ABSTRACT

THE ANALYSIS OF BREAST SELF-EXAMINATION FACTOR BASED ON HEALTH BELIEF MODEL THEORY AMONG UNDERGRADUATE FEMALE NURSING STUDENT AT AIRLANGGA UNIVERSITY

DESCRIPTIVE ANALYTIC STUDY

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American Cancer Society (ACS) and Indonesian goverment recommended young women on performing Breast Self-Examination (BSE) routinely to decrease breast cancer morbidity and mortality. However, BSE practice by undergraduate nursing student was still low. According to Health Belief Model (HBM) Theory, BSE practice is one of health behavior that influenced many factors. The purpose of this study is to analyze the factors of Breast Self-Examination practice on undergraduate nursing student based on Health Belief Model (HBM) theory.

The design of this study was descriptive analytic with cross-sectional approach. The population was undergraduate nursing student at Airlangga University. The sample (n=82) were chosen by purposive sampling. The independent variable in this study was perceived severity, perceived susceptibility, perceived benefits, perceived barriers, cues to action dan self-efficacy. The dependent variable was Breast Self-Examination practice.

Data were collected by using questionnaire and analyzed by using Spearman Rho test with significance level $\alpha < 0.05$. The results showed a significant relationship between perceived severity (p=0.028) and perceived benefits (p=0.032) with BSE practice. Meanwhile, perceived susceptibility (p=0.653), perceived barriers (p=0.071), cues to action (p=0.133), and self-efficacy (p=0.081) have no significant relationship with BSE practice. Further research was suggested to enhance and support college student to perform routine breast self-examination with effective health education such as counseling or Focus Group Discussion (FGD).

Keywords: *breast cancer, perceived severity, perceived benefits, cues to action, self-efficacy.*