

HUBUNGAN PENGETAHUAN DAN MOTIVASI DENGAN PERILAKU SADARI PADA REMAJA PUTRI DI SMK KESEHATAN WONOSARI KABUPATEN GUNUNGGKIDUL

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INTISARI

Latar Belakang: Kanker payudara termasuk penyakit yang paling mematikan terutama pada wanita remaja dan dewasa. Provinsi D.I. Yogyakarta mempunyai angka kejadian kanker tertinggi secara nasional yaitu 4,1%. Faktor yang dapat memengaruhi perilaku SADARI diantaranya pengetahuan dan motivasi. Memahami faktor – faktor yang memengaruhi perilaku SADARI pada remaja dapat membantu meningkatkan deteksi dini.

Tujuan: Mengetahui hubungan pengetahuan dan motivasi dengan perilaku SADARI pada remaja putri di SMK Kesehatan Wonosari Kabupaten Gunungkidul.

Metode: Penelitian ini merupakan penelitian kuantitatif dengan pendekatan *cross sectional*. Responden merupakan remaja putri dengan jumlah 105 yang diambil dengan teknik *stratified random sampling* sesuai kriteria inklusi dan eksklusi. Instrumen yang digunakan yaitu kuesioner pengetahuan SADARI, kuesioner motivasi SADARI dan kuesioner perilaku SADARI. Data yang dikumpulkan dianalisis menggunakan uji korelasi *Somers' d* Gamma.

Hasil: Hasil penelitian didapatkan bahwa pengetahuan sebagian besar kategori baik (48,6%), motivasi SADARI kategori sedang (40%), perilaku SADARI kategori cukup (71,4%). Hasil uji *Somers' d* Gamma didapatkan nilai *p-value* 0,028 dan nilai Sig 0,158 antara pengetahuan dan perilaku SADARI, serta didapatkan nilai *p-value* 0,015 dan nilai sig 0,192 antara motivasi dan perilaku SADARI.

Kesimpulan: Terdapat hubungan antara pengetahuan dan motivasi dengan perilaku SADARI pada remaja putri di SMK Kesehatan Wonosari Kabupaten Gunungkidul. Upaya meningkatkan motivasi remaja putri menunjukkan hasil lebih efektif daripada memberikan edukasi/pengetahuan mengenai SADARI untuk mendorong perilaku SADARI.

Kata kunci: Kanker payudara, motivasi, pengetahuan, remaja putri, SADARI.

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THE ASSOCIATION BETWEEN KNOWLEDGE AND MOTIVATION AND SELF BREAST EXAMINATION IN YOUNG WOMEN AT THE WONOSARI HEALTH VOCATIONAL SCHOOL GUNUNGKIDUL

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ABSTRACT

Background: Breast cancer is one of the deadly diseases, especially in adolescent and adult women. D.I. Yogyakarta has the highest cancer incidence rate nationally, namely 4.1%. Factors that can influence BSE (Breast self – examination) behavior include knowledge and motivation. Understanding the factors influencing BSE (Breast self – examination) behavior in adolescents can help improve early detection.

Objective: To determine the relationship between knowledge, motivation, and BSE behavior among young women at the Wonosari Health Vocational School, Gunungkidul Regency.

Method: This research is a quantitative research with a cross-sectional approach. Respondents were 105 young women who were taken using stratified random sampling techniques according to inclusion and exclusion criteria. The instruments used were the BSE knowledge questionnaire, the BSE motivation questionnaire, and the BSE behavior questionnaire. The collected data was analyzed using the Gamma correlation test.

Results: The research results indicate that the knowledge of the majority falls into the good category (48.6%), motivation for self-examination is in the moderate category (40%), and behavior regarding self-examination is in the sufficient category (71.4%). The results of the Somers' d Gamma test showed a p-value of 0.028 and a significance value of 0.158 between knowledge and self-examination behavior, as well as a p-value of 0.015 and a significance value of 0.192 between motivation and self-examination behavior.

Conclusion: There is a association between knowledge and motivation with the behavior of SADARI in adolescent girls at Wonosari Health Vocational School, Gunungkidul Regency. Efforts to increase motivation of adolescent girls showed more effective results than providing knowledge about SADARI to encourage SADARI behavior.

Keywords: Breast cancer, motivation, knowledge, young women, BSE

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