

**GAMBARAN PERSEPSI MANFAAT, PERSEPSI HAMBATAN,
DAN *SELF-EFFICACY* PEMERIKSAAN PAYUDARA SENDIRI
PADA REMAJA PUTRI KELAS XII SMA N 1 SANDEN
TAHUN 2026**

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ABSTRAK

Latar Belakang: Kanker payudara merupakan salah satu penyakit dengan prevalensi tinggi di Kecamatan Sanden, Kabupaten Bantul. Pemeriksaan payudara sendiri (SADARI) merupakan upaya deteksi dini yang efektif dan penting dilakukan sejak remaja. Perilaku SADARI dipengaruhi oleh faktor psikososial seperti persepsi manfaat, persepsi hambatan, dan *self-efficacy*.

Tujuan: Mengetahui gambaran persepsi manfaat, persepsi hambatan, dan *self-efficacy* pemeriksaan payudara sendiri pada remaja putri kelas XII SMA N 1 Sanden Tahun 2026

Metode: Penelitian ini menggunakan metode kuantitatif deskriptif. Populasi dan subyek dalam penelitian ini seluruh siswi kelas XII SMA N 1 Sanden Tahun 2026 sebanyak 149 orang. Teknik pengambilan data menggunakan teknik total sampling menggunakan kuesioner tertulis (angket) dengan pendekatan *cross-sectional*. Data dianalisis dengan pendekatan deskriptif

Hasil: Separuh remaja putri memiliki persepsi manfaat tinggi, tetapi masih terdapat remaja putri dengan persepsi hambatan rendah, serta tingkat *self-efficacy* remaja putri masih didominasi oleh *self-efficacy* rendah.

Kesimpulan: Remaja putri kelas XII SMA N 1 Sanden sebagian besar telah memiliki persepsi yang baik terhadap manfaat dan hambatan SADARI, tetapi masih terdapat keterbatasan pada tingkat *self-efficacy* melakukan SADARI.

Kata Kunci : Persepsi manfaat, persepsi hambatan, *self-efficacy*, SADARI, remaja.

**DESCRIPTION OF PERCEIVED BENEFITS, PERCEIVED BARRIERS, and
SELF-EFFICACY of BREAST SELF-EXAMINATION IN FEMALE
ADOLESCENTS OF GRADE XII of SMA N 1 SANDEN in 2026**

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ABSTRACT

Background: Breast cancer is one of the most prevalent diseases in Sanden Subdistrict, Bantul Regency. Breast Self-Examination (BSE) is an effective early detection method and is important to begin in adolescence. BSE behavior is influenced by psychosocial factors such as perceived benefits, perceived barriers, and self-efficacy.

Objective: Knowing the description of perceptions of the benefits, perceptions of barriers, and self-efficacy regarding breast self-examination among female students in grade xii at SMA N 1 Sanden in 2026.

Method: This study used a descriptive quantitative method. The population and subject in this study were all 149 female students of grade XII of SMA N 1 Sanden in 2026. The data collection technique used total sampling using a written questionnaire with a cross-sectional approach. Data were analyzed using a descriptive approach.

Result : Half of adolescent girls have a high perception of benefits, but there are still some who have a low perception of barriers, and the level of self-efficacy among adolescent girls is still dominated by low self-efficacy.

Conclusion: Most of the female adolescents in grade XII of SMA N 1 Sanden have a positive perception of the benefits and barriers of BSE, but there are still limitations in their level of self-efficacy when it comes to performing breast self-examination

Keyword: Perception of benefits, perception of barriers, self-efficacy, BSE, adolescents.