

## ABSTRAK

### PENGARUH PENDIDIKAN KESEHATAN SADARI METODE CERAMAH DAN DEMONSTRASI TERHADAP PENGETAHUAN SISWI SMK TENTANG DETEKSI DINI KANKER PAYUDARA

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**Latar Belakang** : Kanker payudara merupakan penyakit yang sulit disembuhkan jika ditemukan pada stadium lanjut. Riset Penyakit Tidak Menular 2016 menyatakan perilaku deteksi dini kanker payudara masih rendah, 53,7% masyarakat tidak pernah melakukan SADARI. Di Indonesia, masih banyak ditemukan pasien kanker payudara dalam kondisi stadium lanjut karena faktor keterlambatan deteksi. Pendidikan kesehatan tentang SADARI dapat meningkatkan pengetahuan sehingga dapat mencegah kanker payudara.

**Metode** : Desain penelitian *Pre Experimental* dengan pendekatan *One group pre test and post test*. Sampel merupakan 92 siswi SMK Kesehatan Bina Husada Surabaya yang diukur tingkat pengetahuan menggunakan kuesioner *multiple choice* sebanyak 15 soal saat sebelum dan sesudah diberikan pendidikan kesehatan metode ceramah dan demonstrasi sebanyak satu kali dalam 90 menit. Analisis data menggunakan uji *Wilcoxon Signed Rank Test*.

**Hasil** : Tingkat pengetahuan siswi SMK pada *pre test* sebagian besar dalam kategori cukup (52,2%) sedangkan pada *post test* sebagian besar dalam kategori baik (78,3%). Analisa uji *Wilcoxon Signed Rank Test* didapatkan  $p < 0,000$  yang berarti terdapat pengaruh pendidikan kesehatan SADARI metode ceramah dan demonstrasi terhadap pengetahuan siswi SMK.

**Kesimpulan** : Pendidikan kesehatan metode ceramah dan demonstrasi meningkatkan pengetahuan siswi SMK tentang SADARI. Pengetahuan tentang SADARI akan meningkatkan kesadaran pada diri dan sikap menerima diri.

**Kata kunci** : Pendidikan kesehatan, SADARI, kanker payudara

## ABSTRACT

### THE EFFECT OF SADARI HEALTH EDUCATION THROUGH LECTURE AND DEMONSTRATION METHODS ON THE KNOWLEDGE OF VOCATIONAL SCHOOL STUDENTS ABOUT EARLY DETECTION OF BREAST CANCER

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**Background** : Breast cancer is a disease that is hard to be cured if it was detected on advance stage. According to an infectious disease research in 2016 stated that an early detection of breast cancer is still under 53,7% for the community who have never done SADARI.

In indonesia, there are found many breast cancer patients with an advance stage due to lack of early detection. Health education about SADARI can increase the knowledge until it can prevent breast cancer.

**Method** : Pre Experimental research design with One group pre test and post test approach. We use the sample of 92 female students of SMK Kesehatan Bina Husada Surabaya that are measured by the level of their knowledge using questionnaire multiple choice with 15 tasks before and after receiving health education with lecture and demonstration as much as one time within 90 minutes. Data were analyzed using the Wilcoxon Signed Rank Test.

**Result** : The level of knowledge of female student on pre test mostly were in enough category (52,2%) meanwhile in the post test most were in the good category (78,3 %). The test analysis of Wilcoxon Signed Rank showed p 0,000 which means the effect of health education SADARI with lecture and demonstration towards the knowledge of female students.

**Conclusion** : The health education with lecture and demonstration increase the knowledge of female students about SADARI. The knowledge about SADARI will increas the awareness of ourself and self-acceptance.

**Keywords** : The health education, SADARI, Breast cancer