cancer. Based on such speculation, the following problem is advanced for study: Is students aware about breast cancer risk factors and practice of breast self-examination?

1.3 Purpose of study

To evaluate the awareness of breast cancer risk factors and the practice of breast self-examination among female’s students in medical faculty, Udayana University, Bali.

1.4 Objectives

1. Assess the knowledge of breast cancer risk factors among female undergraduates.
2. Determine student’s understanding of breast self-examination and practices.
3. Determine the assertiveness of the female students towards breast self-examination.