

Universitas Ngudi Waluyo
Program Studi S1 Keperawatan
Fakultas Kesehatan
Skripsi, Februari 2023
Kusuma Giyanti
011191072

**PERBEDAAN PENGETAHUAN TENTANG SADARI SETELAH
DIBERIKAN PENDIDIKAN KESEHATAN MELALUI VIDEO ANIMASI
DAN *BOOKLET PRINT***

ABSTRAK

Latar Belakang: Kanker payudara merupakan salah satu penyakit silent killer pada wanita di Dunia, termasuk Indonesia. Kanker payudara dapat dideteksi sejak dini dengan SADARI (pemeriksaan payudara sendiri). Tidak semua orang mengetahui cara melakukan SADARI maka diperlukan pendidikan kesehatan melalui video animasi dan *booklet print*.

Tujuan: Mengidentifikasi perbedaan tingkat pengetahuan tentang SADARI setelah diberikan pendidikan kesehatan melalui video animasi dan *booklet print* pada remaja putri.

Metode: Desain penelitian ini adalah *quasi experiment*. Populasi dalam penelitian ini adalah remaja putri yang berjumlah 242. Sampel 19 responden pada kelompok video animasi dan 19 responden pada kelompok *booklet print* yang diambil dengan *purposive sampling*. Alat ukur yang digunakan kuesioner pemeriksaan payudara sendiri (SADARI). Data dianalisis menggunakan t-test.

Hasil: Ada perbedaan pengetahuan tentang SADARI setelah diberikan Pendidikan Kesehatan melalui video animasi dan *booklet print* pada remaja putri di SMP Negeri 2 Pabelan dengan $p\text{ value } (0,000) < \alpha (0,05)$.

Ada perbedaan tingkat pengetahuan tentang SADARI sebelum dan sesudah diberikan pendidikan kesehatan melalui video animasi $p\text{ value } (0,000) < \alpha (0,05)$.

Ada perbedaan tingkat pengetahuan tentang SADARI sebelum dan sesudah diberikan pendidikan kesehatan melalui *booklet print* $p\text{ value } (0,003) < \alpha (0,05)$.

Kesimpulan: Ada perbedaan tingkat pengetahuan tentang SADARI sebelum dan sesudah diberikan pendidikan kesehatan melalui video animasi dan *booklet print*.

Kata kunci: kanker payudara, pendidikan kesehatan tentang SADARI, remaja putri, video animasi, *booklet print*.

Universitas Ngudi Waluyo

S1 Nursing Study Program

Faculty of Health

Thesis, February 2023

Kusuma Giyanti

011191072

THE DIFFERENCE IN KNOWLEDGE ABOUT SADARI (BREAST SELF-EXAMINATION) AFTER GETTING HEALTH EDUCATION PROVIDED THROUGH ANIMATED VIDEOS AND PRINTED BOOKLETS

ABSTRACT

Background: Breast cancer is a silent killer disease in women in the world, including Indonesia. Breast cancer can be detected early with BSE (breast self-examination). Not everyone knows how to do BSE, so health education is needed through animated videos and printed booklets.

Objective: To identify the difference in the level of knowledge about BSE after being given health education through animated videos and printed booklets in female teenagers.

Method: The research design was quasi experiment. The population in this study was 242 female teenagers. The samples were 19 respondents in the animated videos and 19 respondents in the printed booklets taken with purposive sampling. The measuring tool used the breast self-examination (BSE) questionnaire. The data were analyzed by using t-test.

Results: There was a difference in knowledge about BSE after being given Health Education through animated videos and printed booklets in female teenagers at SMP Negeri 2 Pabelan with p value $(0,000) < \alpha (0,05)$.

There was a difference in the level of knowledge about BSE before and after getting health education through animated videos with p value $(0,000) < \alpha (0,05)$.

There was a difference in the level of knowledge about BSE before and after getting health education through printed booklets with p value $(0,003) < \alpha (0,05)$.

Conclusion :For respondents, the results of this study are expected to increase the respondents' knowledge about BSE, and to generate a positive attitude to carry out routine breast self-examination after menstruation.

Keywords: Breast cancer, Health Education about BSE, female teenagers, animated videos, printed booklets