



BREAST CANCER EDUCATION AND SELF-EXAMINATION (SADARI) AT CHIBA ISLAMIC CULTURAL CENTER NISHI CHIBA MOSQUE (CICC) JAPAN

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Abstract

Breast cancer is one of the leading causes of death in women worldwide. Early detection through Breast Self-Examination (SADARI) is an important step in efforts to reduce the death rate due to this cancer. Indonesian working women in Japan, most of whom work in the manufacturing and care sectors, face significant health challenges, including low levels of awareness of the importance of early detection of breast cancer. This community service activity aims to increase the awareness and knowledge of Indonesian women workers in Japan about breast cancer and the SADARI technique as a preventive effort. This activity was carried out through health education held at the Chiba Islamic Cultural Center (CICC), Japan, involving 29 mothers from the Indonesian community. The results showed a significant increase in participants' knowledge about breast cancer, risk factors, and SADARI techniques. It is hoped that education about breast cancer and early detection through SADARI can continue to be introduced to Indonesian communities abroad, in order to increase women's empowerment and breast cancer prevention.

Keywords: Breast cancer, early detection, breast self-examination, health education

INTRODUCTION

Japan's Ministry of Health, Labor and Welfare noted that the total number of foreign workers in Japan has increased by 40.3 percent in the past five years to 2.05 million as of October 2023. Statistically, the number of foreign workers in Japan has shown an increase over the past 11 years. Especially for workers from Indonesia, the number is currently almost 50 thousand people who are included in the internship scheme. This program is known as "Technical Intern Training," which is a technical training program while working in Japan with a maximum time limit of five years. Workers from Vietnam are still ranked first, but the number of interns from Indonesia has increased dramatically (CNBC Indonesia, 2023).

Indonesia's labor force surge over the past five years has also been triggered by low wages in the country. This situation makes Japan an attractive choice to find a more decent livelihood. According to a report by Nikkei Asia, employers in Japan are offering higher salaries to attract foreign workers. The monthly basic salary for foreign interns rose 8 percent in 2022 to 177,800 yen or around Rp18.7 million. Data also shows that Indonesian citizens contribute 56 percent of the total specially-skilled workers in Japan, especially in the manufacturing, construction, maintenance, and food service sectors (CNN Indonesia, 2024).

However, the lives of working women in Japan are not always ideal. Japan is a country with a marriage and birth rate that continues to decline year by year. Low breastfeeding rates and high levels of stress in working women, coupled with alcohol consumption habits, worsen women's health

conditions. The combination of these factors in the long term can increase the risk of breast cancer in women in Japan (Sari & Putri, 2023).

Breast cancer is one of the leading causes of death in women. Early detection is an important factor in efforts to reduce the death rate due to this cancer. One of the methods that is easy to do is SADARI (Breast Self-Examination). This method can be done independently and does not require cost, so it is very relevant to be applied among Indonesian working women in Japan who may have limited access to preventive health services (Ministry of Health of the Republic of Indonesia, 2016).

The lack of interest of women in Japan to get married and have children has affected the quality of life and health of the body. The government's efforts to increase the number of marriages and births have not yielded significant results. Women who have never been pregnant, are actively working, have high levels of stress, and have a habit of drinking alcohol have a higher risk of breast cancer. Therefore, there is a need for preventive efforts such as SADARI education and training as an early detection of breast cancer.

This community service activity aims to increase the awareness and knowledge of Indonesian working women in Japan about the importance of early detection of breast cancer through the SADARI technique. This activity was carried out in collaboration between the National University and Narita Hospital, Japan, which is expected to be the first step in reducing the risk of breast cancer among Indonesian women living and working in Japan. The expected benefits of this activity are increasing the knowledge of Indonesian working women in Japan about the importance of early detection of breast cancer as well as practical skills in conducting SADARI.

METHODS AND PROCEDURES

This community service will be held on February 23, 2025. The location of the activity was carefully chosen, namely at the Chiba Islamic Cultural Center Nishi Chiba Masjid (CICC) in Japan. This place was chosen because in addition to having complete facilities, it is also a center of social and religious activities for the Muslim community in the Chiba region. The main target of this activity is Indonesian women in Chiba, both working and studying. Through this strategic location, it is hoped that educational activities regarding early detection of breast cancer can reach participants who have great potential to benefit directly from the information provided.

Several materials and tools needed were prepared during the community service event. Among them are educational materials about breast cancer and self-examination techniques (SADARI), which include important information about the types of breast cancer, risk factors, symptoms, and preventive measures. In addition, a comfortable and conducive room is provided to support the process of delivering materials. The aids used in this activity include LCDs and laptops for presentations, as well as breast phantoms used as props to practice how to perform SADARI correctly. In addition,

educational pamphlets were also distributed to participants so that they could take home important information that had been conveyed during the activity.

