

# Health Education About Breast Self-Examination (BSE) for Women of Reproductive Age

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## **Abstract**

The incidence of breast cancer in Indonesia is 66,271 cases (16.2%). Early detection of breast cancer through breast self-examination (BSE) shows that the practice is still very low in Indonesia (53.7%), particularly among women of reproductive age, due to a lack of knowledge about how to perform BSE. This study aims to assess health education on BSE for women of reproductive age at Bentiring Health Center area in Bengkulu City in 2024. The type of research used is a pre-experimental design with a one-group pre-test post-test approach. The population for this study consists of women of reproductive age in the Bentiring Health Center area. The sample includes 54 respondents selected using purposive sampling techniques. The data were analyzed using univariate analysis and bivariate analysis with the Wilcoxon Signed Rank Test. The results of this study show that there was a difference in the average knowledge scores, with a score of 31.91 before and 82.96 after receiving health education through leaflet media. The p-value of  $0.000 < 0.05$  indicates that the leaflet had an impact on the knowledge of women of reproductive age about breast self-examination (BSE). It is recommended that in the future, the Health Center should conduct regular educational activities about BSE for women of reproductive age as part of efforts for early breast cancer detection.

## **Keywords**

BSE, Knowledge, Leaflet Media