



PROCEEDING

*Improving Quality of Life Through
Multi Sector Collaboration*

4th UPHEC

**UNIVERSITAS AHMAD DAHLAN
INTERNATIONAL CONFERENCE
ON PUBLIC HEALTH**

Yogyakarta, February, 21-22, 2018

ISBN



PROCEEDING

Universitas Ahmad Dahlan International Conference on Public Health
(UPHEC)

“Improving Quality of Life Through Multi Sector Collaboration”

ROYAL AMBARUKMO HOTEL- YOGYAKARTA, INDONESIA

February, 21-22, 2018

Published by :

UAD Press

The Organizing Committee

UNIVERSITAS AHMAD DAHLANINTERNATIONAL CONFERENCE ON PUBLIC HEALTH “Improving Quality of Life through Multi Sector Collaboration”

Advisor	: Rector of UAD
Person in charge	: Dean Faculty of Public Health UAD
Chairperson	: dr. Nurul Qomariyah., M.Med.Ed
Vice chairperson	: Dr. Triantoro, M.Psi
Secretary 1	: Septian Emma DJ, M.Kes
Secretary 2	: Rudy Yuniawati, M.Psi
Treasurer 1	: Liena Sofina, M.Sc.
Treasurer 2	: Difa Ardiyanti, M.Si
Event Section	: Khoiriyah Isni, M.Kes
Members	: 1. Marsiana Wibowo, M.PH 2. Oktomi Wijaya, M.Sc 3. Nissa Tarnoto, M.Si
Consumption Section	: Fardhiasih Dwiastuti, M.PH
Members	: 1. Ismira Dewi, M.Psi
Guest Section	: Dr. Siti Nur Djannah, M.Kes
Members	: 1. Dian Fitriwati, M.Si 2. Siti Muthia Dinni, M.Si
Equipment Division	: Julian Dwi Saptadi, M.Sc
Members	: 1. Muchsin Maulana, M.PH 2. Muhammad Hidayat, M.Psi
Secretariat Section	: Erni Gustina, M.PH
Members	: 1. Suci Musvita Ayu, M.PH 2. Ratu Matahari, M.Kes 3. Desy Pranungsari, M.Psi
Sponsorship	: Muhammad Rifai, M.Kes
Members	: 1. Dia Ekawati, M.Psi 2. Ufi Faturahmah, M.Psi
Scientific Division	: Helfi Agustin, M.KM
Members	: 1. Syamsu Hidayat, Ph.D 2. Solikhah Ph.D 3. Dra. Elli Nur Hayati, Ph.D 4. Dr. AM. Diponegoro 5. Dr. Fatwa Tentama 6. Dr. Siti Urbayatun 7. Fitriana Putri Utami, M.Kes
Public relation and Publication	: Ahmad Ahid M., M.PH
Members	: 1. Firman, M.PH 2. Nurfitri Swastiningsih, M.PH

Proceeding

UPHEC

UAD International Conference on Public Health 2018

UAD International Conference on Public Health (UPHEC) is an international conference with proceeding, organized by Public Health Faculty of Universitas Ahmad Dahlan. Proceeding is an interdisciplinary abstract or full paper that publishes material on all aspect of public health science that covers (but not limited) to health promotion, occupational health and safety, epidemiology, health economic, psychology, pharmacy, health reproduction, maternal and child health. The proceeding and full paper is published on July, 2018.

Editor-in-Chief:

M. Syamsu Hidayat, Ph. D – Universitas Ahmad Dahlan, Indonesia

Associate Editors:

Assoc. Prof. Dr. Yeo Kee Jiar– Universiti Teknologi Malaysia, Malaysia

Ma. Teresa G. De Guzman, Ph.D - UP Manila, Philippines)

Dr. S.M. Raysul Haque - Independent University, Bangladesh

Novi Chandra, Ph.D - Universitas Gajah Mada

Lina Handayani, Ph.D - Universitas Ahmad Dahlan, Indonesia

Elli Nur Hayati, PhD - Universitas Ahmad Dahlan, Indonesia

Dr. Siti Urbayatun - Universitas Ahmad Dahlan, Indonesia

Dr. Fatwa Tentama - Universitas Ahmad Dahlan, Indonesia

Dr. A. M Diponegoro - Universitas Ahmad Dahlan, Indonesia

Published by :

