

**PENGARUH PENDIDIKAN KESEHATAN DENGAN MEDIA
E-BOOKLET DALAM MENINGKATKAN PERSEPSI SKRINING
KANKER PAYUDARA DI SMA NEGERI 1 KASIHAN**

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ABSTRAK

Latar Belakang: Kanker payudara merupakan kanker kedua paling umum di dunia dan menjadi penyebab utama kematian perempuan, termasuk di Indonesia. Kabupaten Bantul terutama di Kecamatan Kasihan, memiliki angka kejadian kanker payudara tertinggi di Provinsi DIY. Rendahnya persepsi dan partisipasi menjadi tantangan utama dalam upaya deteksi dini. Media edukasi seperti *e-booklet* berdasarkan *Health Belief Model* (HBM) diharapkan dapat meningkatkan persepsi remaja mengenai skrining kanker payudara.

Tujuan: Mengetahui pengaruh pendidikan kesehatan dengan media *e-booklet* dalam meningkatkan persepsi skrining kanker payudara di SMA Negeri 1 Kasihan.

Metode: Penelitian ini menggunakan desain *pra-eksperimen* dengan pendekatan *pre-test* dan *post-test one group design*. Subjek penelitian adalah siswi kelas X di SMA Negeri 1 Kasihan sebanyak 209 siswi. Data dikumpulkan menggunakan kuesioner sebelum dan sesudah intervensi pendidikan kesehatan dengan media *e-booklet*. Analisis data menggunakan uji *wilcoxon* untuk melihat perbedaan persepsi sebelum dan sesudah intervensi.

Hasil: Terdapat peningkatan signifikan pada persepsi siswi terhadap skrining kanker payudara setelah diberikan pendidikan kesehatan dengan media *e-booklet*. Sebelum intervensi, sebagian besar siswi memiliki tingkat persepsi cukup, dan setelah intervensi siswi memiliki tingkat persepsi baik. Uji statistik *wilcoxon* menunjukkan *p* value <0,05 terdapat perbedaan bermakna antara nilai *pretest* dan *posttest*.

Kesimpulan: Pendidikan kesehatan dengan media *e-booklet* efektif dalam meningkatkan persepsi siswi terkait skrining kanker payudara.

Kata Kunci: Kanker payudara, pendidikan kesehatan, *e-booklet*, *Health Belief Model*, persepsi.

**THE EFFECT OF HEALTH EDUCATION USING AN E-BOOKLET ON
IMPROVING PERCEPTIONS OF BREAST CANCER
AT SMA NEGERI 1 KASIHAN**

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ABSTRACT

Background: Breast cancer is the second most common cancer worldwide and is a leading cause of death for women, including in Indonesia. Bantul Regency, especially in Kasihan District, has the highest incidence of breast cancer in the Special Region of Yogyakarta Province. Low perception and participation are the main challenges in early detection efforts. Educational media such as e-booklets based on the Health Belief Model are expected to improve adolescent perceptions regarding breast cancer screening.

Objective: To determine the effect of health education using e-booklet media in increasing the perceptions regarding breast cancer screening at SMA Negeri 1 Kasihan.

Methods: This research used a pra-experimental design with a one-group pre-test and post-test approach. A total of 209 female students from grade X were selected using simple random sampling. Data were collected using a perception questionnaire developed based on HBM components. Statistical analysis was conducted using the Wilcoxon to assess differences in perception before and after the intervention.

Results: There was a significant improvement in students perceptions of breast cancer screening after the health education intervention using the e-booklet. Before the intervention, most students demonstrated moderate levels of perception, after the majority showed good perception. The results of the Wilcoxon test indicated a statistically significant difference ($P < 0.05$) between pre-test and post-test scores.

Conclusion: Health education delivered through e-booklet media is effective in enhancing students perceptions of breast cancer screening, based on the health belief model framework.

Keywords: Breast cancer, health education, e-booklet, Health Belief Model, perception.