



Use of SADARI Educational Video Media on the Knowledge and Attitudes of Menopausal Women

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A B S T R A C T

Indonesia ranks eighth in the number of cases of breast cancer in Southeast Asia. Deaths are rising as 70% of detections are in advanced stages. Low knowledge leads to a woman who doesn't know there are bumps on her breasts. So, we need health promotion. For menopause, breast checks themselves (SADARI) are done every month on the same date, but still, many do not apply SADARI. Objective: This study is intended to analyze the use of SADARI Educational Video Media for SADARI Knowledge and Attitudes in menopausal women. Quantitative research, with design pre-experiment one group pre-post-test, research carried out in Dusun Bluru Kidul, Sidoarjo, Sampling technique using simple random sampling of 38 women menopause, Primary data collection technique with instrument questionnaire knowledge and attitude SADARI. Data analysis technique using Wilcoxon Signed Rank Test. Results show p-value 0,000 (<0,05), which means there is an increase in knowledge from less to sufficient and suitable, negative attitude to positive after displayed educational media video SADARI in menopausal women. So, it can be concluded that educational video media about SADARI can be used to improve the knowledge and attitudes of menopausal women. It's expected that menopausal women can do a monthly routine as early detection.

INTRODUCTION

Indonesia ranks eighth in Southeast Asia with a cancer incidence rate of 421 per 100,000, with an average mortality rate of 17 per 100,000 population (Wiyanti, 2022). Early breast cancer detection data from the Sidoarjo Health Profile 2022 found that women aged 30-50 years were suspected of having cancer. This age is the age of entering menopause. Sidoarjo Regency itself ranks eighth with a rate of 0.9%, showing a high incidence of breast cancer in Sidoarjo (Irmayanti, 2020). About 70% of detections are already in advanced stages, and treatment is too late, causing high mortality (Halim, 2023). Low knowledge makes menopausal women unaware of what to do, so they cannot detect breast cancer early. Therefore, health promotion efforts regarding SADARI are needed (Emilia, 2021).

The government, in its plan to tackle breast cancer, has three pillars: health promotion, early detection, and case management (Huda, 2023). During menopause, SADARI can be done every month on the same date. Preliminary study results show that the number of menopausal women in Dusun Bluru Kidul is 42, with many still having low knowledge and negative attitudes toward SADARI. SADARI should be applied every month on the same date, but many do not perform it (Riani, 2019).

Factors affecting SADARI include knowledge and attitudes about SADARI, healthcare workers, and information on SADARI counseling. This can be seen in whether someone has received education,

motivation, and support from social or family circles (Sundari, 2022). Low knowledge and unfamiliarity with how to perform proper SADARI procedures cause someone to be unfamiliar with the topic. This is due to the lack of information and supporting theory to teach SADARI (Tuelah, 2020). Mass media is a factor that influences knowledge. Mass media is also called a tool to present, introduce, and show information to the public. Various types of information media range from print to electronic media, which are exceptionally functional for conveying information (Sumarni, 2021). Attractive counseling media is needed to present and deliver information to the public. Video media combines audio and visual elements, making it more engaging and easier to understand (Sitompul, 2019). The indicator of successful counseling is increased knowledge. Attitude is not an action but a tendency to accept or reject a received topic of information (Notoatmodjo, 2018). Based on the problem description above, the author wants to conduct a study titled "Utilization of SADARI Educational Video Media on Knowledge and Attitude in Menopausal Women" in Dusun Bluru Kidul Sidoarjo

The problem formulation in this research is "Does SADARI educational video media benefit the knowledge and attitudes of menopausal women?". The general objective of this research is to analyze the utilization of SADARI educational video media in relation to the knowledge and attitudes of menopausal women. The specific objectives are to investigate the understanding of SADARI among menopausal women before and after being shown the educational video media and to analyze the attitudes toward SADARI among menopausal women before and after being shown the educational video media.