UAD Press



PROCEEDING

Universitas Ahmad Dahlan International Conference on Public Health



Theme:

“Improving Quality of Life through Multi Sector Collaboration”

Keynote Speaker

dr. Anung Sugihantono, M.Kes

(Directorate General of Public Health, Ministry of Health Republic of Indonesia)

Speaker I

Assoc. Prof. Dr. Yeo Kee Jiar

(Universiti Teknologi Malaysia, Malaysia)

Speaker II

Lina Handayani, Ph.D

(Universitas Ahmad Dahlan, Indonesia)

Speaker III

Dr. S.M. Raysul Haque

(Independent University, Bangladesh)

Speaker IV

Elli Nur Hayati, Ph.D

(Universitas Ahmad Dahlan, Indonesia)

Speaker V

MA. Teresa G. De Guzman, Ph.D

(University of the Philippines, Philippines)

February 21-22, 2018
Yogyakarta, Indonesia

Organized by:

Faculty of Public Health, Universitas Ahmad Dahlan

Faculty of Psychology, Universitas Ahmad dahlan

Foreword from Rector of Universitas Ahmad Dahlan

Good morning, Greeting to all of us

1. The honorable Keynote Speaker : dr. Anung Sugihartono, M.Kes (Directorate General of Public Health, Ministry of Health Republic of Indonesia)
2. Prof. Dr. Yeo KeeJiar (UTM, Malaysia)
3. Ma. Teresa G. De Guzman, Ph.D (UP Manila, Philippines)
4. Dr. S.M. Rasyul Haque, School of Public Health Independent University Bangladesh
5. Novi Chandra, Ph.D , Universitas Gajah Mada
6. Speaker from UAD : Lina Handayani, Ph.D and Elli Nurhayati, Ph.D
7. And, the excellences the invited guests, presenters, and the participants

Assalamu'alaikumWr.Wb

Welcome to the Universitas Ahmad Dahlan and the 4rd International Conference on Public Health (UPHEC). This event is held annually by the Faculty of Public Health Universitas Ahmad Dahlan with different collaborators. The principal purpose of this conference is to disseminate the scientific research in the Public Health domain, included the Quality of live through multisectoral collaboration.

Quality of life index is an estimation of overall quality of life which takes into account purchasing power index (higher is better), pollution index (lower is better), house price to income ratio (lower is better), cost of living index (lower is better), safety index (higher is better), health care index (higher is better), traffic commute time index (lower is better) and climate index (higher is better). In the year 2017 Indonesia occupies the 45th position out of 56 countries. This position an improvement after the previous year in 2016 Indonesia ranked 57th (from 61 countries). Despite the increase, Indonesia is still under neighboring countries such as Singapore, India and Malaysia.

It is obvious that the effort to improve the quality of life can not be solved only by the health sector alone. Multi-sectoral coloboration is required to achieve equitable development in various sectors in improving quality of life. It is important for us in Indonesia especially in Yogyakarta to have a program to learn the experience of multisectoral collaboration to improve quality of life from other countries. Therefore, in this 57th MILAD UAD series, we will hold an international seminar with the theme "Improving Quality of Life through Multisectoral Collaboration" which invite speakers from UAD and abroad.

This conference has become an effort in enhancing the knowledge of researchers, policy maker, studenst, other stakeholder and all participants. Hope this conference as a media for scientific gathering and collaboration between the participants taking into account in improving quality of life through multisectoral collaboration. Finally, and once again, welcome to UPHEC and with "Bismillahirohmanirohim" this conference officially opened. Thank you for your attention.

Wassalamu'alaikum Wr.Wb.

Yogyakarta, February 2018
Rector of Universitas Ahamd dahlan

Dr. Kasiyarno, M.Hum.

**Welcome Address from
Chairperson of the Universitas Ahmad Dahlan International Conference
on Public Health (UPHEC) 2018**

Assalamu'alaikum warahmatullahi wabarokatuh,

Thanks to Allah SWT, which has given us guidance and blessing, therefore we were able to complete book of abstract for the 4th Universitas Ahmad Dahlan Public Health Conference (UPHEC). This conference is a series of UAD 57th anniversary activities. It is a collaboration between Faculty of Public Health and Faculty of Psychology, UAD. The theme of the 4th UPHEC "Improving Quality of Life through Multisectoral Collaboration" is deliberately appointed to support inter-sectoral collaboration to improve health status, especially to improve the quality of life.

