

## The Implementation of Gerakan Aisyiyah Sehat "GRASS" for Aisyiyah Cadres in West Kalimantan

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### ABSTRACT

Background: Cancer is one of the four main diseases in society which can attack all levels of society without exception and regardless of social status, age, or gender. The number of breast cancer sufferers shows an increase every year. Secondary prevention is carried out through early detection of breast cancer, namely breast self-examination (BSE), which is a simple, cheap, non-invasive, and harmless early detection program. In line with the above, Aisyiah in the health assembly program carries the Gerakan Aisyiyah sehat (GRASS). One of the GRASS programs is reproductive health which focuses on the BSE Movement for Aisyiyah cadres. The problem with partners is that Aisyiyah cadres spread across 14 districts/cities have never carried out education or training for new cadres related to SADARI, both increasing the knowledge and skills of cadres. For this reason, it is necessary to help partners, in this case the Aisyiyah Regional Leadership, to carry out SADARI campaigns and training to increase the knowledge and skills of cadres. Objective: This activity aims to increase cadres' knowledge and skills in BSE examinations. The focus of the service is conducting training on BSE for cadres in 14 districts/cities in West Kalimantan. Method: the activity is to carry out a BSE campaign and BSE training for Aisyiyah cadres in 14 regencies/cities in West Kalimantan province. Results: From the activity evaluation, the results showed that the average knowledge score was 84.46 and the average skills score in the BSE examination was 82.97. Conclusion: SADARI campaigns and training increase the knowledge and skills of Aisyiyah cadres.

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## INTRODUCTION

The incidence of breast cancer increases with age. However, young age is not a guarantee that you will be safe from breast cancer. Currently, there has been a change in the age trend of breast cancer patients. The high incidence of breast cancer results in quite several breast cancer sufferers who end up dying. If only the signs and symptoms of breast cancer can be found as early as possible, the cure rate will be higher (Narsih, 2017).

Cancer is one of the four diseases major in society that can attack all layers of the public without knowing social status, age, and gender sex. Children, teenagers, and adults do not escape from attack turn off This. The number of breast cancer sufferers shows an increase every year. This is also predicted to continue to increase up to 4 (four) times the amount in 2020 (American Cancer Society, 2016).

The prevalence of tumors/ cancer in Indonesia is 4.3 per 100 population. Based on System data Hospital Information (SIRS), cancer breast occupies order first on the patient take care stay throughout Indonesia (16.85%) followed by cancer neck birth (11.78%). According to WHO (*World Health Organization*), around 9-8% of women potentially will experience cancer breast. Cancer breast is the type most cancers found in women. Every year more than 250,000 cases of new cancer breast diagnosed in Europe and more than 175,000 in the United States (Lumban Gaol & Briani, 2014).

WHO noted has occurred 7.6 million deaths worldwide as a result of cancer. Cancer too is one of object biggest in the world of medicine. Millions of studies and research have been done. In America, cancer breast occupies the ranking highest among other cancers. Studies prove that cancer breast both in Indonesia and the United States show a trend increase from year to year. Breast cancer is the highest cause of cancer death in women in Indonesia. This is because breast cancer sufferers go to health services when breast cancer is in an advanced stage. This delay in treatment is due to the public's lack of knowledge about breast cancer and not knowing how to self-examine breasts (BSE) for early detection of breast cancer (Marfianti, 2021).

Cancer is a type of cancer that has the highest incidence rate in Indonesia. The incidence of breast cancer increases with age. However, young age is not a guarantee that you will be safe from breast cancer. Data in Indonesia estimates there are 100 sufferers new per 100,000 population every year. This means from the amount is 237 million population, yes around 237,000 suffer from cancer every year. In line with that, empirical data also shows that the prevalence of cancer increases along with increased age. About 2.2% of deaths of all ages are caused by cancer fierce. The prevalence of tumors/ cancer in Indonesia is 1.4 per 1000 population (Indonesian Ministry of Health, 2015). According to Bulletin Data Health Data and Information Window, the population Woman cancer breast Still occupies order First case of new and death consequence cancer, which amounts to 43.3% and 12.9% (Health Research and Development Agency, 2013). Cancer highest suffered by Indonesian women is cancer breast with number incidence of 26 per 100,000 women.

