

PENGARUH VIDEO EDUKASI TERHADAP TINGKAT PENGETAHUAN REMAJA PUTRI TENTANG DETEKSI DINI KANKER PAYUDARA MELALUI SADARI

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INTISARI

Latar Belakang: Kanker payudara merupakan penyebab kematian tertinggi kedua akibat kanker di Indonesia. Meskipun kasusnya lebih umum terjadi pada perempuan usia dewasa, remaja putri juga memiliki risiko yang signifikan akibat perubahan hormonal selama masa pubertas. Salah satu metode deteksi dini yang sederhana dan efektif adalah Pemeriksaan Payudara Sendiri (SADARI). Namun, tingkat pengetahuan dan kesadaran remaja putri mengenai SADARI masih tergolong rendah. Berdasarkan studi pendahuluan yang dilakukan di SMP Negeri 2 Gamping, diketahui bahwa 71,4% siswi belum memahami deteksi dini kanker payudara maupun cara melakukan SADARI. Minimnya intervensi edukatif yang sesuai dengan karakteristik remaja menjadi salah satu faktor yang memengaruhi kondisi tersebut. Oleh karena itu, penelitian ini diangkat dengan mempertimbangkan perlunya media edukasi berbasis teknologi yang menarik, seperti video edukasi, yang mampu menyampaikan informasi secara visual dan mudah dipahami oleh kalangan remaja.

Tujuan: Mengetahui pengaruh video edukasi terhadap tingkat pengetahuan remaja putri tentang deteksi dini kanker payudara melalui SADARI.

Metode: Penelitian ini menggunakan desain *pre-eksperimental* dengan pendekatan *one group pre-test and post-test*. Sampel berjumlah 48 siswi kelas IX SMP Negeri 2 Gamping, diperoleh melalui teknik *purposive sampling*. Data dikumpulkan menggunakan kuesioner sebelum dan sesudah intervensi video edukasi, lalu dianalisis menggunakan uji *Wilcoxon*.

Hasil: Terdapat peningkatan signifikan pada tingkat pengetahuan responden setelah diberikan video edukasi ($p < 0,05$).

Kesimpulan: Video edukasi efektif meningkatkan pengetahuan remaja putri tentang SADARI sebagai upaya deteksi dini kanker payudara. Media ini layak dijadikan alternatif metode edukasi kesehatan reproduksi di kalangan remaja.

Kata Kunci: Video edukasi, kanker payudara, SADARI, remaja putri.

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**THE INFLUENCE OF EDUCATIONAL VIDEOS ON THE LEVEL OF
KNOWLEDGE OF YOUNG WOMEN ABOUT EARLY DETECTION
OF BREAST CANCER THROUGH SADARI**

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ABSTRACT

Background: Breast cancer is the second leading cause of cancer-related deaths in Indonesia. Although it is more commonly found in adult women, adolescent girls are also at risk due to hormonal changes during puberty. One of the simplest and most effective early detection methods is Breast Self-Examination (BSE). However, the level of knowledge and awareness among adolescent girls regarding BSE remains relatively low. A preliminary study conducted at SMP Negeri 2 Gamping revealed that 71.4% of female students were not familiar with early breast cancer detection or how to perform BSE. The lack of educational interventions tailored to the characteristics of adolescents is considered one of the contributing factors. Therefore, this study was initiated based on the need for engaging, technology-based educational media-such as educational videos-that can convey information visually and in a way that is easy for adolescents to understand.

Objective: To determine the effect of educational videos on the knowledge level of adolescent girls regarding early detection of breast cancer through SADARI.

Methods: This study used a pre-experimental design with a one-group pre-test and post-test approach. The sample consisted of 48 ninth-grade female students from SMP Negeri 2 Gamping, selected through purposive sampling. Data were collected using questionnaires administered before and after the educational video intervention, and analyzed using the Wilcoxon test.

Results: There was a significant increase in respondents' knowledge after the educational video was presented ($p < 0.05$).

Conclusion: Educational videos are effective in increasing adolescent girls' knowledge about SADARI as an early breast cancer detection effort. This medium is a promising alternative for reproductive health education among teenagers.

Keywords: Educational video, breast cancer, BSE (SADARI), adolescent girls.

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