This book of abstract is a collection of all abstracts submitted to the 4th UPHEC. This book is compiled by scientific team guided by good abstract writing guidelines. We hope this book could be a media for all of us to share information; improving research quality, publication; and broadened our network.

Feedback from expert and everybody who have read this book are highly valuable. We would like to thanks to all who have worked hard and participated in completing this book. May this book bring benefits for all of us.

Wassalamu'alaikum warahmatullahi wabarokatuh.

Best Regards

dr. Nurul Oomariyah, M.Med.Ed
Chairperson of UPHEC 2018

Table of Content

List of Speakers	i
Foreword from Rector	ii
Welcome Address from Chairman	iii
Table of Content	iv
Schedule of Conference	vii
The Organizing Committee	ix
Proceeding Papers	1-281

PROCEEDING

The Parents Role to Educate the Kids in Digital Era Abdul Kadir	1-6
The Effect of Posture UlosCraftman Work on Occupational Health Listiani Nurul Huda, Nelsy, IndraNasution, Nurlisa Ginting	7-16
Self-Esteem and Health-Related Quality of Life among Adolescent Santri Endah Puspita Sari, Indah Urfa	18-26
Maternal Compliance during Antenatal Care Visit at Primary Health Care Pekanbaru, Riau Hetty Ismainar, Ani Triana, Hastuti Marlina	27-34
SARARI Effectiveness to Detect Breast Cancer in Women Childbearing Age on the Village of Terungkulon, District Krian Sidoarjo East Java Indonesia Kurnia Indriyanti Purnama Sari, Widya Anggraeni, Vera Virgia, Henny Vidya, Widya Nurcahyaningtyas	35-39
The Impact of Avocado (Persea Americana Mill) Leaf Decoctionto Reduce Systolic and Diastolic Blood Pressure among Hypertension Patients in Mojokerto, East Java - Indonesia Linda Presti Fibriana, HartinSuidah, Ninik Murtiyani, Iis Suwanti, Nuris Kushayati	40-44
The Occurrence of Measles Disease among Children Based on Geographic Information System in Pesisir Selatan District Masrizal, Romi Ronaldo, Randa Ilham	45-50
The Successfulness of Exclusive Breastfeeding for Working Mothers in the Formal Sector Mitra	51-59
Physical Activity Among Undergraduate University Students Nurul Qomariyah, Fardhiasih Dwi Astuti, Aprida Agung Priambadha	60-65
Carpal Tunnel Syndrome on Traditional Boat Driver in KutaiKartanegara District of East Kalimantan Iwan M. Ramdan, Fauzi Ridwan	66-73
The Relationship between Energy Consumption and Heat Stress of Dodol Stirrer Listiani Nurul Huda, Fricilya Simatupang , Indra Nasution	74-86
Guidance of Entrepreneurship and Religious Fields as Supporting the Reproduction Health Promotion Model in Youth Art Organization “Paguyuban X” Sitti Nur Djannah	87-92

