

The Importance of IVA for Women Aged 30-50 Years

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ABSTRACT

Cervical cancer is one of the most common disorders in women. This disease can affect the cells in the cervix which can be dangerous if not treated immediately. Even so, symptoms can appear after the cancer cells have spread, so early treatment is difficult. Therefore, it is recommended that every woman have a routine examination of the uterus every year. One of the tests that can be done to detect cervical cancer is the IVA test. This method is commonly used to detect disorders of the cervix after a pap smear. By doing this examination, it is hoped that every woman who has a risk of cervical cancer can avoid it. This socialization aims to educate the public, especially the women of the Islamic boarding school district about cervical cancer which is now a major health threat in the world, especially in developing countries, including Indonesia.

Keywords: cervical cancer, IVA test, women age 30 – 50 years

Received: January 8, 2022

Revised: February 11, 2023

Accepted: March 1, 2023



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INTRODUCTION

Cervical cancer or cervical cancer is a primary malignant tumor derived from squamous epithelial cells. Cervical cancer can originate from cells in the cervix, but it can also grow from cells of the cervix or both. Cervical cancer is cancer or malignancy that occurs in the cervix which is a female reproductive organ that is the entrance to the vagina caused by most of the human papilloma virus.

The incidence of cervical cancer per year is 100 per 100,000 population per year. Data from the anatomical pathology laboratory found that in Indonesia the frequency of cancer occurrence was 92.4% accumulated in java and bali the survival of a person with cervical cancer depends on the stage suffered, namely the five-year survive five-years stages I, II, III, and IV is 85%,60%,33%, and 7% (Savitri, 2015).

Based on the results of a survey regarding the health status of the majority of the community a healthy condition and several diseases develop in the community, including hypertension. Uric Acid, Ulcer. Cough, Cold, Cholesterol, Diabetes Mellitus, and Bronchial Asthma. The people of the pesantren sub-district have healthy lifestyle habits which can be shown through the habitual behavior of carrying out routine sports activities and healthy gymnastics and the community has the habit of using health service facilities such as doctor practices, clinics, and

health centers that facilitate the community in overcoming and preventing any disease that develops in the community.

The results of observations of maternal health cases still found mothers who had cervical cancer based on interviews conducted because they had never done an IVA Test. From these problems, we want to educate with a focus on women aged 30-50 years about the importance of the IVA Test to prepare as early as possible and prevent cervical cancer.

Problems found in patients with cervical cancer include patients coming to health care facilities after entering an advanced stage and already experiencing metastases in other organs, this is because at the early stages they have not shown specific symptoms and signs so patients do not realize that they have cancer cervix. Patients who come to health care facilities at an advanced stage will be difficult to treat and need a lot of money for care and treatment, therefore efforts are needed to find out or detect cervical cancer as early as possible, one of which is the Visual Inspection of Acetic Acid (IVA Test) (Siwi & Trisnawati, 2017).

Acetic Acid Visual Inspection (IVA Test) for early detection of cervical cancer only uses simple equipment, a solution of vinegar (acetic acid 3-5%), the results are quickly known, accurate, simple, effective, and easily available at basic service places such as Puskesmas. The IVA test carried out on the condition of the pre-cancerous stage of the patient can already be found so that the patient can be treated immediately so that he does not fall at an advanced stage (Cholifah, Rusnoto, & Hidayah, 2017).

The target of the IVA Test is women aged 30-50 years, although women who are susceptible to pre-cancer are 20-30 years old, but as age increases the incidence of pre-cancerous wounds increases because of the risk of persistent and persistent infection.

The low participation of women of childbearing age to do the IVA test is influenced by several factors, according to the theory of Lawrence Green (Nursalam, 2016) predisposing factors that influence a person's behavior are knowledge, attitudes, beliefs, beliefs, and others. Based on the research of Dewi, Made, Suryani, & Murdani (2013) about the relationship between the level of knowledge and attitudes of women of childbearing age with the VIA examination at the Buleleng Health Center, it shows that the higher the knowledge of the respondents, the greater the participation of the respondents in conducting the IVA Test. Cholifah et al., (2017) research on factors that affect early detection of cervical cancer includes knowledge, where respondents who have less knowledge (63.8%) do not do the IVA Test. Detection of cervical cancer as early as possible and knowing the risk factors for cervical cancer can be prevented and if cervical cancer occurs it can be treated immediately so that it does not fall to a further stage, this will have an impact on improving the health of women of childbearing age themselves. Efforts are needed to increase the coverage of the IVA test, one of which is health education and easy access to the IVA test.

