

# Empowering Women of Childbearing Age as Agents of Change in Early Cervical Cancer Prevention: A Community-Based Education Program in Banyuwangi

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## Abstract

Nasyiatul 'Aisiyiah branch of Purwoharjo, Banyuwangi, as one of the autonomous organizations under Muhammadiyah, plays a significant role in community health development, particularly in disease prevention efforts. The main issue faced by the partners is the relatively low level of knowledge among community members, especially women of reproductive age (15–49 years), regarding cervical cancer and its prevention. The objective of this activity is to enhance partners' knowledge, to reduce mortality caused by cervical cancer. The implementation method of this Community Service Program (PKM) includes socialization, group discussions, and educational practices, specifically designed to encourage active understanding and participation among cadres and participants. This service activity is voluntary, so it is very important to see changes in women's attitudes or behaviors in the early detection of cervical cancer. This activity will be held on February 20-21, 2025. Indicate an increase in participants' knowledge, with the number of respondents possessing good knowledge rising from 4 individuals (12,5%) to 26 individuals (81,25%) after the program. This demonstrates the effectiveness of group educational approaches in improving community understanding about cervical cancer and its prevention. This PKM program successfully increased the knowledge of Nasyiatul 'Aisiyiah cadres in Purwoharjo, Banyuwangi, regarding cervical cancer. Education through socialization, discussion, and practice has proven to be an effective approach to empowering community health. It can serve as a sustainable strategy to reduce the incidence and mortality rates of cervical cancer. High knowledge can change an individual's behavior to engage in activities that are beneficial to their health.

## Keywords

Cadres; Cervical Cancer; Early Detection



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## **1. INTRODUCTION**

Cervical cancer is one of the most common types of cancer affecting women, especially in developing countries like Indonesia. Nearly all cases of cervical cancer (>99%) are caused by persistent infection with high-risk types of Human Papillomavirus (HPV), which are transmitted through sexual contact. Among HPV types, HPV types 16 and 18 are the subtypes most frequently implicated in cervical carcinogenesis, responsible for the majority of cervical cancer cases worldwide (Ren et al., 2025). According to data from the Ministry of Health, cervical cancer ranks second only to breast cancer in the number of cases in women. Both types of cancer have high mortality rates due to late diagnosis and treatment. Nearly 70% of cancer patients are diagnosed at an advanced stage. This is unfortunate, as cervical cancer can be detected at a precancerous stage (precancerous lesions) and treated to prevent cancer (Kementerian Kesehatan RI, 2024). Public knowledge about cervical cancer, HPV infection, and prevention, including vaccination and screening, remains generally low. Many women don't understand the importance of preventive measures because reproductive health information is not widely available (Larasati et al., 2018).

Therefore, community-based interventions are needed for the community to increase knowledge about early prevention, early detection, and access to health checks such as VIA (Visual Inspection with Acetic Acid) tests or Pap smears, because stigma and fear still surround women's reproductive health issues, especially in rural areas. This is exacerbated by the stigma and fear that still surround women's reproductive health issues, especially in rural areas. In 2023, 31,236 (1%) had positive VIA tests, and 324 (0.01%) were suspected cervical cancer out of 3,114,505 women aged 30-50 who underwent early cervical cancer screening (Kementerian Kesehatan RI, 2024).

Cervical cancer has the potential to be prevented and detected early, resulting in a very high cure rate if treatment is initiated early. However, many women are unaware of the importance of regular screening due to a lack of information. One effective way to address this issue is through systematic and ongoing health education, particularly at the community level (Andansari Putri et al., 2023).

Nasyiatul Aisyiyah's dedication to women's health is reflected not only in its programs but also in the strong social trust it has built within the community. This trust makes the organization strategically important in conveying reproductive health messages in a sensitive, inclusive, and sustainable manner.

Nasyiatul 'Aisyiyah, as an autonomous organization under Muhammadiyah, plays a vital role in community health development. By addressing health issues for

women of childbearing age, Nasyyiatul 'Aisyiyah can be a pioneer in empowering female health cadres (Echo, 2022). Collaboration with Nasyyiatul Aisyiyah allows for a more contextual and socially acceptable approach to cervical cancer prevention, as health messages are delivered through peer cadre figures who understand religious values, cultural norms, and the dynamics of local women's lives. Thus, the intervention is not only informative but also transformative in changing women's health attitudes and behaviors.