Susscreen Cream Formula: A Combination of Greentea Extract (<i>Camellia sinensis</i>L) and Dry Extract of Aloe Vera (<i>Aloe barbadensis</i>Miller)	93-100
Nining Sugihartini, Resa Andriani Amijaya, Suci Amalia Ramadayanti	
The Meaning of Work and Their Relationship in the Family: Case Study in Woman Food Home Industry Workers in Malang	101-108
Tin Agustina Karnawati	
Root Cause Analysis as an Alternative Solution for Patient Safety Incident in a Hospital in Yogyakarta	109-117
Triyani Marwati	
The Role of Stretching on Musculoskeletal Pain among Junior High School Students	118-123
Wuriani, Lestari M, Lidia Hastuti, Jaka Pradika, Gusti Jhoni	
The Effectiveness of Dhikr Intervention for Cortisol and IgG Mechanism; Case Study for Nurses in Sultan Agung Hospital of Semarang	124-128
Rita Kartikasari, Suharto Taat Putra, Agus Suwandono, Sudiro, Rifki Muslim, Amin Syukur, Nugroho Susanto	
High Dose of Vitamin A Supplement Decreases Bone Mineral Calcium Rate in 3-7 Weeks Old Sprague Dawley Rats	129-136
Wiryatun Lestariana, Lily Arsanti Lestari, Anindhita Syahbi Syagata	
The Influence of Marketing Mix (Place, People, Promotion and Process) on Customers' Decision Making Process in Choosing Vania Hospital, Bogor 2016	137-150
Tri Yuliani, Agus Nurudin	
The Correlation between Birth Spacing and Low Birth Weight Cases	151-155
Cholifah, Paramitha Amelia Kusumawardani, Siti Cholifah	
Implementation Analysis of Interactive Learning Media in Improving Laboratory Skills on Midwifery Course in Health Sciences High School in Pemkab Jombang	156-161
Niken Grah Prihartanti, Kolifah, Mudhawaroh	
A Phenomenological Analysis of Commercial Sex Workers in Preventing the Transmission of HIV/AIDS	162-168
Sri Wahyuni, Tutik Rahayu	
Emotion Regulation and Health-Related Quality of Life among College Students with Asthma	169-178
Wardah Roudhotina, Endah Puspita Sari	
The Effectiveness of Anemia Prevention Program in Different Age Groups in Developing Countries	179-184
Gelora Mangalik	
Family Support for Men Participation in Posyandu	185-189
Heni Maryati, Monika Sawitri Prihatini	
The Relations between Anemia and Female Adolescent's Dysmenorrhea	190-195
Paramitha Amelia Kusumawardani, Cholifah	
Return to Work Program for Improving Quality of Life (QoL) of Worker with Disability Caused by Accident: A Review of the Regulation and Implementation in Indonesia	196-202
Indriati Paskarini	

The Influence of Spatial Distribution of Social Environmental Factors on the Incidence of Dengue Hemorrhagic Fever (DHF) in Limboto District Ririn Pakaya	203-211
Factors Influencing Knowledge, Practice, and Behavior of Household Waste Management among RiversideCommunities Aprizal Satria Hanafi, Qomariyatus Sholihah, Ema Novita Deniati	212-221
Breastfeeding and Husband's Attitude Nurfitria Swastiningsih, Sri Kushartati	222-231
Oral Health Promotion for Children with Special Needs Hermien Nugraheni, Tri Wiyatin, Sofwan Indarjo	232-240
Resilience and Happiness in Women Hally Weliangan, Nurul Qomariah	241-248
Health Locus of Control and Health-Related Quality of Life In Medical Students Who Smoke Hassena Rachmahayati, Rina Rahmatika, Titi Sahidah Fitriana, Riselligia Caninsti	249-258
Determinant Factors of Pulmonary Tuberculosis Incidence at Tilamuta Public Health Center of Boalemo Distric Wahyuni Hafid, Franning Deisi Badu, Melisa Usman	259-264
Family Support Among forDiabetic Foot Ulcer Patients (Qualitative Study in Three Tribes in West Kalimantan) Gusti Jhoni Putra, Tisa Gusmiah, Kharisma Pratama, Usman	265-271
The Quality of Life Among Elderly in Jember District, East Java, Indonesia Aldiar Annisa Putri, Ni'mal Baroya, Andrei Ramani	272-281

Responsibility of the contents rests upon the authors and not upon the publisher or editor

Schedule of Conference

Day	Time	Description	Venue	
Wednesday, February 21, 2018	06.30-07.30	Registration	The Kasultanan Ballroom 3	
		Setting Up the Posters	8th Floor	
	07.30-08.50	Opening Ceremony	The Kasultanan Ballroom 3	
		Safety Induction		
		Recitation of Holy Qur'an		
		Sing the National Anthem: Indonesia Raya		
		Melayu Dance		
		Speech: 1. Chairman of UPHEC : dr. Nurul Qomariyah, M.Med.Ed 2. Rector: Dr. Kasiyarno, M.Hum		
	08.50-09.35	Keynote Speech: dr. Anung Sugihantono, M.Kes "The Role of Indonesian Government in Regulating Policies to Improve Quality of Life"		
	09.35-09.45	Photo Session		
	09.45-10.00	Coffee Break		
	Plenary Session 1			
	10.00-10.30	1. Assoc.prof. Dr. Yeo Kee Jiar "Effort of NGO in promoting comprehensive sexuality education to improve quality of life among local and refugee communities: an exploration of NGO perspective in Malaysia" Moderator : Syamsu Hidayat, Ph.D	The Kasultanan Ballroom 3	
	10.30-11.00	2. Lina Handayani, PhD "Breastfeeding Promotion" Moderator : Syamsu Hidayat, Ph.D		
	11.00-11.30	Discussion		
	11.30-12.30	Break Session	Voyage 2 nd floor	
	Plenary Session 2			
12.30-13.00	1. Dr. S.M. Raysul Haque "Feasibility of Using Subjective Health Measurement Tool for Assessing Population Health in Developing Country " Moderator : Dr. AM. Diponegoro, S.Ag.,M.Ag	The Kasultanan Ballroom 3		
13.00-13.30	2. MA. Teresa G. De Guzman, Ph.D "Integrating Indigenous Knowledge Systems and Practices (IKSP) in Health and Disaster Reduction" Moderator : Dr. AM. Diponegoro, S.Ag.,M.Ag			
13.30-14.00	3. Elli Nur Hayati, Ph.D "Domestic Violence and Women's Quality of Life" Moderator : Dr. AM.Diponegoro, S.Ag.,M.Ag			

