

PENGARUH METODE DEMONSTRASI TERHADAP KEMAMPUAN MELAKUKAN SADARI PADA REMAJA PUTRI DI SMK MUHAMMADIYAH 1 MOYUDAN

Era Fajira¹, Eniyati²

INTISARI

Latar Belakang: Kanker payudara disebut juga dengan *Carcinoma Mammae* adalah sebuah tumor (benjolan abnormal) ganas yang tumbuh dalam jaringan payudara. Tumor ini dapat tumbuh dalam kelenjar susu, saluran kelenjar, dan jaringan penunjang payudara (jaringan lemak, maupun jaringan ikat payudara). Kanker payudara merupakan salah satu jenis kanker yang sering dialami oleh wanita di dunia. Di Indonesia tahun 2020 estimasi kasus kanker payudara sebanyak 68.858 kasus. Prevalensi kanker payudara tertinggi berada di Provinsi Yogyakarta, yaitu 4,1%. Saat ini banyak remaja yang belum mengetahui tentang metode SADARI. SADARI adalah tindakan mendeteksi gejala kanker payudara secara dini, memungkinkan pengobatan sedini mungkin, dan mengurangi jumlah kematian akibat kanker payudara. Metode ini dapat dilakukan sendiri tanpa peralatan khusus.

Tujuan Penelitian: Untuk mengetahui pengaruh metode demonstrasi terhadap kemampuan melakukan sadari pada remaja putri di SMK Muhammadiyah 1 Moyudan.

Metode: Metode penelitian yang digunakan adalah metode *Pre Experimental* dengan *One Group Pretest Posttest*. Jumlah sampel adalah 30 responden. Teknik pengambilan sampel menggunakan teknik *Simple Random Sampling*.

Hasil: Pemberian metode demonstrasi SADARI. Berpengaruh terhadap kemampuan remaja putri di SMK Muhammadiyah 1 Moyudan dengan nilai *p-value* $0,000 < p\text{-value} < 0,05$ maka H_0 ditolak yang artinya terdapat pengaruh antara sebelum dan sesudah diberikan metode demonstrasi SADARI. *Pre-test* frekuensi kemampuan sebelum diberikan metode demonstrasi SADARI pada 30 responden dari 30 (100%) responden dengan kemampuan sangat kurang. *Post-test* frekuensi kemampuan responden setelah diberikan metode demonstrasi SADARI dalam kategori cukup 1 (3,3%) responden, baik sebanyak 5 (16,7%) responden, dan sangat baik 24 (80%) responden.

Kesimpulan: Terdapat pengaruh metode demonstrasi terhadap kemampuan remaja putri di SMK Muhammadiyah 1 Moyudan melakukan SADARI.

Kata Kunci: Kanker payudara, SADARI, Demonstrasi, Kemampuan

¹Mahasiswa Kebidanan Fkes Universitas Jendral Achmad Yani Yogyakarta

²Dosen Kebidanan Fkes Universitas Jendral Achmad Yani Yogyakarta

**THE EFFECT OF DEMONSTRATION METHOD ON THE ABILITY TO
PERFORM BSE IN FEMALE ADOLESCENTS AT SMK
MUHAMMADIYAH 1 MOYUDAN**

**Era Fajira¹, Eniyati²
erafazira234@gmail.com**

ABSTRACT

Background: Breast cancer is also called Carcinoma Mammae is a malignant tumor (abnormal lump) that grows in breast tissue. This tumor can grow in the mammary glands, glandular ducts, and supporting breast tissue (fat tissue, or breast connective tissue). Breast cancer is one type of cancer that is often experienced by women in the world. In Indonesia in 2020, the estimated number of breast cancer cases was 68,858 cases. The highest prevalence of breast cancer is in Yogyakarta Province, which is 4.1%. Currently, many teenagers do not know about the BSE method. BSE is an action to detect symptoms of breast cancer early, allowing for treatment as early as possible, and reducing the number of deaths from breast cancer. This method can be done alone without special equipment.

Objective: To determine the effect of the demonstration method on the ability to carry out sadari in female adolescents at Muhammadiyah 1 Moyudan Vocational School.

Method: The research method used is the Pre Experimental method with One Group Pretest Posttest. The number of samples is 30 respondents. The sampling technique uses the Simple Random Sampling technique.

Result: The provision of the BSE demonstration method. Influences the ability of female adolescents at SMK Muhammadiyah 1 Moyudan with a p-value of $0.000 < p$ -value of 0.05, then H_0 is rejected, which means there is an influence between before and after the BSE demonstration method is given. Pre-test frequency of ability before being given the BSE demonstration method on 30 respondents from 30 (100%) respondents with very poor ability. Post-test frequency of respondent ability after being given the BSE demonstration method in the category of sufficient 1 (3.3%) respondents, good as many as 5 (16.7%) respondents, and very good 24 (80%) respondents.

Conclusion: There is an influence of the demonstration method on the ability of female adolescents at SMK Muhammadiyah 1 Moyudan to perform BSE.

Keywords: Breast cancer, BSE, Demonstration, Ability

¹Student of midwifery Study Program University of Jendral Achmad Yani Yogyakarta

²Lecturer of midwifery Study Program University of Jendral Achmad Yani Yogyakarta