

## ABSTRACT

### THE DESCRIPTION OF FEMALE ADOLESCENTS' KNOWLEDGE LEVEL ABOUT SELF BREAST EXAMINATION FOR BREAST CANCER PREVENTION IN AL-MUNNAWIR ISLAMIC BOARDING SCHOOL KRAPYAK YOGYAKARTA

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**Background** : The kinds of cancer which have the highest rate in Indonesia on women are breast cancer and cervical cancer. The highest national cancer rate is in Special Province of Yogyakarta with prevalence 4,2 out of 1.000 civilians. The number of breast cancer and cervical cancer cases also show fluctuative change year by year. Early study that was conducted through interview method with 10 female adolescents in Al-Munnawir Islamic Boarding School Yogyakarta on 11 February 2015 revealed that 1 student understood about the definition of Self Breast Examination, the benefit and technique of applying Self Breast Examination, 3 students understood about breast cancer and technique of applying Self Breast Examination, 6 students knew about breast cancer but remained uninformed about Self Breast Examination.

**Objective** : To find out female adolescents' knowledge level about Self Breast Examination for breast cancer prevention in Al-Munnawir Islamic Boarding School Krapyak Yogyakarta

**Method** : This study applied quantitative descriptive method. The study was located in Al-Munnawir Islamic Boarding School Krapyak Yogyakarta during 21-25 June 2015 with 38 respondents selected by using total sampling technique. Data collecting media were closed questionnaires with single variable. Data were analyzed by applying single variable analysis.

**Result** : The knowledge level about ; Self Breast Examination was in sufficient category as many as 15 respondents (38,5%), the definition of Self Breast Examination was in sufficient category as many as 22 respondents (57,9%), the benefit of Self Breast Examination was in poor category as many as 19 respondents (50,0%), schedule of applying Self Breast Examination was in sufficient category as many as 15 respondents (39,5%), procedure of applying Self Breast Examination was in sufficient category as many as 14 respondents (36,8%).

**Conclusion** : The result of this study identified female adolescents' knowledge level about Self Breast Examination for breast cancer prevention in Al-Munnawir Islamic Boarding School Krapyak Yogyakarta as in sufficient category.

**Key Index** : Knowledge level, Self Breast Cancer.

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## INTISARI

### TINGKAT REMAJA PUTRI TENTANG PERIKSA PAYUDARA SENDIRI (SADARI) DALAM UPAYA PENCEGAHAN KANKER PAYUDARA DI PONDOK PESANTREN AL – MUNNAWIR KRAPYAK YOGYAKARTA

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**Latar Belakang:** Kanker tertinggi di Indonesia pada perempuan adalah kanker payudara dan kanker leher rahim. Kasus kanker tertinggi secara nasional adalah di Daerah Istimewa Yogyakarta, angka prevalensinya 4,2 dari 1.000 penduduk. Jumlah kasus kanker payudara dan kanker leher rahim (serviks) juga terus mengalami fluktuasi dari tahun ke tahun. Dari hasil studi pendahuluan yang dilaksanakan melalui metode wawancara dengan 10 remaja putri di Pondok Al-Munawir Krapyak Yogyakarta pada tanggal 11 Februari 2015, diketahui 1 orang mengerti tentang pengertian SADARI, manfaat dan tehnik melakukan SADARI, 3 orang mengerti tentang kanker payudara dan tehnik melakukan SADARI, 6 orang mengetahui tentang kanker payudara namun belum mengetahui tentang SADARI

**Tujuan:** Mengetahui tingkat pengetahuan remaja putri tentang periksa payudara sendiri (SADARI) di Pondok Al-Munawir Krapyak Yogyakarta

**Metode Penelitian:** Metode penelitian ini adalah deskriptif kuantitatif. Lokasi penelitian di Pondok Pesantren Al – Munnawir Krapyak Yogyakarta. Waktu pelaksanaan pada tanggal 21-25 Juni 2015, jumlah responden adalah 38 responden dengan teknik pengambilan sampel menggunakan total sampling, alat pengambilan data dengan menggunakan kuesioner tertutup, variabel penelitian ini yaitu variabel tunggal dan analisa data menggunakan analisa univariat.

**Hasil:** Tingkat pengetahuan tentang SADARI dalam kategori cukup ada 15 responden (38,5%), tingkat pengetahuan tentang pengertian SADARI dalam kategori cukup ada 22 responden (57,9%), tingkat pengetahuan tentang manfaat SADARI dalam kategori kurang ada 19 responden (50,0%), tingkat pengetahuan tentang tujuan SADARI dalam kategori baik ada 19 responden (50,0%), tingkat pengetahuan tentang waktu dilakukan SADARI dalam kategori cukup ada 15 responden (39,5%), tingkat pengetahuan tentang langkah-langkah SADARI dalam kategori cukup ada 14 responden (36,8%).

**Kesimpulan:** Hasil penelitian didapatkan bahwa pengetahuan remaja putri tentang Periksa Payudara Sendiri (SADARI) di Pondok Pesantren Al-Munawir Krapyak Yogyakarta dalam kategori cukup.

**Kata kunci :** Tingkat Pengetahuan, SADARI

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