

ABSTRAK

PENGARUH PENDIDIKAN KESEHATAN TENTANG PEMERIKSAAN PAYUDARA SENDIRI (SADARI) TERHADAP PENGETAHUAN DAN SIKAP DETEKSI DINI KANKER PAYUDARA PADA REMAJA PUTRI KELAS X SMK MA'ARIF TANGGULANGIN

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Pendahuluan : Prevalensi kanker payudara semakin meningkat, hal ini menunjukkan bahwa kesadaran, pengetahuan dan keterampilan masyarakat tentang pentingnya deteksi dini untuk mencegah kanker payudara masih rendah. Penelitian ini bertujuan untuk mengetahui pengaruh pendidikan kesehatan tentang pemeriksaan payudara sendiri (SADARI) terhadap pengetahuan dan sikap deteksi dini kanker payudara pada remaja putri kelas X SMK Ma'arif Tanggulangin. **Metode** : Jenis penelitian ini adalah *quasi experiment* dengan pendekatan *pre-test post-test with control group design*. Sampel dari siswi kelas X SMK Ma'arif Tanggulangin yang diambil dengan *Simple Random Sampling* sebanyak 36 siswi. Variabel *independent* yaitu pendidikan kesehatan dan variabel *dependent* yaitu pengetahuan dan sikap tentang deteksi dini kanker payudara. Instrumen menggunakan kuesioner. Analisa data menggunakan uji *Wilcoxon*, uji *T-Dependent*, Uji *Man-Whitney*, dan Uji *T-Independent* dengan $\alpha = 0,05$. **Hasil** : Didapatkan hasil analisis *pretest-posttest* pengetahuan kelompok perlakuan *p-value* $0,000 < 0,05$ dan sikap *p-value* $0,000 < 0,05$, sedangkan kelompok kontrol didapatkan hasil analisis pengetahuan *p-value* $0,031 < 0,05$ dan sikap *p-value* $0,70 > 0,05$. Hasil menggunakan uji *Man-Whitney* pada pengetahuan *p-value* $0,000 < 0,05$ dan uji *T-Independen* pada sikap *p-value* $0,000 < 0,05$. **Kesimpulan** : Dapat disimpulkan bahwa pendidikan kesehatan tentang pemeriksaan payudara sendiri (SADARI) berpengaruh secara signifikan terhadap pengetahuan dan sikap deteksi dini kanker payudara pada remaja putri kelas X SMK MA'arif Tanggulangin.

Kata Kunci : Kanker Payudara, Pendidikan Kesehatan, SADARI, Pengetahuan, Sikap

ABSTRACT

THE INFLUENCE OF HEALTH EDUCATION ON BREAST SELF-EXAMINATION (BSE) ON KNOWLEDGE AND ATTITUDES FOR EARLY DETECTION OF BREAST CANCER AMONG 10TH GRADE TEENAGE GIRLS AT SMK MA'ARIF TANGGULANGIN

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Introduction: The prevalence of breast cancer is increasing, indicating that public awareness, knowledge and skills about the importance of early detection to prevent breast cancer are still low. This studied aims to determine the effect of health education regarding breast self-examination (BSE) on knowledge and attitudes about early detection of breast cancer in class X teenage girls at Ma'arif Tanggulangin Vocational School. **Method:** This type of research was a quasi experiment with a pre-test post-test approach with control group design. The sample of class X female students at SMK Ma'arif Tanggulangin taken using Simple Random Sampling was 36 female students. The independent variable was healthy education and the dependent variable were knowledge and attitudes about early detection of breast cancer. The instrument used a questionnaire. Data analysis used the Wilcoxon test, T-Dependent test, Man-Whitney test, and T-Independent test with $\alpha = 0.05$. **Results:** The results of the pretest-posttest analysis of the knowledge of the treatment group had a p-value of $0.000 < 0.05$ and an attitude p-value of $0.000 < 0.05$, while the results of the control group's analysis of knowledge had a p-value of $0.031 < 0.05$ and an attitude p-value $0.70 > 0.05$. Results used the Man-Whitney test on knowledge p-value $0.000 < 0.05$ and Independent T-test on attitude p-value $0.000 < 0.05$. **Conclusion:** It could be concluded that health education regarding breast self-examination (BSE) had a significant effect on knowledge and attitudes towards early detection of breast cancer in class X teenage girls at Ma'arif Tanggulangin Vocational School.

Keywords: Breast Cancer, Health Education, BSE, Knowledge, Attitude.