	14.00-14.30	Discussion	
	Call for Paper		
	14.30-15.30	Call for paper group A (Session 1)	Pemandangan I Room
		Call for paper group B (Session 1)	Pemandangan II Room
		Call for paper group C (Session 1)	Pemandangan III Room
	15.30-16.00	Coffee Break and Ashar Prayer	8 th floor
	16.00-17.00	Call for paper group A (Session 2)	Pemandangan I Room
		Call for paper group B (Session 2)	Pemandangan II Room
		Call for paper group C (Session 2)	Pemandangan III Room
	Workshop		
	07.00-07.30	Registration	8 th Floor
	08.00-09.00	Poster Presentation	8 th Floor
Thursday, February 22 2018	09.00-12.00	Workshop 1 : Qualitative Research Trainer: Dr. Yeo Kee Jiar Moderator : dr. Nurul Qomariyah, M.Med.Ed	Pemandangan I Room
		Workshop 2 : Role of the Indigenous Knowledge Systems and Practices (IKSP) in Health and Climate Change Adaptation Strategies Trainer: MA. Teresa G. de Guzman, Ph.D Moderator : Oktomi Wijaya, S.KM.,M.Sc	Pemandangan II Room
		Workshop 3 : Community Empowerment Trainer: Novi Chandra, Ph.D Moderator : Elli Nur Hayati, Ph.D	Pemandangan III Room
	12.00-12.30	Closing	(each room)
	12.30-13.30	Lunch	8 th floor

SARARI Effectiveness to Detect Breast Cancer in Women Childbearing Age on the Village of Terungkulon, District Krian Sidoarjo East Java Indonesia

Kurnia Indriyanti Purnama Sari¹⁾, Widya Anggraeni^{2),**)},
Vera Virgia³⁾, Henny Vidya⁴⁾, Widya Nurcahyaningtyas^{5),***)}
¹⁾High School of Health Sciences Dian Husada Mojokerto,
^{**)}High School of Health Sciences ABI Surabaya

Article Info

Keyword:

SARARI
Early Detection
Women of childbearing age
Breast Cancer

ABSTRACT

Cancer is one of the diseases, where the cells grow, change, and duplicate themselves (Putri Naura, 2009). In fact, many women of childbearing age in the village of Terungkulon, Krian district, Sidoarjo, East Java, Indonesia are unaware of the importance of breast self-examination (SARARI). The purpose of this study is to determine the effectiveness of breast self-examination (SARARI) for early detection of breast cancer in women of childbearing age in the village of Terungkulon, Krian district, Sidoarjo, East Java, Indonesia. The study is a descriptive study. The sampling technique used in the study was total sampling technique. The sample in this study was 40 respondents on June 2016 in age in the village of Terungkulon, Krian district, Sidoarjo, East Java, Indonesia in June 2016. The data were collected by using questionnaires. The data were then analyzed by editing, coding, scoring and tabulating. The results of the analysis were presented in the form of frequency distribution table. The results showed that most of the 40 respondents of childbearing women, with a total of 21 respondents (52.5%), never did breast self-check (SARARI). The breast self-examination in women of childbearing age was influenced by education, occupation, age and status. Therefore, it is necessary to give them special attention. The efforts that can be made by midwives are to provide counseling-extension on how to do breast self-check (SARARI) and to encourage women's self-awareness to do SARARI, so breast cancer incidence can be detected early on.

