

VIDEO BASED EDUCATION TO IMPROVE KNOWLEDGE AND ATTITUDES IN PREVENTING BREAST AND CERVICAL CANCER AMONG ADOLESCENT FEMALES IN SMA NEGERI 1 GODEAN

Fitria Kusumastuti¹, Slamet Iskandar², Nur Hidayat³
Department of Nutrition, Poltekkes Kemenkes Yogyakarta
Jl. Tata Bumi No. 3 Banyuraden, Gamping, Sleman, Yogyakarta
Email: fitriakusumastuti21@gmail.com

ABSTRACT

Background: Cancer is a disease marked by uncontrolled abnormal cell growth that can spread to other body tissues. Breast and *cervical* cancers are the two most common cancers affecting Indonesian women. Based on Globocan (2022), Indonesia reported 408,661 new cancer cases, with breast cancer accounting for 41.8% and *cervical* cancer 23.3%. Yogyakarta is the province with the highest cancer prevalence at 4.86 per 1,000 population. Adolescent females, particularly those of reproductive age, are at high risk due to low levels of knowledge and attitudes toward cancer prevention, even though adolescence is a critical period for establishing lifelong health behaviors. Animated video-based education is considered effective in conveying information visually and audibly in an engaging, understandable, and impactful way to improve awareness and encourage preventive behaviors.

Objective: To determine the effect of video-based counseling on improving knowledge and attitudes toward breast and *cervical* cancer prevention among adolescent females.

Methods: This study was a *quasi-experimental* research using a one-group *pretest-posttest* design without a control group. The sample consisted of 35 respondents selected through purposive sampling. The intervention was delivered using animated video, and the data were analyzed using the Wilcoxon test.

Results: There was a significant increase in knowledge and attitudes after the intervention, with a p-value of 0.000 ($p < 0.05$) for knowledge and 0.001 ($p < 0.05$) for attitudes. Nutrition education through counseling using animated video media was effective in improving knowledge regarding breast and cervical cancer prevention among adolescent females. Counseling with animated video media was also effective in shaping positive attitudes toward cancer prevention efforts.

Conclusion: There was an effect of nutrition education using animated video media on improving knowledge and attitudes of adolescent females regarding the prevention of breast and cervical cancer.

Keywords: Counseling, Animated Video, Knowledge, Attitudes, Cancer Prevention

**PENYULUHAN MENGGUNAKAN MEDIA VIDEO UNTUK
MENINGKATKAN PENGETAHUAN DAN SIKAP PENCEGAHAN
KANKER PAYUDARA DAN KANKER SERVIKS PADA WUS DI SMA
NEGERI 1 GODEAN**

Fitria Kusumastuti¹, Slamet Iskandar², Nur Hidayat³
Jurusan Gizi, Poltekkes Kemenkes Yogyakarta
Jl. Tata Bumi No. 3 Banyuraden, Gamping, Sleman, Yogyakarta
Email: fitriakusumastuti21@gmail.com

ABSTRAK

Latar Belakang: Kanker adalah pertumbuhan sel abnormal yang bersifat ganas dan dapat menyebar ke jaringan tubuh lain. Dua jenis kanker yang paling banyak menyerang perempuan di Indonesia adalah kanker payudara dan kanker *serviks*. Berdasarkan Globocan (2022), Indonesia mencatat 408.661 kasus kanker baru, dengan proporsi terbesar adalah kanker payudara (41,8%) dan kanker *serviks* (23,3%). DIY merupakan provinsi dengan prevalensi kanker tertinggi yaitu 4,86 per 1.000 penduduk. Remaja, khususnya wanita usia subur (WUS), merupakan kelompok berisiko karena kurangnya pengetahuan dan sikap terhadap pencegahan kanker. Pada masa ini terjadi pembentukan gaya hidup yang menentukan kesehatan di masa dewasa. Media penyuluhan berbasis video animasi dinilai efektif dalam menyampaikan informasi secara menarik, mudah dipahami, dan mampu membentuk sikap positif terhadap perilaku pencegahan kanker.

Tujuan: Mengetahui pengaruh penyuluhan menggunakan media video terhadap peningkatan pengetahuan dan sikap pencegahan kanker payudara dan kanker *serviks* pada WUS.

Metode: Penelitian quasi experimental dengan desain one group pretest-posttest tanpa kelompok kontrol. Sampel terdiri dari 35 responden yang dipilih melalui purposive sampling. Intervensi berupa video animasi, dianalisis menggunakan uji Wilcoxon.

Hasil: Peningkatan signifikan pengetahuan dan sikap terjadi setelah intervensi dengan p-value pengetahuan 0,000 ($p < 0,05$) dan p-value sikap 0,001 ($p < 0,05$). Edukasi gizi dengan metode penyuluhan menggunakan media video animasi terbukti efektif terhadap peningkatan pengetahuan tentang pencegahan kanker payudara dan kanker *serviks* pada WUS. Penyuluhan gizi dengan media video animasi juga efektif dalam membentuk sikap positif responden terhadap upaya pencegahan kanker.

Kesimpulan: Terdapat pengaruh penyuluhan gizi menggunakan media video animasi terhadap peningkatan pengetahuan dan sikap WUS tentang pencegahan kanker payudara dan kanker *serviks*.

Kata Kunci: Penyuluhan, Video Animasi, Pengetahuan, Sikap, Pencegahan Kanker