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FACTORS ASSOCIATED WITH BREAST SELF-EXAMINATION (BSE) AMONG FEMALE ADOLESCENTS IN EFFORTS TO EARLY DETECTION OF BREAST CANCER AT SENIOR HIGH SCHOOL 3 PADANG IN 2016

viii + 77 halaman, 19 tabel, 5 gambar, 8 lampiran

ABSTRAK

Tujuan

Kasus kanker payudara di Indonesia saat ini mengalami peningkatan setiap tahunnya. Sebagian besar kasus kanker payudara terdeteksi pada stadium lanjut sehingga pada umumnya berakhir dengan kematian. Padahal kanker payudara dapat dideteksi secara dini, salah satunya dengan melakukan pemeriksaan payudara sendiri (SADARI). SADARI penting dilakukan karena 95% benjolan payudara ditemukan oleh wanita itu sendiri. Tujuan penelitian ini adalah untuk mengetahui faktor yang berhubungan dengan tindakan SADARI remaja putri sebagai upaya deteksi dini kanker payudara di SMA Negeri 3 Padang tahun 2016.

Metode

Penelitian merupakan penelitian analitik kuantitatif dengan pendekatan *cross sectional*. Sampel dalam penelitian ini adalah siswi SMA Negeri 3 Padang sebanyak 85 orang yang dipilih menggunakan teknik *proporsionate stratified random sampling*. Analisis data menggunakan analisis univariat, dan analisis bivariat dengan uji statistik *chi-square* dengan derajat kepercayaan 95% ($\alpha=0,05$).

Hasil

Hasil penelitian menunjukkan bahwa tingkat pengetahuan ($p<0,001$; PR=2,125; 95%CI: 1,488-3,035), *perceived benefit* ($p=0,005$; PR=1,380; 95%CI: 1,087-1,754), *cues to action* ($p=0,009$; PR=1,525; 95%CI: 1,222=1,904), dan *self-efficacy* ($p=0,006$; PR=1,381; 95%CI: 0,006) memiliki hubungan bermakna dengan tindakan SADARI.

Kesimpulan

Tingkat pengetahuan, *perceived benefit*, *cues to action*, dan *self-efficacy* merupakan faktor yang berhubungan dengan tindakan SADARI. Disarankan kepada SMA Negeri 3 Padang untuk mengenalkan tindakan SADARI kepada siswi disertai dengan simulasi pelaksanaannya. Tenaga kesehatan juga disarankan untuk menggiatkan promosi kesehatan tentang SADARI di masyarakat.

Daftar Pustaka : 45 (1995-2015)

Kata Kunci : kanker payudara, SADARI, *health belief model*, remaja

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FEMALE ADOLESCENTS IN EFFORTS TO EARLY DETECTION OF BREAST
CANCER AT SENIOR HIGH SCHOOL 3 PADANG IN 2016**

viii + 77 pages, 19 tables, 5 images, 8 appendices

ABSTRACT

Objective

Breast cancer cases in Indonesia are increasing every year. Most cases of breast cancer are detected at an advanced stage that generally ends with death. Whereas breast cancer can be detected at an early stage, and one of them is doing a breast self-examination (BSE). It is necessary to implement BSE because 95% of breast lumps are found by women themselves. The objective of this study is to determine the factors associated with BSE practice among female adolescents at Senior High School 3 Padang in 2016.

Method

This research is a quantitative analytical study using cross sectional approach. Samples in this research are 85 female students of Senior High School 3 Padang chosen with proporsionate stratified random sampling technique. Data were analyzed using univariate and bivariate analysis using chi-square statistical test with confidence level of 95% ($\alpha = 0.05$).

Result

The results showed that level of knowledge ($p < 0,001$; PR=2,125; 95%CI: 1,488-3,035), perceived benefit ($p = 0,005$; PR=1,380; 95%CI: 1,087-1,754), cues to action ($p = 0,009$; PR=1,525; 95%CI: 1,222=1,904), and self-efficacy ($p = 0,006$; PR=1,381; 95%CI: 0,006) have significant correllations with BSE.

Conclusion

Level of knowledge, perceived benefit, cues to action, and self-efficacy are factors associated with BSE. It is suggested to Senior High School 3 Padang to introduce BSE to the students accompanied by the implementation simulation. Health personnels are also advised to invigorate health promotion about BSE in the community.

References : 45 (1995-2015)

Keywords : breast cancer, BSE, health belief model, adolescents.

