

# Teenagers Perception Of Prevention Cervical Cancer Through Healthy Life Patterns In Public Senior High School 10 Of Bengkulu City

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**Abstract—** *Cervical cancer incidence does not only affect women > 35 years old but also teenagers 15-19 years. Sexual activity a role in the development of cervical cancer. In Bengkulu Province, teenagers have had free sex since age of 14 by 11.11%. While in Senior High School 10 of Bengkulu City highest incidence of students drop out and married early. This study aims to see how teenagers perceptions the efforts to prevent cervical cancer through a healthy lifestyle in Senior High School 10 of Bengkulu City. Type of research is qualitative based on phenomenology, informants as 10th people, data was collected through in-depth interviews. The results of the study concluded teenagers' perception of prevention of cervical cancer is a dangerous disease its can make death, in this study bad students lifestyle, but students stated a healthy lifestyle can prevent cervical cancer, attitude of informants on the prevention of cervical cancer is positive, where is informant stated that prevention of cervical cancer needs to do and informants also want to take measures to prevent cervical cancer. Suggestions need disseminated about healty lifestyle to prevention cervical cancer so public is aware of efforts to prevent cervical cancer through a healthy lifestyle.*

**Keywords—** *Cervical Cancer, Healthy Lifestyle, Perception, Attitude.*

## I. INTRODUCTION

Cancer is one of the leading causes of death worldwide. In 2012, cancer was the cause of death of about 8.2 million people [1]. Based on GLOBOCAN data, the International Agency for Research on Cancer (IARC), it is known that in 2012 there were 14,067,894 new cases of cancer and 8,201,575 cancer deaths worldwide [2]. While for the second highest

cancer case suffered by women is cervical cancer 14.0% with a ratio of 16 per 100,000 women [3]. In Indonesia the prevalence of cervical cancer patients in all ages is 1.4% with a ratio of 17 per 100,000 women (Ministry of Health RI, 2015) [4].

The results showed that cases of cervical cancer patients in 2009 found the most respondents in the age group > 35 years, as many as 60.6% (Setyarini, 2009). But in recent years the incidence of cervical cancer has not only affected women > 35 years old but also in adolescents aged 15-19 years. Research on Screening Adolescents and Young Women, in America in 2013 low grade cytology virus HPV abnormalities were detected in sexually active adolescents between the ages of 15-19 years with a ratio of 0.1 per 100,000 women. Although the initial examination was said to be negative with HPV infection, after 3 years, the teenager was re-examined and it was seen that their cervix was abnormal and had been infected with HPV (Boardman, 2013) [5].

Studies of the population of women with invasive cervical carcinoma suggest sexual activity plays a role in the development of cancer. New mucosal cells mature after women are over 20 years old. If a woman who has sex in her teens or less than 16 years of age, mucosal cells are still vulnerable and not ready to receive stimuli of chemicals such as sperm. This situation can turn the HPV virus into a cancer due to an imbalance of cells from growing more than those that die so that the amount is excessive and becomes malignant which triggers cervical cancer (Diananda, 2007). The cause of cervical cancer is Human Papilloma Virus (HPV) or papilloma virus. Factors that increase the risk of cervical cancer include food, impaired immune system or weak immune system, air pollution, smoking, smoking, parity, marrying young, having sex at a young age, more than one sexual partner (multipatner sex [6].

## II. METHODS

This research is a qualitative research based on phenomenology. Subjects or informants in this study were students in Senior High School 10 of Bengkulu City year 2018

as many as 10 people. Informants in this study used purposive sampling method. The use of this method was not random but in accordance with the specific considerations and objectives made by the researcher itself. [4]

Data collection was conducted using primary data obtained from in-depth interviews with female students of Senior High School 10 of Bengkulu City aged 15-17 years. In conducting interviews the researcher listened carefully and carefully and recorded what was reported by the informant and recorded using a recording device then after that it was made in the form of manuscripts and the results of the manuscripts were submitted to the informant to do the member check.

### III. RESULT

Based on the results of the analysis that has been carried out on research on adolescent perceptions of efforts to prevent cervical cancer through a healthy lifestyle in Senior High School 10 of Bengkulu City. The results showed that the perception of female high school students about cervical cancer was a dangerous disease that could cause death, Informant know what was cervical cancer that cancer grows and develops on the cervix means "Kanker yang mematikan" (Informant. 1, 15 years old ) People who experienced cervical cancer were women who had free sex, did not do a healthy lifestyle, had early sex and also smoker " Segalo cewek, orang yang pola hidupnya tidak sehat cak jarang olahraga, makan basing, galak seks bebas, apolagi kalo seks bebasnya dibawah umur"(Informant 4, 15 years old) and also like the statement of the Informant 7" Jelasnyo wanita, terus orang yang sering berhubungan seks bebas, orang yang galak merokok "(Informant 7, 17 years old)