Health cadres, particularly women's organizations such as the Nasyyiatul 'Aisyiyah (PCNA) Branch Leadership, play a strategic role in disseminating health information to the public. The education provided to cadres aims not only to increase their knowledge but also to equip them with the skills to convey information accurately and culturally appropriately. The hope is that cadres can become agents of change in increasing public awareness and behavior regarding cervical cancer prevention.

In Purwoharjo, Banyuwangi, public knowledge, particularly among women of childbearing age (15-49 years old), about cervical cancer and its prevention remains relatively low. As a community organization active in social and outreach activities, the Purwoharjo branch of Nasyyiatul 'Aisyiyah plays a strategic role in providing health education and empowerment to its members. Therefore, systematic efforts are needed to increase the capacity of women of childbearing age to act as health cadres capable of promoting and implementing early cervical cancer prevention measures.

Interviews with partners revealed two issues. First, the public's knowledge, particularly among women of childbearing age (15-49 years old), remains relatively low regarding cervical cancer and how to prevent it. Second, while Nasyyiatul 'Aisyiyah Purwoharjo branch members are well-educated and capable of acting as agents of change for women of childbearing age in Purwoharjo sub-district, Banyuwangi Regency, they have never received training on cervical cancer prevention or how to become agents of change for their communities.

This empowerment program for women of childbearing age aims to equip cadres with the knowledge, skills, and attitudes necessary to act as agents of change in their communities. The program involves Nasyyiatul 'Aisyiyah cadres through reproductive health training, early screenings, and health awareness campaigns. Through this active involvement, cadres are expected to become key drivers in early cervical cancer prevention efforts in their respective communities.

Conceptually, this program provides a model for enhancing the capacity of female cadres through collaboration between academics and the community, rooted

in local values. This model is expected to become a best practice in developing community-level, contextual, participatory, and sustainable cervical cancer prevention programs.

This program aims to foster collective awareness and improve the quality of life for women in the target areas, while simultaneously reducing the social and economic burdens posed by cervical cancer later in life. Through this activity, lecturers and students gain learning experiences with partners outside the classroom. This activity offers lecturers opportunities to engage in activities related to the Tri Dharma of Higher Education. The results of this activity can be utilized by the community, especially partners involved in community service activities. This activity not only contributes to increasing public knowledge about cervical cancer prevention but also enriches the literature on the local organization-based women's cadre empowerment model as a sustainable public health intervention strategy.

## **2. METHODS**

This empowerment program for women of childbearing age aims to equip them with the knowledge, skills, and attitudes necessary to act as agents of change in their communities. The program involves Nasyyatul 'Aisyiyah cadres through various activities, including reproductive health training, early screenings, and health awareness campaigns. Through this active involvement, cadres are expected to become key drivers in early cervical cancer prevention efforts in their respective communities. Conceptually, the program provides a model for enhancing the capacity of female cadres through collaboration between academics and the community, rooted in local values.

This model is expected to become a best practice in developing community-level, contextual, participatory, and sustainable cervical cancer prevention programs. The activity begins with presentations of materials, focus group discussions, simulations, and role-playing. Participants range in age from 21 to 40, with educational backgrounds ranging from high school to undergraduate.

This activity was conducted on February 20–21, 2025, and took place at Muhammadiyah 2 Junior High School in Purwoharjo, Banyuwangi. Evaluation of the increase in cadre knowledge was carried out using pre-test and post-test methods. The pre-test was administered to cadres before the implementation of the training activities to assess their initial knowledge of reproductive health and cervical cancer prevention. Furthermore, a post-test was administered after the entire series of training and mentoring was completed to assess changes and improvements in cadre knowledge resulting from the program intervention. A comparison of pre-test and post-test results

was used to analyze the effectiveness of the program in improving cadre understanding, as well as a basis for evaluating the success of the empowerment activities that had been carried out. Additionally, cadres conducted simulations to educate groups, assessing their ability as agents of change.

### 3. FINDINGS AND DISCUSSION

#### 3.1. Findings

The initial stage of community service activities involved conducting a preliminary study to increase public knowledge and awareness of cervical cancer prevention efforts. Community service participants, including PCNA Purwoharjo-Banyuwangi cadres, were given a questionnaire to assess their knowledge and efforts to detect cervical cancer early. The results of the initial study showed the following data:

**Table 1.** Frequency distribution of participant characteristics

Characteristics	Frequency	Percentage (%)
<b>Age of Cadres</b>		
< 20 years	0	0
21–35 years	18	56.25
> 35 years	14	43.75
<b>Education Level</b>		
Junior High School	0	0
Senior High School	8	25
Associate Degree (D3/D4)	6	18.75
Bachelor's Degree (S1)	18	56.25
Master's/Doctoral (S2/S3)	0	0
<b>Occupation</b>		
Private Sector	12	37.5
Civil Servant (PNS)	7	21.88
Unemployed	13	40.62

Table 1 shows the characteristics of participants in community service activities. It is known that the participants in community service activities numbered 32 people, consisting of the majority of Naswiatul 'Aisyiyah health cadre participants, 18 people (56.25%) aged 21 – 35 years. The educational level of training participants is mostly comprised of Bachelor's graduates, specifically 18 individuals (56.25%). Most of the participants work in the private sector, 13 people (40.62%).