Corresponding Author:

Kurnia Indriyanti Purnama Sari
Department Of Midwifery,
High School of Health Sciences Dian Husada Mojokerto.
77 High School Road Gemekan Sooko Mojokerto
Email : kurnia.indriyanti.purnama@gmail.com

1. INTRODUCTION

Many women develop breast abnormalities such as lumps, tumors, skin wrinkles, even cancer, but do not know how to detect these disorders early (Putri Naura, 2009). One example is breast cancer, which is one form of growth of "wild" and uncontrolled cells or tissues in the breast (Dra. Dini Kasdu, M. Kes 2005). In the meantime, many 30-year-old women are affected by the disease. There are even 19-year-old women who are affected by breast cancer. One can detect early signs of breast cancer with SARARI. To detect early breast abnormalities, you can actually do SARARI (breast self-examination). However, many women of childbearing age do not have an awareness of the importance of doing SARARI yet.

In Indonesia, every year there are 100 women out of 100,000 people who are affected by breast cancer. A preliminary study conducted by the Health Department of Sidoarjo Regency in 2015 showed that 170 people suffered from breast cancer. From the informal interviews conducted with 10 women of reproductive age (15-30 years), 6 of them said that they did not have any desire to do breast

self-examination (SARARI). Meanwhile, the other 4 women of childbearing age said that they tried to do breast self-check for early detection of breast cancer. From the data obtained, it can be seen that there is an increased tendency of the incidence rate of breast cancer. Breast cancer is one of the diseases that can be caused by heredity. However, it is also uncertain whether there are other factors that cause it, such as eating too much fatty foods and consuming drugs containing estrogen hormones and carcinogens (synthetic dyes and chemicals). Breast cancer is originally developed due to damage in the DNA from a single cell. When genes that normally limit cell growth and division are damaged, the cells can divide and multiply. These cells can break away and move to distant parts of the body in a process called metastasis. These days, many people think that breast cancer is only suffered by women of 50 years and over. This is because many women of childbearing age are not aware of the importance of SARARI. If the disease can be detected early, then it can be treated immediately. The objective of the study is to know the effectiveness of SARARI for early detection of breast cancer in Terungkulon Village, Krian District, Sidoarjo.

2. RESEARCH METHODS

The study is a descriptive study. The population of the study was all women of childbearing age in RT 06/ RW 01 Terungkulon Village, Krian District, Sidoarjo with a total of 40 respondents. The sampling technique used in this study was total sampling technique, a sampling method by taking all members of the population to be the sample.

3. RESULT AND ANALYSIS

1. Education Level

No.	Education Level	Number	%
1.	Primary School	20	50
2.	Junior High School	15	37,5
3.	Senior High School	5	12,5
	Total	40	100

The educational research data showed that half of the respondents (50%) had primary school background with a total of 20 respondents. According to Suwarno (1992), cited by Nursalam and Siti Pariani (2001), education means the guidance that a person gives towards the development of others toward a particular goal. The higher the level of one's education, the easier it will be for them to receive information.

2. Level of Work

No.	Level of Work	Number	%
1.	Housewife	23	57,5
2.	Government Employees	7	17,5
3.	Private Employees	10	25
	Total	40	100

From the employment data, it was found that most (57.5%) were housewives. Housewives had more free time to obtain information by reading books, magazines, mass media or information from television, compared to public or private employees who had less time to look up information since they needed to focus on their work, so it was more likely for them to ignore the information. This is in line with the theory by Markum (1991), as cited by (Nursalam, 2001), that people work towards the development of others toward a particular goal. The higher the level of one's education is, the easier it will be for him/ her to receive information.

3. Age

No.	Age	Number	%
1.	15-20 year	20	50
2.	20-25 year	13	32,5
3.	25-30 year	7	17,5
	Total	40	100

The respondents' age data showed that half (50%) of the respondents were 15-20 years old, with a total of 20 respondents. According Purwanto Ngalim (2007), the older someone is, the higher the level of maturity will be in terms of thinking and working.

4. Motivation

No.	Motivation	Number	%
1.	Low	21	52,5
2.	Moderate	11	27,5
3.	High	8	20
Total		40	100

The data showed that most respondents (52.5%) had low motivation with a total of 21 respondents, and 27.5% of them had moderate motivation with a total of 11 respondents. A small portion (20%) of the respondents had high motivation with a total of 8 respondents. Motivation itself is a driver/ an effort that triggers one's behavior so that he/ she is driven to act to do something to achieve a certain result or goal (Purwanto Ngalim, 2007).

