

EFEKTIVITAS EDUKASI GIZI SEIMBANG DENGAN MEDIA TEKA – TEKI SILANG TERHADAP PENGETAHUAN DAN SIKAP WANITA USIA SUBUR DALAM PENCEGAHAN KANKER PAYUDARA

Rasyida Raufi¹, Tri Siswati², Siti Budi Utami³
^{1, 2, 3} Jurusan Gizi Poltekkes Kemenkes Yogyakarta
Jalan Tata Bumi No.3 Banyuraden, Gamping, Sleman
Email : rasyidaraufi@gmail.com

ABSTRAK

Latar Belakang: Kanker payudara merupakan salah satu penyebab kematian tertinggi pada wanita di dunia, termasuk di Indonesia. Upaya pencegahan dapat dilakukan melalui peningkatan pengetahuan dan sikap, salah satunya dengan edukasi gizi seimbang. Penggunaan media edukasi yang menarik seperti teka-teki silang (TTS) diharapkan dapat meningkatkan efektivitas penyampaian informasi dibandingkan media leaflet.

Tujuan: Mengetahui efektivitas edukasi gizi seimbang dengan media teka-teki silang terhadap pengetahuan dan sikap wanita usia subur dalam pencegahan kanker payudara.

Metode: Penelitian ini menggunakan desain quasi experiment dengan pretest-posttest control group design. Penelitian dilaksanakan di Kelurahan Bangunjiwo dan Kelurahan Tamantirto, Kabupaten Bantul, Daerah Istimewa Yogyakarta pada 8 Juni–22 Juni 2026. Subjek penelitian adalah wanita usia subur (WUS) yang dibagi menjadi kelompok perlakuan (media teka-teki silang) dan kelompok pembandingan (media leaflet). Pengukuran dilakukan sebanyak tiga kali, yaitu pre-test, post-test 1, dan post-test 2. Analisis data menggunakan uji Wilcoxon dan Mann-Whitney.

Hasil: Hasil penelitian menunjukkan bahwa terdapat peningkatan pengetahuan dan sikap pada kedua kelompok setelah diberikan edukasi. Peningkatan pengetahuan pada kelompok media teka-teki silang lebih tinggi dibandingkan kelompok leaflet dan menunjukkan perbedaan yang bermakna secara statistik ($p < 0,05$). Pada variabel sikap terjadi peningkatan pada kedua kelompok, namun peningkatan antara kedua media tidak menunjukkan perbedaan yang bermakna.

Kesimpulan: Edukasi gizi seimbang menggunakan media teka-teki silang lebih efektif dibandingkan media leaflet dalam meningkatkan pengetahuan wanita usia subur mengenai pencegahan kanker payudara. Sementara itu, kedua media sama-sama mampu meningkatkan sikap, namun tidak terdapat perbedaan efektivitas yang bermakna antara keduanya.

Kata kunci: Edukasi gizi seimbang, teka-teki silang, pengetahuan, sikap, kanker payudara, wanita usia subur.

THE EFFECTIVENESS OF BALANCED NUTRITION EDUCATION USING CROSSWORD PUZZLES ON THE KNOWLEDGE AND ATTITUDES OF WOMEN OF CHILDBEARING AGE REGARDING BREAST CANCER PREVENTION

Rasyida Raufi¹, Tri Siswati², Siti Budi Utami³

^{1, 2, 3} Department of Nutrition, Health Polytechnic of the Ministry of Health,
Yogyakarta Jalan Tata Bumi No.3 Banyuraden, Gamping, Sleman

Email : rasyidaraufi@gmail.com

ABSTRACT

Background: Breast cancer is a leading cause of death among women worldwide, including in Indonesia. Prevention efforts can be pursued by improving knowledge and attitudes, such as through education on balanced nutrition. The use of engaging educational media, like crossword puzzles, is expected to enhance the effectiveness and efficiency of information delivery compared to leaflets.

Objective: To determine the effectiveness of balanced nutrition education using crossword puzzles on the knowledge and attitudes of women of reproductive age regarding breast cancer prevention.

Methods: This study employed a quasi-experimental design with a pretest-posttest control group approach. The research was conducted in Bangunjiwo and Tamantirto Villages, Bantul Regency, Special Region of Yogyakarta, from June 8 to June 22, 2026. The subjects were women of reproductive age, divided into an intervention group (using crossword puzzles) and a comparison group (using leaflets). Measurements were taken at three points: pre-test, post-test 1, and post-test 2. Data analysis utilized the Wilcoxon and Mann-Whitney tests.

Results: The results showed an improvement in knowledge and attitudes in both groups following the education. The increase in knowledge was greater in the crossword puzzle group compared to the leaflet group, showing a statistically significant difference ($p < 0.05$). Regarding attitudes, improvements were observed in both groups, but there was no significant difference in the extent of improvement between the two media types.

Conclusion: Balanced nutrition education using crossword puzzles is more effective than leaflets in increasing the knowledge of women of reproductive age regarding breast cancer prevention. Meanwhile, both media were equally capable of improving attitudes, with no significant difference in effectiveness between them.

Keywords: Balanced nutrition education, crossword puzzles, knowledge, attitudes, breast cancer, women of reproductive age.