One of the efforts to increase the participation of women of childbearing age in carrying out the IVA Test The Indonesian Strada Institute of Health Sciences has collaborated with the Pesantren District, and the Health Office to carry out health education about the IVA Test followed by the implementation of the IVA Test. The purpose of this community service is to implement health education to increase knowledge about the importance of the IVA Test and carry out early detection of cervical cancer with the IVA Test in women of childbearing age.

METHODS

The method used is lectures and questions and answers with the target of 39 people in the Pesantren District of Kediri City. The activity will be held on July 11, 2022, and starts from 09.00 WIB - 10.00 WIB with the agenda consisting of:

Table 1. Arrangement of community service events

No	Activity	Kegiatan		Time	
		Konseling	Target		
1.	Introduction	1.	Opening greetings	greetings and notice	10 minutes
		2.	Introduction		
		3.	Delivering the theme		
		4.	Communicating the objectives		
2.	Presentation	1.	Provide an explanation of the importance of IVA for women aged 30-50 years including:	Convey expected material active participant submit question	45 minutes
		a.	Definition of IVA		
		b.	IVA goals		
		c.	IVA benefits		
		d.	Importance of IVA		
		e.	Preparation of tools for IVA		
		2.	Provide an opportunity to ask questions		
		3.	Explain the things that are asked when the presenter is finished		
3.	Closing	1.	Concluding the main content of the extension	Greeting	10 minutes
		2.	Evaluate the material that has been conveyed verbally		
		3.	Motivating families to identify and act quickly if it is known that Pesantren residents are suffering from cervical cancer		
		4.	Say hello		
			Participants answer		

RESULTS

Output yang didapat dari kegiatan pengabdian kepada masyarakat ini diantaranya adalah:

1. Warga diberikan Pendidikan kesehatan mengenai Pentingnya IVA Untuk Wanita Usia 30-50 Tahun

2. Dari hasil penyuluhan, Warga sangat kooperatif dan antusias dan memahami mengenai isi materi dan di akhir sesi diberikan waktu tanya-jawab. Didapatkan beberapa pertanyaan dari warga diantaranya:

1) When can IVA examination be done?

Answer: The IVA test should be routinely carried out once a year after marriage.

2) How to prevent cervical cancer?

Answer: Have sex safely, namely by using condoms and avoiding having sex with more than one partner. Undergoing periodic VIA examinations so that the condition of the cervix is always monitored and so that treatment can be carried out more quickly if there is cancer.

3) What birth control does not cause spots on the face?

Answer: Using non-hormonal family planning, namely spiral/IUD, condoms, calendar method, and female sterilization.

4) How to prevent dysmenorrhea?

Answer: Exercising regularly, getting enough rest, consuming a complete and balanced nutritious diet, and limiting caffeine consumption, especially near the time of menstruation.

5) What are the side effects of the IUD?

Answer: Feeling breast pain, oily skin, nausea, headache, stomach pain, and PMS symptoms that are more severe than before.

The outcomes obtained include :

1. Community service programs in the form of health checks, counseling, and health education regarding "The Importance of IVA for Women Age 30-50 Years" can increase mothers' knowledge about the meaning of IVA, the purpose of IVA, and the benefits of IVA. This is evident before and after being given counseling. Before being given counseling there were 39 participants (25%) with Good knowledge and after the activity, there was an increase to 88 participants (75%) with Good knowledge. This shows that participants are very enthusiastic to increase their knowledge about cervical cancer prevention.

Table. 2 Knowledge before being given counseling/counseling

Knowledge	Quantity	Presents
Good (Score 80 sd 100)	39	25 %
Enough (Score 50 sd 79)	88	75 %
Not Enough (Score < dari 50)	0	0 %
Total	127	100 %

It is known that the respondent's knowledge of VIA before being given counseling was 75% with a sufficient value of 88 respondents.

Tabel. 3 Knowledge after being given counseling/counseling

Knowledge	Quantity	Presents
Good (Score 80 sd 100)	127	100 %
Enough (Score 50 sd 79)	0	0 %
Not Enough (Score < dari 50)	0	0 %
Total	127	100 %

It is known that there is an increase in respondents' knowledge before and after being given counseling where from 75% with a sufficient score of 88 respondents to 100% with a good score of 127 respondents.

1. Community service programs are expected to contribute to improving public health by reducing morbidity and mortality, especially in maternal and child health.