4. CONCLUSION

Most of the respondents (50%) were 15-20 years, with a total of 20 respondents. Half of the respondents (50%) had primary school background with a total of 20 respondents. Most of the respondents' occupation (57,5%) was housewife with a total of 23 respondents. Most of the respondents (52.5%) had low motivation, with a total of 21 respondents. Motivation in women of childbearing age in breast self-examination is influenced by education, occupation, age and status. Therefore, it is necessary to get them special attention. Efforts that can be done by midwives are to provide counseling on how to do breast self-examination (SARARI) and to encourage women's self-awareness to perform SARARI, so that breast cancer incidence can be detected early on.





ACKNOWLEDGEMENTS


I would like to thank the chairman of High School of Health Sciences of Dian Husada Mojokerto for their support in this research.

REFERENCES

- Alimul, A (2003). Riset Keperawatan dan Tehnik Penulisan Ilmiah. Jakarta: Salemba Medika.
- Arikunto, S (2006). Prosedur Penelitian Suatu Pendekatan Praktik Edisi Revisi. Jakarta: Rineka Cipta.
- Azwar, Saifudin, 2009. Metode Penelitian. Yogyakarta : Ristaka Pelajar
- Brunner and Suddarth (2002). Buku Ajar Keperawatan Medikal Bedah. Jakarta: EGC.
- Dalimarta, S (2004). Deteksi Dini Kanker dan Simplisia Anti Kanker. Jakarta: Penebar Swadaya.
- Depdikbud. 2005. Kamus Besar Bahasa Indonesia. Jakarta : Balai Pustaka
- Kasdu, Dini (2005). Solusi Problem Wanita Dewasa. Jakarta: Puspa Swara
- Manuaba, Ida Bagus Gedhe (1999). Memahami Kesehatan Reproduksi Wanita. Jakarta: Arcan
- Notoatmodjo. 2002. Metodologi Penelitian Kesehatan. Jakarta : Rineka cipta
- Nursalam (2003). Konsep dan Penerapan Metodologi Penelitian Ilmu Keperawatan. Jakarta: Salemba Medika
- Nursalam, Pariani, S. 2001. Pendekatan Praktik Metodologi Riset Keperawatan. Jakarta : CV. Info Medika
- Putri Naura (2009). Deteksi Dini Kanker Payudara. Jogjakarta: Aura Jogja
- Siagian, Sondang (2004). Teori Motivasi dan Aplikasinya. Jakarta: PT Asdi Mahasatya
- Widayatun, Tri Rusmi (1999). Ilmu Perilaku. Jakarta: Sagung Seto
- Wasis, 2008. Pedoman Riset Praktis Untuk Profesi Perawat. Buku Kedokteran : EGC
- Youngson, Robert M (2002). Kesehatan Wanita A-Z. Jakarta: Arcan

BIOGRAPHY OF AUTHORS

<p>First author's</p> 	<p>Kurnia Indriyanti Purnama Sari, birth place Sidoarjo, date birth 07 Pebruari 1985,NIDN : Lecturer of Department Midwifery High School of Health Sciences Dian Husada Mojokerto</p>
<p>Second author's</p> 	<p>Widya Anggraeni, birth place Sidoarjo, date birth 07 Pebruari 1985, NIDN : 0707028503, Lecturer of Department Midwifery High School of Health Sciences Dian Husada Mojokerto</p>
<p>Thirth author's</p> 	<p>Vera Virgia, birth place Jombang, date birth 08 Agustus 1986, NIDN : 0730088602 Lecturer of Department Midwifery High School of Health Sciences Dian Husada Mojokerto</p>
<p>Fourth author's</p> 	<p>Henny Vidya, birth place Lamongan, date birth 13 Maret 1985, NIDN : 0713038501 Lecturer of Departement Midwifery High School of Health Sciences Dian Husada Mojokerto</p>

<p>Fifth author's</p> 	<p>Widya Nurcahyaningtyas, birth place Sidoarjo, date birth 24 Oktober 1981, NIDN : 0724108103 Lecturer of Department Nursing High School of Health Sciences ABI Surabaya</p>
---	---



 <http://uphec.fkm.uad.ac.id/>