METHOD

This type of research is quantitative with a one-group pre-posttest design. The study was conducted by collecting respondent samples in one place, explaining the research procedure to be used, providing informed consent, distributing pre-test questionnaires, giving interventions, providing a break, and then giving post-test questionnaires. Post-test measurements are used as the basis to determine whether the intervention has an effect or not. The population in this study was 42 menopausal women aged 45 to 55 years. Samples were taken based on inclusion criteria, which included premenopausal, menopausal, and postmenopausal women and those who could communicate well. Exclusion criteria included illiterate women. Researchers calculated and determined the sample size using the Slovin formula, resulting in 38 samples representing the population. The sampling technique used probability sampling with simple random sampling, where samples were chosen by lottery, giving all an equal chance. Primary data collection used modified and validated questionnaires. Data analysis used univariate analysis to process data from the questionnaires to obtain knowledge levels (good, sufficient, poor) and attitudes (positive, negative)—bivariate analysis aimed to analyze differences in the effects of the given intervention. The indicator was whether there was a change in knowledge and attitudes before and after the intervention.

The statistical test used was the Wilcoxon test, with a significance level of 0.05. If the $p\text{-value} \leq 0.05$, the null hypothesis is rejected, meaning there is an effect of SADARI educational video media on increasing the knowledge of menopausal women. The intervention used in this study was the SADARI educational video media, which provided an overview of breast cancer and the steps for performing SADARI. It included animated visuals demonstrating the procedure and audio explaining each step, as well as text captions describing the actions shown.

RESULT

Table 1 Frequency Distribution of Respondent Characteristics of Research on the Utilization of Educational Video Media SADARI on Knowledge and Attitudes of Menopausal Women in 2024

Characteristics	Frequency (n)	Percentage (%)
Age		
45-50 Years	11	28,9
51-55 Years	27	71,1
Work		
Housewives	31	81,6
Work	7	18,4
Education		
Low (Elementary/Junior High)	20	52,6
Medium (Senior High School)	18	47,4
Higher el (Diploma, Bachelor)	0	0
Total	38	100

Table 1 shows that many respondents were aged 51-55 years (71.1%). Most were housewives (81.6%), and a significant portion had a medium education level (47.4%).

Table 2 Frequency Distribution of Knowledge of Menopausal Women about SADARI.

Knowledge	Before		After		Z	<i>p-value</i>
	n	%	n	%		
Less	19	50,0	0	0	-5.028	0,000
Enough	6	15,8	10	26,3		
Good	13	34,2	28	73,7		
Total	38	100	38	100		

Table 2 shows that of the 38 menopausal women before being exposed to the SADARI educational video media, most of the respondents (50%) had insufficient knowledge. Meanwhile, after being presented with SADARI educational video media, most of the respondents (73.7%) became well knowledgeable. The results of the statistical test of knowledge before and after being presented with SADARI educational video media using the Wilcoxon Signed Rank Test obtained a significant value of $p\text{-value} = 0.000$, which means that there is a substantial difference between the level of knowledge before and after being exposed to SADARI educational video media in menopausal women.

Table 3 Frequency Distribution of Menopausal Women's Attitudes Towards SADARI

Attitude	before		after		Z	p-value
	n	%	N	%		
Positive	18	47,4	27	71,1	-5.091	0,000
Negative	20	52,6	11	28,9		
Total	38	100	38	100		

Table 3 shows that of the 38 menopausal women before being exposed to the SADARI educational video media, most of the respondents (52.6%) had a negative attitude. Meanwhile, after being presented with SADARI educational video media, some of the respondents (71.1%) had a positive attitude. The results of the attitude statistics test before and after being presented to SADARI educational video media using the Wilcoxon Signed Rank Test obtained a significant value of $p\text{-value} = 0.000$, which means that there is a meaningful difference in attitude before and after being exposed to SADARI educational video media in menopausal women.