The results showed the Informantormant knew the cause of cervical cancer, namely the HPV virus transmitted through free sex, where the HPV virus was main caused by cervical cancer. "Karno virus HPV tadi" (Informant 1, 15 years old). The results of this study indicate that cervical cancer could be prevented from 10 Informant saidt hat cervical cancer can be prevented, according to the statement below "Biso mbak" (Informant 9, 17 years old). Prevention of cervical cancer was done by means of a healthy lifestyle, immunizing HPV, not getting married at a young age, consuming healthy food, and exercising. "Jangan nikah dini, nikah tuh pas usia matang, jangan hamil di bawah 21 tahun, pola hidup sehat misalnya makan sehat, sering olahraga, makan teratur, galak – galak makan buah " (Informant. 4, 15 years old). "Dengan pola hidup sehat, jangan galak gonta ganti pasangan, kontrol ke dokter samo suntik imunisasinyo tuh na mbak" (Informant. 9, 17 years old) This can prevent cervical cancer due to avoiding the causative factors then we will avoid cervical cancer. "Kareno kalau kito lakukan upaya pencegahan cak tadi jadinya kito terhindar dari kanker serviks" (Informant. 3, 16 years old)

The Informantormant's understanding of the prevention of servis cancer was obtained through electronic media, both television and mobile phones, from parents or socialization. " Dari TV, searching, sosialisasi kek orang tuo jugo" (Informant 3, 16 years old). "Sering baco artikel samo galak nonton TV

mbak, penyuluhan jugo" (Informant 7, 17 years old). The results showed that the Informant wanted to prevent cervical caners. "Iyo, ingin yuk" (Informant. 4, 15 years old). The Informan desire to take this preventive measure was because the Informantormant was afraid of having cervical cancer other than that to avoid cervical cancer. "Karno aku takut kejadian kek aku, biar aku idak keno jugo" (Informant 2, 15 years old).

The results of the study showed that the pattern of life of adolescent Informant was not good, where the Informant still often consumed unhealthy foods. The Informant does not exercise regularly, does not have enough rest. "Pola hidup sehari-hari aku, cak itulah, olahraga kalo lagi ndak, masih galak jajan diluar, soalnya malas makan nasi, begadang tiap malam kareno main hp " (Informant 6, 17 years old). The lifestyle of the Informant as above is due to being a daily habit. "Lah jadi kebiasaan yuk nak cak mano lagi" (Informant. 1, 15 years old). The results of the study show that lifestyle can prevent cervical cancer. "Biso yuk" (Informant 8, 17 years old). The lifestyle that can prevent cervical cancer is a healthy lifestyle, which is not consuming alcohol, soft drinks, eating healthy foods, drinking lots of water, consuming foods that contain lots of vitamin A and vitamin C, exercise, not smoking, and eating regularly . "Banyak makan makanan sehat mengandung serat, sayuran buah-buahan cak jeruk, tomat, yang banyak vitamin A kek C pokoknyo kurangi minum alkohol, soda samo rajin olahraga " (Informant 3, 16 years old). "Olahraga, terus makan makanan yang sehat tadi, jangan minum bersoda, alkohol, samo banyak minum air putih " (Informant 8, 17 years old). The Informantormant's understanding of a healthy lifestyle can prevent cervical cancer from being found in electronic media, friends, family, and also teachers. "Dari guru " (Informantormant 2, 15 years old). "Dari kawan, instagram, TV samo dari keluargo jugo" (Informant 3, 16 years old)

The results showed that the food consumed by the Informant was not a good day, namely rice, chicken, fish, vegetables, tofu, tempeh, instant noodles, fried foods, liver, gizzard. "Makan nasi, ikan, sambal, mi instan, wajib tuh yuk tiap hari " (Informant 7, 17 years old). Study results show food can affect the occurrence of cervical cancer. "Biso" (Informant. 4, 15 years old). The results showed that consuming high-fat foods such as meat, chicken thighs, and foods containing MSG can trigger cervical cancer. "Makanan banyak MSG, makan banyak igo lemak " (Informant. 1, 15 years old). "Makanan itu nah yuk yang lemaknyo tinggi setahu aku " (Informant 6, 17 years old)

### IV. CONCLUSION

Adolescent Perception of Cervical Cancer that cervical cancer is experienced by women who have more than one sexual relationship, women who marry early, women who have sex under 17 years, and women who smoke. The perception of Informant stated that cervical cancer can be prevented by a healthy lifestyle. The pattern of teenage life is not good, where teenagers do not exercise regularly, still often

consume instant food, high fat, and lack of rest. however, Informant know that a healthy lifestyle can prevent cervical cancer. The attitude of the Informant to the prevention of cervical cancer is positive, where the Informant stated that prevention of cervical cancer needs to be done and the Informant also want to do cervical cancer prevention efforts.

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