The high incidence of breast cancer causes quite a few sufferers to die. If only the signs and symptoms of breast cancer can be found as early as possible, the cure rate will be higher. One effort that can be made to detect breast cancer early is to carry out a breast self-examination (BSE). BSE is a simple, cheap, non-invasive, and harmless early detection program. Secondary prevention is carried out through early detection of breast cancer, namely breast self-examination (BSE) (Ministry of Health of the Republic of Indonesia, 2015).

Aligned with matter the above, Aisyiyah in the assembly program health carrying out the "Gerakan Aisyiyah Sehat" (GRASS). This program is a trust from Congress in Surakarta in 2022 and will be followed up by calling for a National Program at the National Working Meeting in 2023. One of the GRASS

programs is reproductive health which focuses on the BSE movement for cadres Aisyiyah, and wrong one possible effort done to prevent cancer breast is to carry out a lifestyle life healthy and detection early by inspecting the breast Alone or being aware. In principle There are 4 strategies that GRASS needs to carry out in implementing its program, one of which is: is cooperate with related parties. This program is integrated into the community service activities of ITEKES Muhammadiyah Kalimantan Barat Lecturers.

The problem partner is from cadre Aisyiyah is spread over 14 districts/cities not yet once held education or training for cadre new related to realize, enhancement knowledge, or skills cadre. For that need help partners in a matter, this is Aisyiyah regional leader for carry out BSE training for increase knowledge and skills in cadres. The aim is to increase the knowledge and skills cadre in the BSE examination. Focus devotion do training about BSE to cadres in 14 districts/cities in West Kalimantan.

## METHOD

The implementation activity consists of several stages activity: The First is stage preparation. In stage preparation, the team made preparations by collecting initial data and preliminary surveys at the activity location. Coordinate and socialize with the West Kalimantan Aisyiyah Regional Leadership and Regional leaders in 14 districts/cities for implementation training cadre way online. The implementation team does data collection for representative participant districts/cities each through a proposal from the assembly health area Aisyiyah. Apart from that, it's also a deep implementation campaign about being aware of the team executor empowering female students attending school in Muhammadiyah, among others: Muhammadiyah Senior High School 1 and 2 Pontianak, Muhammadiyah Vocational School 1 and 2, Polytechnic Aisyiyah Pontianak and ITEKES Muhammadiyah West Kalimantan. Implementation activity is done at the time of car-free day in the city of Pontianak, female students are involved directly in the activity this school is a promoter of activities at the school location.

The next stage is the implementation stage. At this stage, the activity implementer carries out implementation activities carried out 2 times in a row separately, as for the plan implementation activity campaign BSE activities for women age fertility are carried out at the time car-free day Pontianak city is implemented every Sunday. On activities, This executor devotion help from partners will open a base camp for the posts team, and the team will spread among the public looking for women age fertility for socialization about disease cancer breast and detection early realize as well collect 500 signature commitment of women aged fertile for do BSE examination. Campaign done for 1 day a week first in March. On activities training, will held online via Zoom with cadre Aisyiyah in 14 districts /cities as participants. Partners will do data collection and registration membership from all PDAs in the West Kalimantan region. Training held for 1 day with inviting resource persons who are competent in their fields. On the executor, training will give material about disease cancer breast and BSE examination. Participant training will also give skills for do BSE examination. The implementation team will prepare phantom media human/breast to demonstrate the BSE examination, leaflets/ posters, and PowerPoint slides in implementation training.

