

ABSTRAK

PENGARUH PENDIDIKAN KESEHATAN SADARI DENGAN MEDIA AUDIOVISUAL DAN METODE DEMONSTRASI TERHADAP PERILAKU DETEKSI DINI KANKER PAYUDARA PADA REMAJA PUTRI

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Pendahuluan: Kanker payudara berisiko tinggi pada perempuan tanpa memandang usia, dengan kematian tinggi akibat keterlambatan diagnosis. Deteksi dini dan edukasi SADARI penting untuk pencegahan. **Tujuan:** Penelitian ini guna mengkaji pengaruh pendidikan kesehatan SADARI dengan media audiovisual dan metode demonstrasi terhadap perilaku deteksi dini kanker payudara pada remaja putri. **Metode:** Penelitian ini ialah *pre experiment* dengan *pre-test - post-test design*. Sampel penelitiannya sebanyak 69 remaja putri kelas 11 jurusan akutansi di Sekolah Menengah Kejuruan dr. Soetomo Surabaya di mana diambil memakai teknik *simple random sampling*, sebelum dilakukan pengumpulan data pengetahuan, sikap, serta tindakan terkait SADARI memakai kuesioner, remaja diberikan pendidikan kesehatan. Analisis memakai uji *wilcoxon* (0,05). **Hasil:** Penelitian ini memperlihatkan jika sebelum diberikan pendidikan kesehatan mayoritas pengetahuan baik (64,1%), sikap sangat positif (74,4%), tindakan kurang mampu (100%), sedangkan sesudahnya pengetahuan baik (100%), sikap sangat positif (100%), tindakan mampu (100%). Analisis memperlihatkan jika pengetahuan, sikap, dan tindakan dipengaruhi oleh pendidikan kesehatan (*p-value* 0.001; 0.004; 0.000). **Kesimpulan:** Ada perbedaan antara perilaku remaja dalam perilaku deteksi dini kanker payudara sebelum dan sesudah diberikan pendidikan. Pendidikan kesehatan SADARI efektif meningkatkan perilaku deteksi dini kanker payudara pada remaja putri. Kombinasi kedua metode ini memperkuat pemahaman dan keterampilan remaja dalam melaksanakan SADARI secara mandiri.

Kata Kunci : Pendidikan Kesehatan, SADARI, Kanker Payudara, Remaja Putri

ABSTRACT

THE EFFECT OF BREAST SELF-EXAMINATION (BSE) HEALTH EDUCATION USING AUDIOVISUAL MEDIA AND DEMONSTRATION METHOD ON EARLY DETECTION BEHAVIOR OF BREAST CANCER IN ADOLESCENT GIRLS

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Introduction: Breast cancer poses a high risk to women regardless of age, with high mortality rates due to delayed diagnosis. Early detection and education on breast self-examination (BSE) are crucial for prevention. **Objective:** This study aims to determine the effect of health education on BSE using audiovisual media and demonstration methods on early breast cancer detection behaviors among adolescent girls. **Methods:** This research is a pre-experimental study with a pre-test and post-test design. The sample consisted of 69 eleventh-grade accounting students at Dr. Soetomo Vocational High School in Surabaya, selected through simple random sampling. Prior to data collection on knowledge, attitudes, and practices regarding BSE using a questionnaire, the adolescents received health education. Data were analyzed using the Wilcoxon test ($\alpha = 0.05$). **Results:** The study showed that before the health education intervention, the majority had good knowledge (64.1%), a very positive attitude (74.4%), and poor practice (100%). After the intervention, all participants demonstrated good knowledge (100%), very positive attitudes (100%), and good practice (100%). Analysis indicated that knowledge, attitudes, and practices were significantly influenced by health education (p-values: 0.001; 0.004; 0.000). **Conclusion:** There was a significant difference in early breast cancer detection behaviors among adolescents before and after receiving health education. Health education on BSE was effective in improving early detection behaviors among adolescent girls. The combination of audiovisual and demonstration methods enhanced adolescents' understanding and skills in independently performing BSE.

Keywords: Health Education, BSE, Breast Cancer, Adolescent Girls