

KNOWLEDGE, PERCEPTION AND PRACTICE OF BREAST SELF EXAMINATION AMONG DAUGHTER OF BREAST CANCER PATIENT AND DAUGHTER OF NON BREAST CANCER PATIENT, 1999

PENGETAHUAN, PERSEPI DAN AMALAN PEMERIKSAAN SENDIRI PAYU DARA DI KALANGAN ANAK PEREMPUAN PESAKIT KANSER PAYU DARA DAN ANAK PEREMPUAN PESAKIT BUKAN KANSER PAYU DARA, 1999

Khalijah Mohd Yusof, Hanafiah Mohd Salleh

ABSTRACT

Breast cancer is becoming more prevalent amongst women. In Malaysia, the incidence of the disease is approximately one half of that in the western world. It is also the third most common cause of death among cancer patients. The risk factors of breast cancer are identifiable such as family history, and breast self examination is an easy, cheap and effective method of early detection. A comparative cross sectional study was carried out at Radiotherapy Institute and Female Medical and Orthopedic Ward of Kuala Lumpur Hospital in June 1999 to determine the knowledge, perception and practice of breast self examination (BSE) among daughter of breast cancer patient and daughter of non breast cancer patient who are 15 years old and above. 169 questionnaires were mailed to the breast cancer patient, out of which 70 daughters responded. 150 questionnaires were handed to the non breast cancer patient in the ward, out of which 80 daughters responded. Overall response rate was 48 %. The study concluded that the level of knowledge and practice of BSE of daughters of breast cancer patient is better compared to the daughters of non breast cancer patient. Mean score of knowledge of breast cancer is 6.97 for daughter of breast cancer patient and 4.80 for daughter of non breast cancer patient. 84.3% of daughters of breast cancer patients perform BSE with 30.5% of them performing it monthly. For daughters of non breast cancer patients, only 45.0% do perform BSE with 27.5% of them practicing it monthly. Family history is the significant factor influencing BSE, whereby daughter of breast cancer patient is seven times more likely to perform BSE compared to daughter of non breast cancer patient (OR 6.65, 95%CI 2.23-19.82). Secondary education level is also significantly related to BSE practice. Perceived self confidence to perform BSE has significant relationship to BSE practice of daughter of breast cancer patient, while perceived barrier to perform BSE has significant influence to BSE practice of daughter of non breast cancer patient. In conclusion the level of knowledge must be improved with emphasis on the risk factors of breast cancer during health education in school or clinic. This will undoubtedly improve women's perception of BSE as well as enhancing their BSE practice.

ABSTRAK

Kanser payu dara adalah kanser yang semakin meningkat di kalangan wanita. Di Malaysia insiden mendapat kanser payu dara (KPD) dianggarkan setengah daripada negara Barat dan ia merupakan penyebab ketiga kematian di kalangan penyakit kanser. Faktor risiko KPD boleh dikenalpasti seperti sejarah keluarga dan terdapat kaedah pengesanan awal yang mudah, murah dan etektif iaitu pemeriksaan sendiri payu dara. Satu kajian irisan lintang perbandingan telah dijalankan di Hospital Kuala Lumpur (Institut Radioterapi dan Wad Perubatan dan Ortopedik Perempuan) pada bulan Jun 1999 untuk mengkaji tahap pengetahuan, persepsi dan amalan pemeriksaan sendiri payu dara (PSP) di kalangan anak perempuan pesakit KPD dan anak perempuan pesakit bukan KPD yang berumur 15 tahun dan ke atas. Borang soal selidik yang dipos kepada 169 orang pesakit KPD, telah diisi oleh 70 orang anak perempuan mereka manakala borang soal selidik yang diberikan kepada 150 orang pesakit bukan KPD di wad, telah diisi oleh 80 orang anak perempuan mereka. Kadar respon keseluruhan adalah 48.0%. Hasil kajian mendapati tahap pengetahuan dan amalan PSP anak perempuan pesakit KPD adalah lebih baik berbanding anak perempuan pesakit bukan KPD. Min skor pengetahuan anak perempuan pesakit KPD adalah 6.97 manakala min skor pengetahuan anak perempuan pesakit bukan KPD adalah 4.80. Seramai 84.3% anak perempuan pesakit KPD mengamalkan PSP dan 30.5% melakukannya sebulan sekali. Bagi anak perempuan pesakit bukan KPD, seramai 45.0% mengamalkan PSP dan hanya 27.50% melakukannya sebulan sekali. Faktor yang signifikan mempengaruhi amalan PSP adalah sejarah keluarga iaitu nisbah odds anak perempuan pesakit KPD melakukan PSP adalah 7 kali berbanding anak perempuan pesakit bukan KPD (OR 6.65, 95% CI 2.23-19.82). Tahap pendidikan sekolah menengah juga mempunyai hubungan yang signifikan dengan amalan PSP. Bahagian persepsi yang mempunyai hubungan signifikan dengan amalan PSP ialah persepsi keyakinan diri melakukan PSP bagi anak perempuan pesakit KPD dan persepsi halangan untuk melakukan PSP bagi anak perempuan pesakit bukan KPD. Oleh itu tahap pengetahuan perlu dipertingkatkan dengan menekankan faktor risiko mendapat KPD semasa pendidikan kesihatan samada di peringkat sekolah menengah juga di klinik. Secara tidak langsung ia dapat memperbaiki persepsi wanita terhadap PSP dan sekaligus meningkatkan amalan mereka.