

PENGARUH PENGGUNAAN VIDEO SADARI TERHADAP PENGETAHUAN REMAJA PUTRI TENTANG DETEKSI DINI KANKER PAYUDARA DI SMA ISLAM 1 SLEMA

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INTISARI

Latar Belakang: Kanker payudara adalah jenis kanker paling umum di kalangan wanita, ditandai dengan pertumbuhan sel abnormal yang membentuk tumor dan dapat menyebar ke seluruh tubuh. Kanker payudara merupakan penyakit kanker dengan persentase kasus tertinggi, yaitu sebesar 42,1%, dan persentase kematian akibat kanker payudara sebesar 17,0% (WHO, 2019). Di Indonesia, prevalensi kanker payudara di Daerah Istimewa Yogyakarta mencapai 4,1%, jauh di atas target nasional. Deteksi dini melalui pemeriksaan payudara klinis (CBE) dan pemeriksaan sendiri (SADARI) sangat penting untuk pencegahan dan penanganan awal. Mengingat penetrasi internet yang tinggi di kalangan remaja dan kemajuan teknologi video, media video dapat menjadi alat edukasi yang efektif. Dengan tampilan yang menarik, media video dapat meningkatkan perhatian, mempercepat pemahaman, dan mempermudah ingatan, serta mengembangkan imajinasi remaja putri. Penelitian ini relevan dilakukan karena adanya kekurangan dalam penyuluhan terkait SADARI di sekolah tersebut, serta tingkat pengetahuan di kalangan siswi yang masih rendah.

Tujuan Penelitian: Diketahui pengaruh Media Video sebagai Alat Pendidikan dalam Meningkatkan Pengetahuan SADARI pada Remaja Putri.

Metode Penelitian: Penelitian ini merupakan penelitian kuantitatif menggunakan *pre-eksperimen* dengan desain *one grup pretest and posttest*. Sampel pada penelitian ini sebanyak 43 siswi putri yang diambil menggunakan Teknik *total sampling* dari kelas X dan XI. Melakukan uji normalitas *Shapiro Wilk*, didapatkan data berdistribusi normal sehingga selanjutnya pada uji dependen menggunakan uji *Paired T Test*.

Hasil Penelitian: Terdapat pengaruh media Video tentang SADARI terhadap pengetahuan remaja putri di SMA Islam 1 Sleman.

Kesimpulan: Ada pengaruh penggunaan Media video SADARI terhadap pengetahuan remaja putri di SMA Islam 1 Sleman.

Kata Kunci: *Media Video, Pemeriksaan SADARI, Pengetahuan*

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EFFECTIVENESS OF USING SADARI VIDEO IN IMPROVING FEMALE ADOLESCENTS' KNOWLEDGE ABOUT EARLY DETECTION OF BREAST CANCER AT SMA ISLAM 1 SLEMAN

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ABSTRACT

Background: Breast cancer is the most common type of cancer among women, characterized by abnormal cell growth that forms tumors and can spread throughout the body. Breast cancer is the cancer with the highest percentage of cases, which is 42.1%, and the percentage of deaths due to breast cancer is 17.0% (WHO, 2019). In Indonesia, the prevalence of breast cancer in the Special Region of Yogyakarta reached 4.1%, far above the national target. Early detection through clinical breast examination (CBE) and self-examination (SADARI) is essential for prevention and early treatment. Given the high internet penetration among adolescents and the advancement of video technology, video media can be an effective educational tool. With an attractive appearance, video media can increase attention, accelerate understanding, and facilitate memory, as well as develop the imagination of adolescent girls. This research is relevant because there is a lack of counseling related to SADARI at the school, and the level of knowledge among female students is still low.

Objective: Find out the effect of Video Media as an Educational Tool in Improving SADARI Knowledge in Adolescent Girls.

Methods: This study is a quantitative study using pre-experiment with one group pretest and posttest design. The sample in this study was 43 female students who were taken using the total sampling technique from classes X and XI. Performing the Shapiro Wilk normality test, the data was found to be normally distributed so that the next dependent test used the Paired T Test.

Results: The P-value is $0.001 < \alpha 0.05$, meaning that there is an effect of video media about SADARI on the knowledge of adolescent girls at SMA Islam 1 Sleman.

Conclusion: There is an effect of using SADARI video media on the knowledge of adolescent girls at SMA Islam 1 Sleman.

Keywords: *Knowledge, SADARI Examination, Video Media*

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