



# Counseling in the Prevention of Cervical Cancer through Knowledge Improving of Cervical Cancer and Healthy Reproduction Maintaining Efforts

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**Abstract-** Cervical cancer is the main cause of death of Indonesian women. The high mortality rate and the number of cervical cancer cases in developing countries including Indonesia are partly due to the lack of public knowledge about cancer symptoms and its early symptoms which are sometimes difficult to detect where eventually make the majority of sufferers come for treatment at an advanced stage. Therefore, public need to improve their knowledge in order to know about cervical cancer so that make them would detect cervical cancer early regularly. Hence, it is important to provide counseling on cancer prevention efforts and reproductive health maintaining efforts among mothers of health cadres who will help disseminate the knowledge and skills they have acquired to the wider community.

**Keywords-** *Cervical Cancer, Reproductive Health, Knowledge Improving*

## I. INTRODUCTION

Cervical (cervix) cancer is the main cause of death of Indonesian women. World Health Organization said that 90% of deaths of women in developing and middle-income countries are caused by cervical cancer. Based on data from World Health Organization, in 2018, there were 570,000 new cases of cervical cancer out of 6.6% of all cancers of women in the world [1]. Yogyakarta is one of the provinces with the highest incidence of cervical cancer in Indonesia [2]. The head of Health Department of Special Region of Yogyakarta said, there were 1,223 cancer cases in 2018 with 224 cases of cervical cancer (Health Department of Special Region of Yogyakarta) [3].

The high mortality rate and the number of cervical cancer cases in developing countries, including Indonesia, are partly due to the lack of public knowledge about cancer symptoms and its early symptoms which are sometimes difficult to detect where eventually make the majority of sufferers come for treatment at an advanced stage [4]. Therefore, public need to increase their knowledge in order to know about cervical cancer so that make them would detect cervical cancer early

regularly. In addition, people who are trained as health cadres are expected to help disseminate knowledge and skills they have acquired to the wider community so that public knowledge about cervical cancer and its prevention can increase. In Sambikerep Village, there are still many people who do not know about cervical cancer. Many people of them only carry out health checks when a health complaint occurs. In addition, there are still no health center health workers who provide health education about cervical cancer. Hence, it is important to form the health cadres who have knowledge and skills about cervical cancer and its prevention. The expected result is an increase of health cadres' knowledge in Sambikerep Village about cervical cancer prevention and reproductive health maintaining efforts in order to disseminate to Sambikerep Villagers.

## II. IMPLEMENTATION METHOD

This activity we have implemented consist of counseling on cervical cancer prevention and maintaining reproductive health. Counseling was given to provide knowledge about cervical cancer, cervical cancer symptoms, risk factors, measures for prevention and management, and how to maintain reproductive health. This activity began by analyzing the situation in the Sambikerep Village, determining its problems and its solutions, conducting program socialization to the hamlet head in Sambikerep Village which followed by making activity contracts, establishing health cadres, providing knowledge and skills to health cadres in recognizing signs of cervical cancer symptoms and cervical cancer prevention efforts. The activity also implemented activities evaluation and plans follow-up in maintaining the sustainability of the program.

## III. RESULTS AND DISCUSSION

This community service activity was carried out at the head of Health Cadres' house, which attended by the head of Sambikerep village and the Sambikerep women health cadres.

This activity was carried out by holding an outreach to women health cadres in Sambikerep village. The materials which had presented at this counseling was related to cervical cancer and efforts to maintain reproductive health which consists of cervical cancer's risk factors, symptoms, stages, and its prevention and management. After the counseling, a discussion was also held with the aim that the health cadres could ask questions if there was anything that was not understood or if anyone wanted to be consulted.

#### IV. CONCLUSION

The community service program which aims to provide education to health cadres related to cervical cancer has implemented in Sambikerep, Village Bangunjiwo, Kasihan, Bantul, Yogyakarta. This program targeted women health cadres in particular and childbearing age women in general. The counseling has provided knowledge about cervical cancer and efforts to maintain reproductive health for health cadres in particular and childbearing age women in general.

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