

## Socialization of Cervical Cancer Prevention Program in Panglanjan Hamlet, Cintaratu Village, Pangandaran

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### ABSTRACT

Along with advances in technological advances, several public health problems have been discovered. These health problems include increasing morbidity and mortality rates in non-communicable diseases. Non-communicable diseases are the main cause of death worldwide, accounting for around 63% of all deaths. One of the groups of non-communicable diseases that causes death is cervical cancer. Cervical cancer is one of the most common cancers in Indonesia. Based on data from the cancer profile in Indonesia in 2020, there were 36,633 new cases of cervical cancer and 21,033 deaths. It is reported that around 16.9 per 100,000 women in Indonesia are diagnosed with cervical cancer every year. In Indonesia, cervical cancer is still a serious public health problem, especially in rural areas which often receive less attention in terms of access to information and health services. Seeing this phenomenon, socializing cervical cancer prevention programs is a very important effort to carry out. The aim of this outreach activity is to educate the public so that there is increased knowledge about the importance of early detection and efforts to prevent cervical cancer that can be carried out. The activity method is in the form of health education about preventing cervical cancer. There were 34 female participants aged between 21 and 54 years. The results of the activity showed that the average knowledge score before the activity was 47 points and after the health education was 62 points. The conclusion was that there was an increase in knowledge after health education was carried out by 15 points. It is hoped that the outreach activities for the cervical cancer prevention program that have been implemented can be continued periodically by the Selasari Health Center and Cintaratu Village, Parigi District, Pangandaran Regency.

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### ARTICLE INFO

#### **Article History :**

*Submitted/Received 20 Apr 2024*

*First Revised 3 Jun 2024*

*Accepted 4 Jun 2024*

*First Available online 31 Jul 2024*

*Publication Date 31 Jul 2024*

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#### **Keyword :**

*Cervical Cancer*

*Prevention*

*Socialization*

## INTRODUCTION

Along with advances in technology today, several incidents of increasing public health problems have been discovered. These health problems include the incidence of non-communicable diseases. The increasing incidence of non-communicable diseases will result in increased morbidity and mortality rates. According to (Adiputra & Permana, 2022) mortality or deaths caused by non-communicable diseases account for around 63% of all total deaths. Non-communicable diseases (NCDs) are the main cause of death worldwide. The high death rate of 80 percent occurs in developing countries (Arifin et al., 2021). The highest causes of death include 35% due to heart and blood vessel disease and 12% due to cancer (Agustina Simbolon, et al 2020). From these data, it can be seen that cancer is the second highest cause of death after heart disease. Cancer is a disease caused by the abnormal growth of cells in body tissue which turn into cancer cells (Zafrial & Amalia, 2018). The highest incidence of cancer in women is cervical cancer (Yuliani, et al 2020). Cervical cancer is a malignant disease that attacks the female reproductive organs in the cervix which is located between the uterus and vagina (Baroroh, 2023). Cervical cancer is a disease with a high mortality rate and the largest cause of death throughout the world (Prastio & Rahma, 2023).

In the 2018 Basic Health Research (Riskesdas) it was stated that: Cancer prevalence increased from 1.4 per person to 1.8 per million (Eriyani et al, 2020). Based on data from the cancer profile in Indonesia in 2020, there were 36,633 new cases of cervical cancer and 21,033 deaths. As many as 95% of cervical cancers are closely related to the Human Papilloma Virus (HPV) (Sinarum & Sulistyowati, 2023)). According to data from Globocan presented by the International Agency for Research on Cancer (IARC) in 2020, cervical cancer is one of the most common cancers in Indonesia. It is reported that around 16.9 per 100,000 women in Indonesia are diagnosed with cervical cancer every year (Adityono et al, 2023). In Indonesia, cervical cancer is still a serious public health problem, especially in rural areas which often receive less attention in terms of access to information and health services.

The cause of high incidence of cervical cancer can be caused by the lack of prevention efforts such as early detection of risk factors for cervical cancer. Risk factors associated with cervical cancer, such as human papillomavirus (HPV) infection, smoking, unhealthy sexual habits, and lack of access to adequate health services. Early detection has many benefits, such as increasing the cure rate for cervical cancer. Therefore, early detection needs to be carried out to reduce the prevalence of patients and to prevent cervical cancer from progressing to an advanced stage (Realita et al, 2023). Factors such as lack of knowledge about cervical cancer, limited access to health services, as well as culture and myths that develop in society often become obstacles in efforts to prevent cervical cancer.