DISCUSSION

The research results show that the knowledge of menopausal women before being exposed to the SADARI educational video media was lacking in half of the respondents. In contrast, the understanding of menopausal women after being exposed to the SADARI educational video media showed that almost all respondents had good knowledge. Seven factors influence a person's knowledge, namely the level of education, occupation, age, experience, environment, and information. The level of education can affect the understanding of menopausal women, as a higher level of education correlates with better knowledge. This is supported by Ekawati (2021), which states that higher education allows individuals to receive information developments more effectively and thus increases their knowledge. This is also supported by Ratna et al. (2022) in their study titled "Training for Early Detection of Breast Cancer and SADARI Examination for Health Cadres" in Tertekek Village, Kediri, which found that a good level of education leads individuals to actively seek information from various media and readily accept and understand the information received (Hidayati, 2022).

Age is another factor that affects knowledge. The research results show that many women aged between 51 and 55 years who are not yet classified as elderly received much educational input. This is consistent with the results of Ratna et al. (2022) in their study titled "Training for Early Detection of Breast Cancer and SADARI Examination for Health Cadres" in Tertekek Village, Kediri, which found that as age increases, individuals become more skilled at making choices (Hidayati, 2022). However, the theory of decline states that with increasing age, memory capacity tends to decrease (Pramudaningsih, 2020). This can be supported by activities that stimulate memory, such as brain exercises and puzzle games (Fahrudiana, 2023).

Another factor influencing knowledge is the media. The results of this study are supported by Rafiah (2020), who found that audiovisual media in the form of health education videos is more effective in providing an understanding of SADARI because it is known to increase the knowledge of the target audience. The significant role of health education media as a source of information and knowledge enhancement is evident. Video media effectively conveys information using multiple senses, such as sight and hearing (Pulungan, 2020).

According to the researchers, the increase in knowledge from insufficient to sufficient and reasonable after exposure to the SADARI educational video media is attributed to the characteristics of menopausal women, who are mature enough to receive and process information. This is also supported by their exemplary level of education, engaging and easily understood audiovisual media, and the involvement of personnel who can explain well.

The research results show that the attitudes of menopausal women before being exposed to the SADARI educational video media were negative, whereas, after exposure, most had positive attitudes. This change in attitude is evidenced by the decrease in negative attitudes among menopausal women after being exposed to the SADARI educational video media. Attitude refers to a person's response to a stimulus or object. Attitude does not necessarily imply action but rather the acceptance or rejection of an idea (Notoatmodjo S, 2014).

Based on the review of this research, the knowledge of menopausal women is influenced by characteristics such as age and education level, which affect the information they receive. The level of understanding of menopausal women influences their attitudes towards SADARI itself (Wulandari, 2022). This is consistent with the research by Asyima (2021), which explained that there is a significant difference in knowledge and attitudes before and after being provided with information media, where increased knowledge is accompanied by positive attitudes (Asyima, 2021). This is also supported by Retno (2022), who found that there was a change to a positive attitude along with an increase in knowledge after being given the SADARI video media (Hidayati, 2022).

Knowledge is the foundation for forming individual attitudes and actions. Personal knowledge is formed from various topics and media. When information is presented in detail, the knowledge of individual decision-making increases. Besides knowledge, other influential factors include significant others, those whose opinions are heard, those whose opinions are sought, and trusted individuals in society, such as healthcare workers, officials, leaders, and family (Notoatmodjo S, 2014).

According to the researchers, the change in respondents' attitudes, besides being influenced by characteristics such as age, education, and occupation, is also affected by the level of knowledge, media, and personnel. Good knowledge creates a positive attitude, as knowing information makes it easier to determine the attitude to be taken. From a media perspective, audiovisual media provides engaging

information through animated images that demonstrate, making it attractive and easy to understand for respondents. Attitudes can also be influenced by personnel, where skilled personnel who effectively communicate information and encourage respondents will result in positive attitudes, especially with the support of social reminders and personnel frequently reminding respondents to perform SADARI regularly.

CONCLUSION

Based on the research results above, it can be concluded that there is a significant difference in knowledge before and after being exposed to the SADARI educational video media in menopausal women, and there is a meaningful difference in attitudes before and after being exposed to the SADARI educational video media in menopausal women.

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