GAMBARAN KARAKTERISTIK DAN PERILAKU PEMERIKSAAN PAYUDARA SENDIRI (SADARI) SEBAGAI UPAYA DETEKSI DINI KANKER PAYUDARA PADA REMAJA PUTRI DI SMA N 1 SANDEN BANTUL 2021

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ABSTRAK

Latar Belakang: Kanker payudara paling sering terjadi pada wanita, mempengaruhi 2,1 juta wanita setiap tahun, dan menyebabkan jumlah kematian terkait kanker terbesar diantara wanita. Angka kejadian kanker payudara di Indonesia 42,1 per 100.000 penduduk dengan rata-rata kematian 17 per 100.000 penduduk, prevalensi tertinggi di provinsi D.I. Yogyakarta 4,86 per 1000 penduduk tahun 2018. Angka kejadian kanker payudara dengan pemeriksaan klinis tahun 2017 tertinggi di Kabupaten Bantul sebanyak 1.476 kasus. Saat ini terdapat kecenderungan kanker payudara dialami oleh perempuan dengan usia 15-20 tahun, sehingga tidak ada kata terlalu dini untuk memulai SADARI.

Tujuan: Untuk mengetahui karakteristik dan perilaku SADARI pada remaja putri di SMA N 1 Sanden Bantul 2021.

Metode: Penelitian deskriptif dengan rancangan *cross-sectional*. Penelitian dilakukan di SMA N 1 Sanden Bantul bulan Februari 2021. Subyek penelitian remaja putri kelas XII yang pernah terpapar informasi SADARI sejumlah 135 orang. Instrumen penelitian berupa kuesioner, metode pengolahan dan analisis data menggunakan *univariat*.

Hasil: Hasil analisis menunjukkan (88.1%) responden berpengetahuan baik, (52.6%) memiliki sikap negatif, responden remaja akhir berumur (17-20 tahun) sejumlah (97.8%), responden terpapar informasi dari non-tenaga kesehatan (57%), sejumlah (68.1%) responden mendapat dukungan keluarga, (68.9%) responden mendapat dukungan teman sebaya, (88.9%) responden tidak memiliki riwayat penyakit keluarga, dan (65.2%) jarang melakukan SADARI.

Kesimpulan: Karakteristik SADARI pada remaja putri SMA N 1 Sanden Bantul sebagian besar berpengetahuan baik, memiliki sikap negatif, berusia (17-20 tahun) termasuk kategori remaja akhir, terpapar informasi dari non-tenaga kesehatan, mendapat dukungan keluarga, mendapat dukungan teman sebaya, tidak memiliki riwayat penyakit keluarga, dan jarang melakukan SADARI.

Kata Kunci: Karakteristik, remaja putri, SADARI

OVERVIEW CHARACTERISTICS AND BEHAVIOR OF BREAST SELF EXAMINATION (BSE) AS EARLY DETECTION OF BREAST CANCER ON YOUNG WOMEN IN SMA N 1 SANDEN BANTUL 2021

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ABSTRACT

Background: *Breast cancer is most common in women, affects 2.1 million women each year, and causes the largest number of cancer-related deaths among women. The incidence of breast cancer in Indonesia is 42.1 per 100,000 population on average 17 deaths per 100,000 population, the highest prevalence in D.I Yogyakarta province 4.86 per 1000 population in 2018. The highest incidence of breast cancer with clinical examination in 2017 was in Bantul Regency with 1,476 cases. Currently there is a tendency for breast cancer to be experienced by women aged 15-20 years, so it is never too early to start BSE.*

Objective: *To determine the characteristics and behavior of BSE in young girls at SMA N 1 Sanden Bantul 2021.*

Methods: *A descriptive study with a design cross-sectional. The research was conducted at SMA N 1 Sanden Bantul in February 2021. The research subjects of grade XII female adolescents who had been exposed to BSE information were 135 people. The research instrument in the form of a questionnaire, processing methods and data analysis using univariate.*

Results: *The results of the analysis showed (88.1%) of respondents had good knowledge, (52.6%) had negative attitudes, respondents were late adolescents (17-20 years) a number (97.8%), respondents were exposed to information from non-health workers (57%), a number (68.1%) of respondents received family support, (68.9%) respondents received peer support, (88.9%) respondents did not have a family history of illness, and (65.2%) rarely did BSE.*

Conclusion: *The characteristics of BSE in SMA N 1 Sanden Bantul teenage girls are mostly well informed, have negative attitudes, aged (17-20 years) are included in the late adolescent category, exposed to information from non-health workers, received family support, received peer support, do not have a family history of disease, and rarely do BSE.*

Keywords: *Characteristics, young women, BSE*