If you observe the data above, cancer is a disease that must be observed and understood by the entire community. The results of a survey conducted by students of the class C PSDKU Pangandaran community field practice program in Panglanjan Hamlet, Cintaratu Village, Parigi District, Pangandaran Regency, found that 1). 18 out of 25 housewives have not had an IVA test or PAP smear; 2). 13 out of 25 housewives said they were afraid to do an IVA test or PAP smear; 3). 12 other people said they did not know any information about the IVA Test or PAP Smear; 4). 16 out of 25 housewives said they did not want to do an IVA test or Pap smear; 4). 20 out of 25 housewives do not know about HPV Vaccination; 5). 15 out of 25 housewives did not know about cervical cancer, or neck cancer; 6). 20 out of 25 housewives want to know more information about cervical cancer; 7). 24 out of 25 said they had confidence in seeking treatment in health services; 8). Housewives in Panglanjan Hamlet say education is important and useful; 9). 20 out of 25 had not had a cervical cancer screening test; 10). All mothers surveyed had never had early detection of cervical cancer with an IVA or PAP smear test.

Seeing this phenomenon, socializing the cervical cancer prevention program in Panglanjan Hamlet, Cintaratu Village is a very important effort to carry out. This outreach activity aims to educate the public so that there is increased knowledge about the importance of early detection and efforts to prevent cervical

cancer that can be carried out. With this increase in knowledge, there will be a desire in the community to carry out clean and healthy living behavior properly so that they can carry out early detection of cervical cancer. By socializing the cervical cancer prevention program, it is intended that there will be increased public awareness and participation in the early detection of cervical cancer. Based on an agreement with the head of Cintaratu Village, the Head of the Selasari Health Center, health cadres, and the community, the service team from Unpad carried out outreach activities on the cervical cancer prevention program in Panglanjan Hamlet, Cintaratu Village, Parigi District, Pangandaran Regency.

## METHODS

Before PPM activities were carried out, the PPM Team first held a meeting with the Head of the Selasari Health Center and the Head of Cintaratu Village. Then students carry out an introspective survey (SMD) to find out current health problems. One of the survey results shows the low level of knowledge of the people of Panglanjan Hamlet, Cintaratu Village about preventing cervical cancer. The survey results were discussed at a community meeting in Panglanjan Hamlet, Cintaratu Village. The agreed activity was in the form of health education with the theme "Let's Keep Yourself Safe from Cervical Cancer". Health education is an effort to increase health knowledge in the form of providing counseling to provide with knowledge and awareness about health. One effort to increase knowledge is through health education (Suhendar et al, 2020).

The activity methods used are lecture, counseling, and brainstorming methods. The activities carried out aim to provide a lot of information in a relatively short time. The PPM team carried out this outreach through several steps, namely: The first step of the outreach event was opened with a pre-test to determine the level of knowledge of the Panglanjan Hamlet community about preventing cervical cancer. The pretest results are examined as an evaluation of the material regarding the material that will be presented by the instructor. According to (Siregar et al, 2023), the pretest is used to determine the participant's initial knowledge and abilities. The second step, holding outreach in the form of material about preventing cervical cancer and the third step is carrying out a post-test to see changes in the level of public knowledge about the material provided after the outreach.

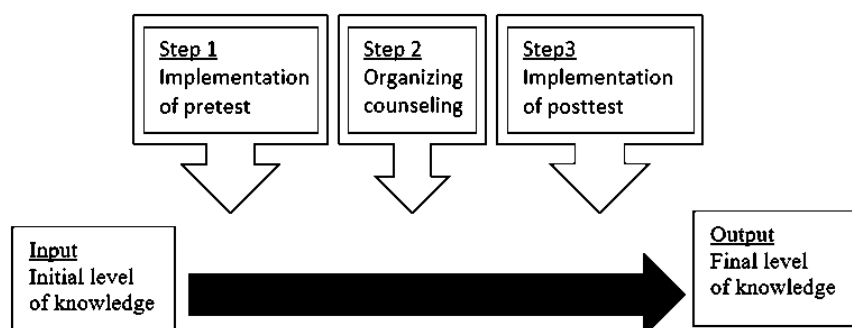


FIGURE 1. Activity Method Flow

## RESULT

This service activity was carried out in Panglanjan Hamlet, Cintaratu Village, Parigi District, Pangandaran Regency from 6 to 11 November 2023. Activities to increase community knowledge about preventing cervical cancer can be carried out well in collaboration with the head of Cintaratu Village and the Head of the Selasari Health Center. There were 34 female participants aged between 21 and 54 years. The education material is knowledge about cervical cancer and various early detection efforts that can be carried out by the community. Before health education is carried out, a pretest is carried out first, and after health education is carried out a posttest is carried out. The average pretest score was 47 points and the average posttest score was 62 points. There was an increase in knowledge after health education was carried out by 15 points. It is hoped that the increase in the average knowledge score will have an impact on increasing the community's ability to carry out early detection of cervical cancer. The impact of increasing people's knowledge and abilities is a good potential for people to maintain their health.

