

**PENGARUH PENDIDIKAN KESEHATAN DENGAN MEDIA LEAFLET
TERHADAP PENGETAHUAN DAN SIKAP TENTANG SADARI PADA
AKSEPTOR KB SUNTIK KOMBINASI DI KLINIK ZAM ZAM
MEDICA KABUPATEN BANTUL YOGYAKARTA**

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INTISARI

Latar Belakang : Kanker payudara adalah pertumbuhan sel abnormal di jaringan payudara yang dapat berkembang menjadi ganas. Jumlah kasus baru tertinggi kedua di dunia, yaitu sebesar 11,6% dari total kasus kanker. Di Indonesia, kasus kanker payudara menempati peringkat pertama dengan jumlah kasus mencapai 408.661 kasus dan 242.988 kematian. Rendahnya tingkat deteksi dini kanker payudara, khususnya melalui pemeriksaan payudara sendiri (SADARI), menjadi salah satu penyebab keterlambatan diagnosis. Pendidikan kesehatan dengan media leaflet dinilai efektif dalam meningkatkan kesadaran dan pengetahuan tentang SADARI. Klinik Zam Zam Medica dipilih sebagai lokasi penelitian karena berada di Kabupaten Bantul, wilayah dengan prevalensi tertinggi kasus kanker payudara di Daerah Istimewa Yogyakarta.

Tujuan Penelitian : Mengetahui pengaruh pendidikan kesehatan dengan media leaflet terhadap pengetahuan dan sikap akseptor KB suntik kombinasi tentang SADARI.

Metode Penelitian : Penelitian ini menggunakan desain *pre-eksperimental* dengan pendekatan *one group pretest-posttest design*. Sampel sebanyak 30 akseptor KB suntik kombinasi di Klinik Zam Zam Medica Kabupaten Bantul Yogyakarta, yang dipilih menggunakan teknik *accidental sampling*. Data dikumpulkan melalui kuesioner dan dianalisis menggunakan *Wilcoxon*.

Hasil : Terdapat peningkatan yang signifikan pada skor pengetahuan sebesar 12,45% dan skor sikap sebesar 16,06% responden sesudah diberikan pendidikan kesehatan melalui leaflet dengan nilai *p-value* ($p < 0,05$).

Kesimpulan : Pendidikan kesehatan dengan media leaflet berpengaruh signifikan dalam meningkatkan pengetahuan dan membentuk sikap positif pada akseptor KB suntik kombinasi terhadap SADARI.

Kata Kunci : *Pendidikan kesehatan, pengetahuan, SADARI, sikap*

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THE INFLUENCE OF HEALTH EDUCATION USING LEAFLET MEDIA ON KNOWLEDGE AND ATTITUDE REGARDING BREAST SELF EXAMINATION AMONG COMBINED INJECTABLE CONTRACEPTIVE ACCEPTORS AT ZAM ZAM MEDICA CLINIC BANTUL REGENCY YOGYAKARTA

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ABSTRACT

Background: Breast cancer is the growth of abnormal cells in breast tissue that can develop into malignant cancer. It has the second highest number of new cases in the world, accounting for 11.6% of total cancer cases. In Indonesia, breast cancer ranks first with a total of 408,661 cases and 242,988 deaths. The low rate of early detection of breast cancer, particularly through breast self-examination (SADARI), is one of the reasons for delayed diagnosis. Health education using leaflets is considered effective in increasing awareness and knowledge on SADARI. Zam Zam Medica Clinic was selected as the research site due to its location in Bantul Regency, which has the highest prevalence of breast cancer cases in the Special Region of Yogyakarta.

Objective: The current study aims to determine the effect of health education through leaflets on the knowledge and attitudes of combined injectable contraceptives acceptors toward early breast self-detection.

Method: This study employed a pre-experimental design, utilizing a one group pretest-posttest design. A sample of 30 acceptors of combination injectable contraceptives at the Zam Zam Medica Clinic in Bantul, Yogyakarta, was selected using accidental sampling technique. Data were collected through questionnaires and analyzed using the Wilcoxon test.

Results: A significant increase of 12.45% in knowledge scores and 16.06% in attitude scores was recorded among respondents after receiving health education through leaflets with a p-value of < 0.05 .

Conclusion: Health education through leaflets has a significant impact on increasing knowledge and forming a positive attitude among combined injectable contraceptive acceptors towards SADARI.

Keywords: *Health education, knowledge, SADARI, attitudes*

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