The initial stage of community service activities involved administering a questionnaire to assess knowledge levels. The questionnaire results showed the following data:

**Table 2.** Knowledge of PCNA Purwoharjo-Banyuwangi Cadres about Cervical Cancer before education

No	Knowledge	Number	Percentage (%)
1	Good	4	12,5
2	Sufficient	8	25
3	Poor	20	62,5
	<b>Total</b>	<b>32</b>	<b>100</b>

Based on the data in the table, the knowledge level of respondents is categorized into three levels: good, sufficient, and poor. The majority, namely 20 (62.5%) of the 32 respondents, had a low level of knowledge.

**Table 3.** Knowledge of PCNA Purwoharjo-Banyuwangi Cadres about Cervical Cancer after education

No	Knowledge	Number	Percentage (%)
1	Good	26	81.25
2	Sufficient	6	18.75
3	Poor	0	0
	<b>Total</b>	<b>32</b>	<b>100</b>

Based on the table, the majority of respondents (26 individuals or 81.25%) had a good level of knowledge.

In Group 1, only 12.5% of respondents had a good level of knowledge, while in Group 2, this increased sharply to 81.25%. This suggests a substantial improvement in knowledge between the two groups. The proportion of respondents with poor knowledge drastically fell from 62.5% in Group 1 to 0% in Group 2. This indicates that all respondents in Group 2 possess at least a sufficient level of knowledge. The percentage of respondents with sufficient knowledge decreased modestly from 25% in Group 1 to 18.75% in Group 2. This shift indicates that many respondents transitioned from having sufficient to good knowledge. This increase demonstrates the effectiveness of outreach activities in improving the reproductive health literacy of PCNA cadres.

This activity received a very enthusiastic response from participants. According to participants, the methods and media used during the outreach were considered engaging and contributed to the effectiveness of the activity. However, several challenges arose, including the fact that not all cadres were able to absorb the material effectively in person, and occasional differences of opinion emerged during focus group discussions (FGDs). However, these challenges were successfully addressed

through appropriate facilitation and a participatory approach, ensuring the program's objectives were achieved.

### **3.2. Discussion**

The community service activity, conducted in the Purwoharjo, Banyuwangi, branch of the Naswiatul 'Aisyiyah (PCNA) branch, aimed to increase cadres' knowledge regarding cervical cancer as a preventative measure against the disease in the community. Women must understand cervical cancer, including its definition, risk factors, symptoms, prevention methods, and the importance of early detection through VIA and Pap smears.

#### **3.2.1 Effectiveness of Education on Cadre Knowledge**

Based on pre- and post-education evaluations conducted in this program, a significant increase in cadres' understanding of important aspects of cervical cancer was found. These results are consistent with several previous studies, which have shown that systematic health education interventions can significantly improve participants' knowledge. For example, a study conducted in Bangladesh reported a significant increase in women's knowledge and perceptions about cervical cancer and screening after a community-based health education campaign, with increased understanding of risks, symptoms, and the importance of screening following the educational intervention (Mili et al., 2025).

In addition, research involving community health volunteers in Kenya also found a significant increase in cadre knowledge after dialogue-based training, resulting in a reduction in the number of cadres with low knowledge and an increase in the proportion of cadres with good knowledge (Onyango et al., 2023). The findings of this program are also in line with community service activities carried out by Silalahi (2023), health education regarding cervical cancer prevention in 24 respondents, the percentage of respondents with good knowledge increased from 50% before the intervention to 100% after the intervention through a pretest–posttest approach. This demonstrates that structured and contextual health education can be an effective strategy for increasing the understanding and readiness of cadres and community targets in the early prevention of cervical cancer (Silalahi & Kurniawaty, 2023). This shows that structured and contextual health education can be an effective strategy to increase the understanding and readiness of cadres and target communities in early prevention of cervical cancer.