## DISCUSSION

Based on the results of the activities above, show that there was an increase in the knowledge of housewives who took part in the activities by 15 points. Increasing knowledge about preventing cervical cancer is possible because activities are carried out involving related elements in society. According to research (Yasril & Nur, 2018) activities carried out by directly involving the community will increase the community's sense of belonging and overcome it together. The problem of the survey results carried out on November 6 2023 regarding the low level of public knowledge regarding the prevention of cervical cancer was immediately discussed in the Village Community Conference held at the Cintaratu Village Hall with the community health center, health cadres, and village officials. The discussion is intended to find solutions to the problems found. The involvement of all elements of society in solving health problems will increase the sense of ownership of the problem to immediately overcome the problem (Maspaitella & Rahakbauwi, 2014).

The success of this socialization activity is by, following, per, under previous service activities carried out by (Shalahuddin et al, 2021) that community involvement and participation in solving public health problems has good potential in solving health problems. This activity is possible because the Selasari Health Center always provides health education to the community either by, following, per, under posbindu activities or during visits to the community. This activity is in accordance with previous service activities which showed that there was an increase in the average knowledge score before and after health education was carried out (Rosidin et al, 2021).

Increasing public knowledge about cervical cancer prevention in this outreach is also possible because the outreach methods used are very appropriate to the characteristics of the community. The extension methods used are lectures, counseling, brainstorming, and sharing. During the teaching activity, all participants paid close attention and followed the activity until the end. During a counseling session, a question-and-answer discussion is carried out personally to explore participants' knowledge in more depth. Meanwhile, during the sharing session, one of the health cadres who had already carried out the IVA test shared his experience regarding the IVA test and assured the other participants that the examination was safe and not scary.

Using this method will give participants the freedom to obtain information according to their

needs. According to (Sumarna et al, 2023) the use of lectures, counseling, brainstorming, and sharing methods allow participants to express all their curiosity directly. The issue of preventing cervical cancer in some areas is very taboo to discuss in general. So using counseling, brainstorming, and sharing methods is a very appropriate method to use. According to (Rahma, 2023) counseling and brainstorming methods are good methods for dealing with personal health problems.

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The success of this outreach activity shows that there is agreement that health education activities are needed by the community. The community must continue to be given guidance to prevent cervical cancer. The theme "Let's Keep Ourselves Safe from Cervical Cancer" needs to be followed up and continued by the community, Cintaratu Village, and Selasari Health Center. By continuing to carry out routine coaching, it is hoped that the results of the counseling and the entire series of coaching can trigger the courage of women in Panglanjan Hamlet to undergo cervical cancer screening and it is hoped that it will become the initial motivation for adult women to carry out cervical cancer prevention behavior in Cintaratu Village.

The lesson learned from the success of this activity is that further follow-up coaching is needed. Further guidance or follow-up that may be carried out can be designed by the Selasari Community Health Center. They are expected to be able to design programs that can improve preventive measures for cervical cancer. One program that can be developed is by involving health cadres in each hamlet. Health cadres are prepared as promoters who have been educated and become figures the public can trust in efforts to prevent cervical cancer. This is to increase the motivation and courage of the people of Panglanjan Hamlet in carrying out the IVA screening test. Cadres who have been well educated about cervical cancer and have carried out IVA test screening can become pioneers and figures who can be trusted by the community, because cadres have closer relationships with the surrounding community than health workers, so they can promote the IVA test program with a more appropriate approach. more precise.

## **CONCLUSION AND RECOMMENDATION**

Community service with the theme "Let's Keep Yourself Safe from Cervical Cancer". This activity concludes that there has been an increase in the knowledge of the Panglanjan Hamlet community about cervical cancer by 15 points. It is hoped that the activities that have been carried out can be sustained independently by the community in the working area of the Selasari Health Center. It is hoped that the Cintaratu Village head, in collaboration with the Selasari Community Health Center, can follow-up and carry out regular outreach activities and design programs that involve health cadres as models or health ambassadors in preventing cervical cancer.

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## APPENDIX



FIGURE 2. Preparation Stage



FIGURE 3. Implementation of Health Education