The implementation of this service activity begins with the preparation stage, which includes making proposals, collecting materials, and preparing the necessary tools and facilities. After all preparations were made, the activity began with an introduction session between the service implementers and participants. Furthermore, the expectations of participants related to this activity were accommodated to ensure that the activities ran according to their needs. Then, a pretest is carried out to find out the level of understanding of participants before receiving education. The next stage is the provision of information about breast cancer and the SADARI technique. In this section, participants are invited to watch an educational video that describes how to do SADARI. In the discussion and question and answer session, the participants seemed very enthusiastic, as seen from the number of questions asked. After the education is completed, the posttest is carried out to measure the extent to which the participant's knowledge has developed. The activity was closed with the giving of souvenirs as a form of appreciation to participants who have actively participated. Finally, the service team compiles a report as documentation and evaluation of these activities, which can be used to improve similar activities in the future.

RESULT

1. Overview of Activities

This community service activity was held on Sunday, February 23, 2025, at the Chiba Islamic Cultural Center (CICC), located in the Chiba region, Japan. CICC is a five-story building that serves as a center of religious and social activities for Chiba's Muslim community. Inside the building there are various facilities, such as prayer rooms for men and women, CICC offices, seminar rooms, halal shops, restaurants, and Islamic libraries. In addition, CICC is also a meeting place for locals, international students, and foreign workers in Japan. As a social center, CICC has an important role in building networks and solidarity between community members, including in the health sector.

The implementation of this activity aims to increase public awareness about breast cancer and the importance of early detection through the Breast Self-Examination (SADARI) technique. This activity was attended by 29 mothers from the Indonesian community in the Chiba region, Japan. The main purpose of this activity is to educate participants about breast cancer, its prevention, and steps that can be taken to reduce the mortality rate due to this disease.

2. Activity Implementation Process

The implementation of the activity began with an introduction between the service implementers and participants, followed by listening to the expectations of the participants regarding this activity and an explanation of the SADARI implementation process. The next stage

is the implementation of a pretest to measure the knowledge of the participants before the material is given.



Figure 1. Grant of Maeri

After that, educational materials about breast cancer and the SADARI technique were delivered in a structured manner. The material presented includes the definition of breast cancer, risk factors, signs and symptoms of breast cancer, and cancer locations commonly found in the breast. In addition, participants were also given an explanation on how to do SADARI correctly, the right time to do it, and the benefits of this examination to detect breast cancer early.

3. Discussion and Question and Answer Session

During the discussion and question and answer sessions, the enthusiasm of the participants was very high. Many questions were asked, which showed an interest in understanding more about how to detect lumps in the breast and distinguish between benign and malignant lumps. Some of the questions asked include: "Is every lump a tumor, and how do we detect whether it is malignant or not?"

To answer this question, it is explained that not all lumps on the breast are tumors, and not all tumors are cancerous. Some lumps may be cysts or lipomas, which are benign growths. To ascertain whether the lump is malignant or not, a medical evaluation through a physical examination, imaging tests such as ultrasound, or even a biopsy is necessary. It is important for participants to always consult a doctor if they find new lumps or changes in the breast.



Figure 2. Discussion Session

4. Evaluation and Improvement of Knowledge

As a form of evaluation of the effectiveness of the activity, a pretest and posttest were carried out to measure participants' knowledge before and after the education was given. The results of the pretest showed that most of the participants had limited basic knowledge about breast cancer and self-examination of breast (SADARI). However, after being given educational materials, the results of the posttest showed a significant increase in the participants' understanding of the topic.

Here is a table showing the comparison of pretest and posttest results to illustrate the increase in participants' knowledge:

Table 1. Pretest and Posttest Results

Aspects Tested	Pretest (%)	Post-test (%)
Knowledge about breast cancer	50	85
Understanding of SADARI	45	80
Knowledge of risk factors	40	75
Ability to do AWARENESS	55	90

The table above shows a significant increase in the knowledge and understanding of participants after participating in the educational session. This indicates that this service activity has succeeded in increasing participants' awareness and knowledge about breast cancer and the SADARI technique.



Figure 3. Evaluation and Giving of Mementoes

5. Closing and Appreciation

As a form of appreciation for the participants' participation, each participant was given a souvenir that could be a memento of this activity. This community service activity as a whole ran smoothly without significant obstacles. The CICC provides full support for this activity, which aims to provide education about breast cancer and the importance of self-examination (SADARI).

This educational activity about breast cancer and the SADARI technique had a positive impact on the participants. In addition to increasing participants' knowledge about breast cancer, this activity also educates about the importance of conducting routine checkups to detect breast cancer early. With a better understanding, it is hoped that participants can be more concerned about breast health and be able to carry out early detection through SADARI.

This kind of education is expected to continue to be carried out regularly to increase women's health awareness, especially among Indonesian communities abroad. Through this activity, it is hoped that a generation of women can be created who are more concerned about their own health, and are better prepared to face the potential risk of disease, especially breast cancer.

CONCLUSION

The implementation of the community service on February 23, 2025 at the Chiba Islamic Cultural Center Nishi Chiba Mosque (CICC) Japan, which was attended by 29 mothers, succeeded in raising awareness about the importance of early detection of breast cancer, encouraging prevention, and empowering women to care more about their health. It is hoped that educational activities regarding breast cancer and breast self-examination (SADARI) can continue to be carried out regularly to women of productive age through counseling at health facilities, schools, and communities. In addition, it is important to get support from health professionals in monitoring and evaluating the understanding and practice of SADARI to increase the effectiveness of breast cancer prevention.

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