A person's understanding can increase with the availability of information developed through information technology, knowledge, education, employment, and

parity, which are factors related to the incidence of cervical cancer (Mahumud et al., 2020). The incidence of cervical cancer can be detected as early as possible, and this becomes an effort for the early detection of cervical cancer. Early detection of cervical cancer can be done with the IVA (Visual Inspection with acetic acid), Pap smear, and HPV (Human Papillomavirus) test. Cervical cancer is a cancer that can be successfully treated if it is detected early, so that treatment is more effective (WHO, 2024). The importance of a woman for early detection of cervical cancer can prevent cervical cancer, so it is important to motivate women to undergo cervical cancer screening. The level of knowledge about cervical cancer can increase a person's motivation to undergo a VIA examination (Realita et al., 2023)

This increase in knowledge reflects the effectiveness of the outreach method used, particularly because it employed a participatory approach that allowed participants to ask questions and engage actively in discussions. Furthermore, the cadres' background, coming from communities directly involved in health promotion, made them more enthusiastic and absorbed information quickly (Ampofo et al., 2022). This aligns with previous studies that suggest direct health education can improve community knowledge and attitudes toward cervical cancer prevention ((Juwita et al., 2023). Improving cadre knowledge through reproductive health education is a key foundation for change. By understanding key aspects related to cervical cancer, including its risks and prevention methods, cadres will have a solid foundation of information. This increased knowledge then drives attitudinal changes, where cadres become more aware of the importance of early prevention, motivated to educate others, and confident in carrying out their role as agents of change. Ultimately, through the combination of knowledge and positive attitudes, cadres gain the potential and real capacity to play an active role in disseminating information, facilitating screenings, and advocating for reproductive health in their communities, thereby achieving the primary goal of empowerment.

### **3.2.2 The Role of Cadres as Agents of Change**

With this increased understanding among the cadres, it is hoped that they can become agents of change in their respective communities, disseminating accurate information about cervical cancer and encouraging women of childbearing age to undergo regular early screening.

Various studies support that knowledge is a key factor in primary and secondary prevention of cervical cancer. Individuals with a good understanding tend to be more aware of preventive measures, such as HPV vaccination, safe contraceptive use, and active participation in screening programs (Sumiaty & Hasnawati, 2022). Increasing



public awareness will reduce the rate of delayed diagnosis, allowing cervical cancer cases to be detected at an early, treatable stage.

Several factors that influence a person's knowledge include education, occupation, age, interests, experience, and culture. These factors can influence early detection behavior for cervical cancer. The more frequently an individual receives information, the more their knowledge and insight will increase (Devita et al., 2025). By providing education to PCNA Purwoharjo Banyuwangi cadres, it is hoped that they will increase their knowledge and can be disseminated to other Nasyyatul 'Aisyiyah members. In this way, it is hoped that Nasyyatul 'Aisyiyah administrators who receive this training can become health cadres to become agents of change for women in their area to detect cervical cancer as early as possible.

Cadres play a crucial role as a medium for disseminating information. When cadres possess a strong understanding, they can effectively and effectively disseminate information to the public. The more people understand the importance of early detection and preventative measures, the lower the likelihood of cervical cancer being discovered at an advanced stage. Education and increased knowledge are not merely an end in themselves, but rather the first step towards changing public health behaviors. If implemented extensively, consistently, and comprehensively, this increased knowledge will lay a strong foundation for reducing cervical cancer incidence at the community and national levels.

An agent of change is an individual who plays a role in influencing a group of people or society to make changes in accordance with expectations. The role of an agent of change is to invite others to cultivate the intention to change. The function of this agent of change is as a liaison, provider of assistance, liaison of resources, and provide of solutions (Juwita et al., 2023). PCNA Purwoharjo Banyuwangi cadres, who serve as leaders at the sub-district level, are expected to become health leaders in their area and act as agents of change for women of childbearing age, thereby improving the quality of women's health, particularly in the prevention of cervical cancer.

### **3.2.3 Effective Educational Approaches**

The success of cadres in carrying out their functions as agents of change is inseparable from the educational approach provided, namely, a participatory, communicative, and wisdom-based approach that is rooted in local contexts. Cadres who understand the local social and cultural context tend to be more effective in conveying health messages persuasively and non-judgmentally. As agents of change, PCNA cadres not only carry out organizational functions but also actively contribute to achieving national health development goals, particularly in efforts to reduce

morbidity and mortality from cervical cancer. This role is crucial in creating a society that is aware, caring, and empowered to maintain the health of both themselves and their environment.