The program evaluation method is to prepare an instrument that contains indicators of achievement of each activity. Evaluate activities by analyzing the assessment results obtained from each instrument. For evaluation increased knowledge (cognitive) and behavior (psychomotor) are obtained by seeing differences in average *pre-test* and *post-test- test scores*. To evaluate the affective (attention) aspect of the program, by calculating attendance at activity attendance. For the sustainability of the program, it will be carried out by the Aisyiyah regional leadership, from existing cadres will be training for cadres at the Aisyiyah leadership in each district/city. At stage evaluation, the executor activity does an evaluation related to achievements obtained in the activity including presentations attendance >80%, evaluation

knowledge, and skills with an average score > 80. The science and technology implementation scheme can be seen in Figure 1 below:

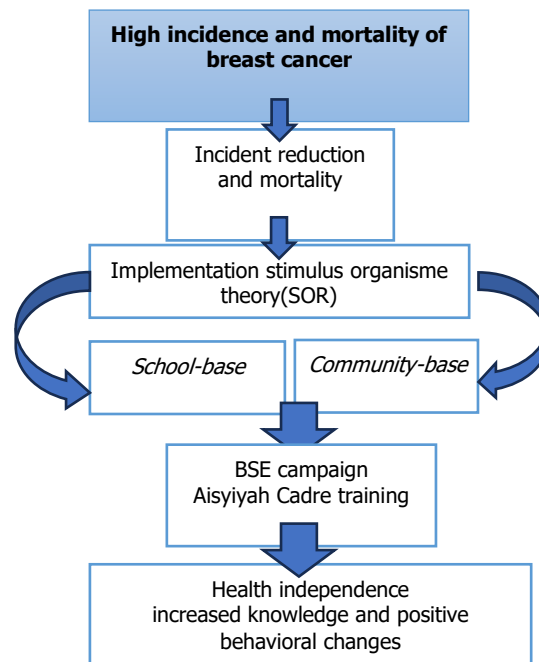


FIGURE 1. Overview of science and technology

## RESULTS AND DISCUSSION

Implementation of 2 activities was done in a way separately, The BSE campaign was carried out on Sunday first in March, meanwhile, implementation training was held on Sunday the third. Activity location BSE campaign was implemented in accordance plan namely on location point gather car-free day Pontianak city community. Implementation activity campaign, team empowering schoolgirls and female students who attend schools in charity Muhammadiyah's efforts given Team name "GRASS". The 'GRASS' team consists of 50 people spread out and get closer to the community to meet women aged fertile for his tasks giving counseling, spreading leaflets to women who are fertile as well, and requesting signature commitment to do daily BSE examinations the monthly, with equip woman age fertile manners carry out BSE examination at home. As for activities the can seen in Figure 1 below.



FIGURE 2. BSE Campaign by the GRASS Team

The implementation BSE campaign was carried out through Zoom meetings. Training materials filled by 2 resource persons who are experts in their fields. Training held for 1 day from 08.00 -15.30 WIB. Training This event was attended by 90 participants who were messenger assembly health leaders area Aisyiyah from 14 districts/cities. In remarks opening the training event, the Rector of ITEKES Muhammadiyah, welcomed good synergistic activities with the association for increasing public health in particular Women's health. The event was opened by the head of the Aisyiyah West Kalimantan region. Before giving material, team PKM implementers carried out attendance and continued with implementing the pre-test via *G-form* media. The material provided is about introduction to cancer breast, BSE examination, and practicum BSE examination. Participants are given a chance to interact, ask, and express their opinions related to the material provided, this is important, because the next participants who are messengers from the assembly health leader area Aisyiyah must carry out follow-up this program. As for documentation activity can see the following:

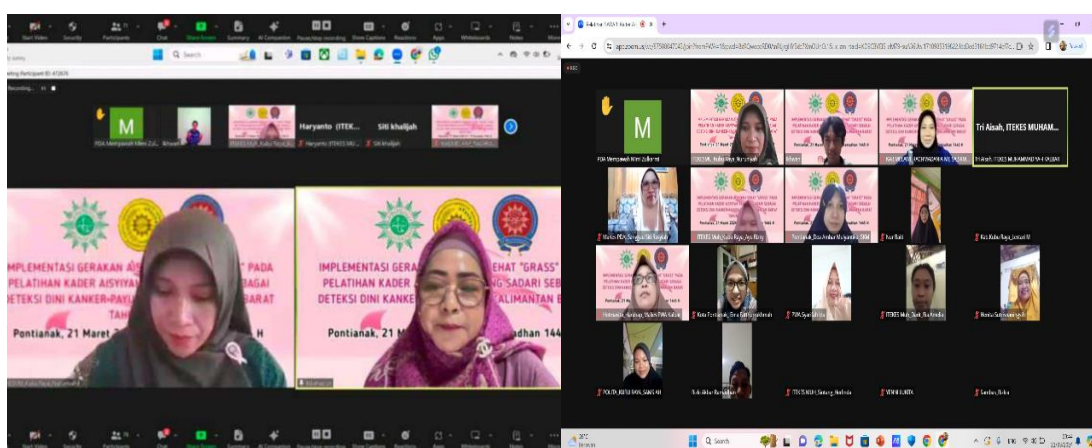


FIGURE 3. BSE Training

After giving session material, as material evaluation from implementation training team conducted a post-test which also used *G-form* media. As for the results evaluation activity, they can be seen in Table 1 below.

TABLE 1. Evaluation activity training

No	Indicator	Target	Achievements
1	Presence	>80%	95%
2	Knowledge	Average score >80 (in the range 0-100)	84.46
3	Skills	Average score >80 (in the range 0-100)	82.97

Source: Primary data for 2024

From Table 1 above, it is explained that all indicators in implementation training achieved exceeded targets. For presence indicators achievements presence participant is 95%. From the results evaluation obtained information that Lots of participants from the affected area lacked signal, because the location participant was far from internet access, so the signal was not enough stable. The knowledge and skills indicators also exceed the target, namely an average score of 84.46 for knowledge and 82.97 for Skills.

## DISCUSSION

BSE is the detection of early cancer most breasts are recommended for every woman. This action is very important Because almost 85% percent of lumps in the breasts woman discovered by the patient Alone. The method is very easy because done by yourself alone and without cost even a little bit.

Enhancement knowledge cadre Aisyiyah is very important done, so can become source information in the area and help area in increase health mothers and children, especially on prevention disease cancer breast. The BSE action is one of the efforts to detect breast problems, as early as possible expected public can realize the importance of being aware of identifying in a way early changes that occur in the breasts and immediately prosecute move on with treatment to reduce lift caused death cancer breast (Nurhayati, Nilawati, and Alvira 2023)

BSE is a factor that influences individual health and behavior. Awareness is an important component in helping individuals understand and manage health risks, such as breast cancer. To explain further the relationship between awareness and breast cancer, you can see research conducted by Witdiawati (2017). In this research, it was discovered that breast cancer clients experienced different life patterns from healthy individuals. Breast cancer clients experience behaviors related to physical health, psychological health, and spiritual strengthening. This shows that awareness has an important role in maintaining the quality of life of breast cancer clients.

It is known that factors related to the incidence of breast cancer such as age, age at menarche, and a history of obesity also influence awareness. This shows that awareness has an important role in maintaining health and reducing the risk of breast cancer. Breast self-examination behavior (BSE) has an important role in maintaining health and reducing the risk of breast cancer (Aristtasari, 2016).

Research result Angrainy (2017) found that there is a relationship between knowledge and BSE and there is a relationship between attitude and BSE. In line with the study According to research conducted by Tri Viviawati (2014 cit Angrainy, 2017) obtained significant relationship between the knowledge of teenage daughters and with implementation BSE examination. Therefore BSE action is one of the efforts to detect breast problems, especially in women age fertile. It is important to be aware of what the normal shape of the breasts is and whether there are any changes over time. With early breast detection, many women have survived breast cancer (Hastuti, 2020).

## CONCLUSION

From the evaluation of activities, the results showed that there was an increase in cadres' knowledge and skills scores. SADARI campaigns and training increase the knowledge and skills of Aisyiyah cadres.

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