

INTISARI

GAMBARAN PENGETAHUAN REMAJA PUTRI TENTANG PEMERIKSAAN PAYUDARA SENDIRI (SADARI) DI SMK N 1 PAJANGAN BANTUL

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Latar Belakang: Kejadian kanker payudara di Indonesia cukup tinggi. Kanker payudara tidak hanya diderita oleh wanita yang berusia lanjut tetapi remaja juga mengalami kanker payudara. Sebelum terjadi kanker biasanya mengalami FAM (Fibroadenoma mammae) dan jika tidak diperiksa lebih lanjut mengarah ke kanker payudara. Terjadinya kanker payudara disebabkan kurangnya pengetahuan serta kesadaran perempuan untuk memeriksakan kesehatannya terutama jika terjadi kelainan pada payudaranya serta menemui benjolan yang tidak normal. Penderita kanker payudara mulai sadar bahwa penyakit itu tidak normal saat sudah masuk ke stadium lanjut sehingga pengobatan tidak dapat maksimal. Maka dari itu perlu adanya deteksi dini kanker payudara sebagai upaya pencegahan (*preventif*) terhadap kanker payudara.

Tujuan: Untuk mengetahui gambaran pengetahuan remaja putri tentang SADARI di SMK N 1 Pajangan Bantul.

Metode Penelitian: Metode penelitian ini adalah deskriptif kuantitatif. Pengambilan sampel dengan teknik *nonprobability sampling* dengan metode *total sampling* berjumlah 36 responden. Alat pengumpulan data adalah kuesioner, dan analisa data menggunakan analisis *univariat*.

Hasil: Tingkat pengetahuan remaja putri tentang pengertian SADARI dalam kategori cukup sebanyak 14 orang (38,9%) dan dalam kategori kurang sebanyak 14 orang (38,9%), tujuan SADARI dalam kategori cukup sebanyak 22 orang (61,1%), waktu SADARI dalam kategori cukup sebanyak 19 orang (52,8%), cara SADARI dalam kategori cukup sebanyak 16 orang (44,4%), dan indikasi ketidaknormalan pada payudara dalam kategori kurang sebanyak 18 orang (50,0%).

Kesimpulan: Hasil penelitian didapatkan bahwa pengetahuan remaja putri tentang pemeriksaan payudara sendiri (SADARI) di SMK N 1 Pajangan Bantul dalam kategori cukup sebanyak 29 orang (80,6%).

Kata Kunci: Pengetahuan, Remaja Putri, SADARI

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ABSTRACT

THE DESCRIPTION OF FEMALE ADOLESCENTS' KNOWLEDGE LEVEL ABOUT SELF BREAST EXAMINATION (SADARI) IN VOCATIONAL SENIOR HIGH SCHOOL 1 PAJANGAN BANTUL

Background : Breast cancer cases in Indonesia are of high frequency. This disease harms not only old women but also female adolescents. The infection is usually initialized by FAM (Fibrodonema Mamae) which may develop into breast cancer when it receives no further examination. Breast cancer infection is resulted from poor knowledge and awareness of women to examine any abnormality found on their breasts. The victims are usually late to be alarmed that the abnormality has been growing into a more infectious level so that medication or cure efforts cannot derive maximal effectiveness. Therefore, early detection on breast cancer are considered urgent and necessary as preventive action for breast cancer.

Objective : To find out the description of female adolescents' knowledge level about self breast examination (sadari) in vocational senior high school 1 Pajangan Bantul

Method : This was a quantitative descriptive study. Samples were selected through non probability sampling technique with total sampling method as many as 36 respondents. Data collecting applied questionnaires and data analysis applied single variable analysis.

Result : Female adolescents' knowledge level about ; the understanding of self breast examination was in sufficient category as many as 14 respondents (38,9 %) and in poor category as many as 14 respondents (38,9 %), the benefits of self breast examination was in sufficient category as many as 22 respondents (61,1 %), time schedule of self breast examination was in sufficient category as many as 19 respondents (52,8 %), self breast examination techniques was in sufficient category as many as 16 respondents (44,4 %), and breast abnormality indication was in poor category as many as 18 respondents (50,0 %).

Conclusion : The study result revealed that female adolescents' knowledge level about self breast examination (SADARI) in vocational senior high school 1 Pajangan Bantul was in sufficient category as many as 29 respondents (80,6 %).

Key Index : Knowledge, Female adolescent, Self breast examination (SADARI).

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