This education not only increases knowledge but also opens up opportunities for behavioral change at the community level (Hosseini et al., 2022). Educated cadres can encourage women to undergo early detection screenings, reduce the stigma surrounding cancer, and create a community that is more aware of the importance of reproductive health. According to Rogers (1974), in Qorib et al. (2022) This behavioral change begins with awareness, followed by interest, assessment, trial, and ultimately, acceptance. After the training, participants experienced progress ranging from increased knowledge about cervical cancer, which encouraged changes in attitudes to become more aware and motivated, to demonstrating the ability to be agents of change by disseminating information and encouraging prevention in their communities. Therefore, after participating in this activity, participants are expected to encourage other women to undergo cervical cancer screening. This activity offers a model for empowering female community-based cadres that can be replicated in other areas.

An effective, efficient, and communicative approach can be a viable way to increase women's knowledge about cervical cancer (Purbosari et al., 2021b). This aligns with research findings Ampofo et al. (2022), which showed that providing health education can increase knowledge and willingness to receive HPV vaccination. Providing information can be a powerful factor in increasing knowledge.

The approach used combines community-based health education with an andragogical approach (adult education), where learning methods are tailored to the characteristics of cadres as adult learners. Several approaches can be used, including participatory and interactive approaches, the use of educational media, simulations and role-plays, approaches based on local wisdom and religion, and sustainable and structured approaches (Sumiaty & Hasnawati, 2022).

In line with research by Andansari Putri et al. (2023), who found that direct health education, particularly when employing a contextual and participatory approach, can significantly enhance community knowledge and attitudes toward cervical cancer prevention. By selecting the appropriate approach, it is hoped that PCNA Purwoharjo Banyuwangi cadres can become agents of change in their respective communities, disseminating accurate information about cervical cancer and encouraging women of childbearing age to undergo regular early screening.

PCNA (Nasyiatul 'Aisyiyah Branch Leadership) Purwoharjo Banyuwangi cadres play a strategic role as agents of change within the community. They are active in social

and health activities and have direct access to women's groups at the grassroots level. Increasing the cadres' capacity to understand cervical cancer is crucial so they can convey accurate and relevant information to the community.

### 3.2.4 Implications and Recommendations

After participating in a series of educational activities on cervical cancer, it is hoped that PCNA Purwoharjo cadres can become driving forces in cervical cancer prevention and management efforts at the community level. As young female cadres who are active in social and religious organizations, they have great potential to become agents of change in disseminating accurate information, building public awareness, and encouraging healthy living behaviors. The following is documentation of community service activities:



Figure 1. Group Photo with PCNA Purwoharjo



**Figure 2.** Photo During the Activity

In the future, further training focused on health communication skills and early detection is needed to ensure the program's impact is more sustainable. Collaboration between cadres, community health centers, and educational institutions is also crucial to ensure consistent information dissemination. Furthermore, regular monitoring of changes in community behavior is necessary to assess the long-term effectiveness of this empowerment program.

#### **4. CONCLUSION**

**Activity Objectives:** This activity aims to empower women of childbearing age as agents of change for health workers in the early prevention of cervical cancer.

**Key Results:** activities carried out in the region under the guidance of the Nasyiatul 'Aisyiyah Purwoharjo Banyuwangi Branch Leadership included direct education about cervical cancer and small group discussions as a form of educational practice for health cadres.

**Impact:** This activity provides cadres with hands-on experience, preparing them to become agents of change, encouraging women in their communities to take steps to prevent cervical cancer as early as possible.

**Recommendations:** It is recommended that similar activities be continued periodically, with ongoing mentoring for cadres, to ensure the sustainability of this

empowerment program and its lasting impact on reducing the risk of cervical cancer in the community.

This activity has an impact on increasing the knowledge of health cadres, which in turn leads to increased knowledge. There was an increase in cadre knowledge (from 12.5% to 81.25%) as evidence of the success of the activity. This program could serve as a model for community-based female cadre empowerment, which could be replicated in other areas. Cadres can help raise public awareness to care more about reproductive health, so that early detection of cervical cancer can be carried out, and the death rate from cervical cancer can be reduced. In the absence of a program, regular follow-up training for cadres is crucial to maintain their knowledge and skills. Furthermore, collaboration with community health centers (Puskesmas) and local health facilities needs to be strengthened to ensure adequate technical support and referrals for cadres, as well as easier access to early screening and prevention for cervical cancer. This approach will ensure that the cadre empowerment program remains effective, sustainable, and has a real impact on the community.

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