2. IIK STRADA Indonesia, especially the DIII Midwifery Study Program, is increasingly recognized as an institution that has a concern with public health problems.

DISCUSSION

Community service activities to improve the health of women of childbearing age through early detection of cervical cancer with the IVA Test. At the beginning of the activity, during brainstorming and pre-test results, most women of childbearing age did not know and understand clearly about early detection of cervical cancer with the IVA Test. The participants who attended were very enthusiastic about participating in the activity because the presentation of this information was a new thing for the participants who attended. Although partially at the beginning of the activity during the brainstorming/question-and-answer session, some

participants were able to explain the IVA Test for women of childbearing age, but overall the participants did not clearly understand the early detection of cervical cancer with the IVA Test. The existence of health education about early detection of cervical cancer with the IVA Test in this activity makes women of childbearing age aware of the importance of an IVA Test to find out cervical cancer as early as possible so that if the woman is positive for cervical cancer, it can be treated immediately so that it does not fall at an advanced stage.

This health education activity was attended by women of childbearing age. This is in line with Irawan's (2018)'s statement that health behavior in the form of the IVA Test is a screening method that is practical, cheap, and possible to be carried out at the Puskesmas but its implementation is still experiencing obstacles, including women of childbearing age who are reluctant to do the IVA Test because of shame, lack of knowledge and fear of feeling sick at the time. examination (Irawan, 2010). Knowledge is needed to provide accurate information, women who have sufficient knowledge can take appropriate actions to maintain and maintain their reproductive health (Rosfiantika, 2012). By knowing the dangers of cervical cancer and the importance of the IVA Test, women of childbearing age will be moved to do the IVA Test. In line with Lawrence Green's theory (Parapat, Susanto, & Saraswati, 2016) predisposing factors that influence a person's behavior include age, education, occupation, knowledge, and attitudes.

One of the efforts to increase knowledge is through health education. Health Education is a method to increase health knowledge for individuals, families, groups, and communities so that it will affect a person's behavior and health. Health education is a continuous, dynamic, and planned teaching and learning process throughout life and in different settings implemented through partnerships and interpersonal education to facilitate and empower the person to promote lifestyle outcomes related to behavioral changes that promote positive health status outcomes. (Pueyo Garrigues et al., 2019). Health education can increase knowledge and reasoning, and interactive health education can provide new experiences and can be applied to the community (Yani, Juniarti, & Lukman, 2019).

One of the factors that influence the success of health education is the participant's cognitive ability while the participant's cognitive ability is influenced by several factors including age, gender, and education level (de Azeredo Passos et al., 2015). The cognitive abilities (knowledge) of participants will help participants in understand the material presented. Increased knowledge and understanding of women of childbearing age about the IVA Test brings significant changes to the attitudes of women of childbearing age in understanding the IVA Test. The appreciation of the attitude shown by the participants during the implementation of the activity is expected to be the basis for efforts to increase social support for participants to conduct the IVA Test. Tafwidhah & Wulandari (2015) state that detection can identify cervical cancer as early as possible which is still in its early stages so that the disease is expected to still be cured or immediately get treatment to reduce morbidity and mortality, if women of childbearing age have less knowledge then the woman will not do early detection of cervical cancer. Health behavior can be realized by the participation of women of childbearing age in carrying out the IVA Test.

Health education can affect knowledge and knowledge will affect one's behavior, behavior based on knowledge will be more lasting than behavior that is not based on knowledge and cognitive knowledge is a domain for shaping one's actions (over behavior) (Notoatmodjo, 2010). Knowledge can influence and encourage the actions of women of childbearing age to perform the IVA Test (Mirayashi, 2014). This statement is supported by Saputri, Maliya, & Kartinah, (2016) that someone who has high knowledge will have a developed and more logical mindset. Knowledge will also affect a person's behavior to perform the IVA Test.

CONCLUSION

The implementation of this community service activity provides insight to the mothers of the Pesantren District of Kediri City about how important it is to know the IVA test for women aged 30-50 years because it is an effort to prevent cancer services. The examination is also useful for detecting the presence of a white color (act white) on the cervix which is a sign of pre-cancer early on, if pre-cancer or cancer can be detected, treatment can be carried out early, and of course, reduce morbidity and mortality in women due to cervical cancer. From this activity, students can also develop a social spirit and sensitivity to cases in the community regarding the lack of IVA test education for women aged 30-50 years.

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