

**THE EFFECTIVENESS OF INTERACTIVE E-BOOKLET MEDIA ON
INCREASING KNOWLEDGE OF EARLY DETECTION OF BREAST
CANCER AMONG ADOLESCENT GIRLS AT SMK**

MUHAMMADIYAH 1 BAMBANGLIPURO

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ABSTRACT

Background: Breast cancer has the highest incidence among women in Indonesia, with the Special Region of Yogyakarta recording the highest national prevalence. Early detection through Breast Self-Examination (SADARI) is critical; however, knowledge of early breast cancer detection among adolescent girls remains low .

Objective: To analyze the effectiveness of interactive E-Booklet on the knowledge level of breast cancer early detection among adolescent girls.

Method: This quasi-experimental study used a pre-test and post-test control group design. A total of 70 female students in grades X and XI at SMK Muhammadiyah 1 Bantul were recruited using total sampling and divided into an intervention group (Interactive E-Booklet, n=36) and a control group (Leaflet, n=34). Data were analyzed using the Wilcoxon Signed Rank Test and Mann-Whitney test.

Result: The intervention group showed a significant improvement in knowledge ($Z = -5.219$, $p = 0.000$), whereas the control group showed no significant change ($Z = -0.588$, $p = 0.556$). The Mann-Whitney test indicated that the interactive E-Booklet was more effective than the leaflet in improving knowledge among respondents ($Z = -7.178$, $p = 0.000$).

Conclusion: The interactive E-Booklet was more effective than the leaflet in improving knowledge of early breast cancer detection among adolescent girls at SMK Muhammadiyah 1 Bantul.

Keywords: breast cancer, early detection, interactive e-booklet, SADARI

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**EFEKTIVITAS MEDIA *E-BOOKLET* INTERAKTIF TERHADAP
PENINGKATAN PENGETAHUAN DETEKSI DINI KANKER
PAYUDARA PADA REMAJA PUTRI DI SMK
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ABSTRAK

Latar Belakang: Kanker payudara merupakan kanker dengan insidensi tertinggi di Indonesia, dengan Daerah Istimewa Yogyakarta mencatatkan prevalensi tertinggi secara nasional. Deteksi dini melalui SADARI sangat penting, namun pengetahuan remaja putri tentang deteksi dini kanker payudara masih tergolong rendah.

Tujuan: Menganalisis efektivitas media *E-Booklet* interaktif dalam meningkatkan pengetahuan deteksi dini kanker payudara pada remaja putri.

Metode: Penelitian *quasi-experimental* dengan rancangan *pretest-posttest control group design*. Sampel berjumlah 70 siswi kelas X dan XI SMK Muhammadiyah 1 Bambanglipuro yang dibagi menjadi kelompok intervensi (*E-Booklet* interaktif, n=36) dan kelompok kontrol (*leaflet*, n=34) menggunakan teknik total sampling. Analisis data menggunakan uji *Wilcoxon Signed Rank Test* dan *Mann-Whitney*

Hasil: Terdapat peningkatan pengetahuan yang signifikan pada kelompok intervensi ($Z = -5,219$, $P\text{-value} = 0,000$), sedangkan kelompok kontrol tidak menunjukkan perubahan yang signifikan ($Z = -0,588$, $P\text{-value} = 0,556$). Uji *Mann-Whitney* menunjukkan bahwa media *E-Booklet* interaktif lebih efektif dibandingkan media *leaflet* dalam meningkatkan pengetahuan responden ($Z = -7,178$, $P\text{-value} = 0,000$)

Kesimpulan: Media *E-Booklet* interaktif terbukti lebih efektif dibandingkan *leaflet* dalam meningkatkan pengetahuan deteksi dini kanker payudara pada remaja putri di SMK Muhammadiyah 1 Bambanglipuro

Kata Kunci: deteksi dini, *e-booklet* interaktif, kanker payudara, SADARI

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