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**HUBUNGAN PAPARAN ASAP ROKOK DAN USIA KEHAMILAN PERTAMA
DENGAN KANKER PAYUDARA DI RUANG BEDAH ONKOLOGI RSUD
JENDERAL AHMAD YANI KOTA METRO**
xv + 59 halaman, 7 tabel, 8 gambar, 11 lampiran

RINGKASAN

Kanker payudara merupakan jenis kanker paling umum dialami perempuan di dunia termasuk Indonesia. Terjadi akibat pertumbuhan sel tidak terkontrol pada jaringan payudara yang merusak jaringan sekitar serta menyebar ke organ lain. Data WHO tahun 2022 menunjukkan 2,3 juta perempuan terdiagnosis kanker payudara dan 670.000 meninggal. Penyebab pasti belum diketahui, namun sering muncul pada saluran susu atau sel lobulus. Dampak mencakup kondisi fisik, mental, dan emosional. Tujuan penelitian ini mengidentifikasi hubungan paparan asap rokok di rumah dan usia kehamilan pertama dengan kanker payudara di Ruang Bedah Onkologi RSUD Jenderal Ahmad Yani Metro.

Jenis penelitian ini adalah kuantitatif dengan desain case control study yang dilakukan di Ruang Bedah Onkologi RSUD Jenderal Ahmad Yani Kota Metro pada bulan April-Mei tahun 2025. Populasi berjumlah 82 wanita dan dipilih menjadi sampel yang terdiri atas 41 kanker payudara dan 41 non kanker payudara yang diambil dengan teknik *consucutive sampling*. Data dikumpulkan melalui wawancara dan melihat data rekam medis yang diperlukan menggunakan lembar kuesioner. Analisis data dilakukan secara univariat dan bivariat menggunakan uji *chi-square* dengan tingkat kepercayaan 95% ($\alpha = 0,05$).

Hasil penelitian menunjukkan bahwa proporsi 31,7% wanita dewasa pada kelompok kasus memiliki riwayat paparan asap rokok di rumah selama > 26 tahun, proporsi paparan ≤ 26 tahun sebesar 68,3%. Proporsi sebesar 41,5% wanita dewasa pada kelompok kasus memiliki usia kehamilan pertama > 35 tahun, proporsi sebesar 58,5% memiliki usia kehamilan pertama ≤ 35 tahun. Hasil uji statistik menunjukkan adanya hubungan yang signifikan antara paparan asap rokok dengan kejadian kanker payudara ($p = 0,004$; OR = 9,054; 95% CI: 1,891–43,338). Hasil uji statistik menunjukkan bahwa usia kehamilan pertama > 35 tahun juga berhubungan signifikan dengan kejadian kanker payudara ($p = 0,002$; OR = 6,552; 95% CI: 1,965–21,846).

Kesimpulan penelitian menemukan bahwa paparan asap rokok di rumah > 26 tahun dan usia kehamilan pertama > 35 tahun meningkatkan risiko kejadian kanker payudara. Pencegahan kanker payudara penting dilakukan dengan menerapkan KTR di tingkat rumah tangga dan menghindari hamil pada usia berisiko melalui berbagai media edukatif seperti brosur, poster, dan video yang ditempatkan di ruang tunggu atau area layanan publik rumah sakit.

Kata Kunci : Kanker payudara, paparan asap rokok, usia kehamilan pertama

**TANJUNGKARANG HEALTH POLYTECHNIC DEPARTMENT OF
MIDWIFERY BACHELOR OF APPLIED MIDWIFERY PROGRAM
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THE RELATIONSHIP BETWEEN EXPOSURE TO CIGARETTE SMOKE AND
AGE AT FIRST PREGNANCY WITH BREAST CANCER IN THE ONCOLOGY
SURGERY DEPARTMENT OF GENERAL HOSPITAL AHMAD YANI,
METRO CITY

xv + 59 pages, 7 tables, 8 figures, 11 appendices

SUMMARY

Breast cancer is the most common type of cancer experienced by women worldwide, including in Indonesia. It occurs due to uncontrolled cell growth in breast tissue, which damages surrounding tissue and spreads to other organs. According to WHO data from 2022, 2.3 million women were diagnosed with breast cancer, and 670,000 died. The exact cause is unknown, but it often originates in the milk ducts or lobular cells. The impacts include physical, mental, and emotional conditions. The aim of this study is to identify the relationship between exposure to cigarette smoke at home and the age of first pregnancy with breast cancer in the Oncology Surgery Ward of the Ahmad Yani General Hospital in Metro.

This is a quantitative study using a case-control design conducted at the Oncology Surgery Department of General Ahmad Yani Hospital in Metro City from April to May 2025. The population consisted of 82 women, with a sample of 41 breast cancer patients and 41 non-breast cancer patients selected using consecutive sampling. Data were collected through interviews and review of medical records using a questionnaire. Data analysis was performed using univariate and bivariate analysis with the chi-square test at a 95% confidence level ($\alpha = 0.05$).

The results showed that 31.7% of adult women in the case group had a history of exposure to cigarette smoke at home for > 26 years, while 68.3% had exposure ≤ 26 years. Additionally, 41.5% of adult women in the case group had their first pregnancy at > 35 years of age, while 58.5% had their first pregnancy at ≤ 35 years of age. Statistical analysis revealed a significant association between exposure to cigarette smoke and the incidence of breast cancer ($p = 0.004$; OR = 9.054; 95% CI: 1.891–43.338). Statistical test results showed that a first pregnancy age > 35 years was also significantly associated with breast cancer incidence ($p = 0.002$; OR = 6.552; 95% CI: 1.965–21.846).

The study concluded that exposure to secondhand smoke at home for > 26 years and first pregnancy at > 35 years of age increase the risk of breast cancer. Breast cancer prevention is important and should be implemented by enforcing smoke-free policies at the household level and avoiding pregnancy at high-risk ages through various educational media such as brochures, posters, and videos placed in waiting rooms or public service areas of hospitals.

Keywords : Breast cancer, exposure to cigarette smoke, age at first pregnancy