

**THE EFFECTIVENESS OF THE 'CHECK YOUR BREAST' BOARD GAME
AND LEAFLET AS EDUCATIONAL MEDIA ON BREAST SELF-
EXAMINATION (BSE) BEHAVIOR FOR EARLY DETECTION OF BREAST
CANCER AMONG FEMALE ADOLESCENTS AT SRANDAKAN 2 JUNIOR
HIGH SCHOOL**

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ABSTRACT

Background: Breast cancer incidence is rising and breast self-examination (SADARI) behavior among adolescent girls remains low; innovative educational approaches such as a board game were explored to improve this behavior.

Objective: To evaluate the effectiveness of the board game "Check Your Breast" on SADARI behavior in adolescent girls.

Methods: A quantitative study with a quasi-experiment pre-test post-test with control group design involved 78 respondents divided into intervention (board game) and control (leaflet) groups using purposive sampling; measurements were conducted at pre-test and at three weeks post-intervention; Wilcoxon tests were used for within-group analyses and Mann–Whitney tests for between-group comparisons because the data were not normally distributed.

Results: Both groups showed significant improvements in breast self-examination behavior (board game: median increased from 102.97 to 114.0, $p = 0.000$; leaflet: median increased from 100 to 104, $p = 0.025$). Comparison of overall behavior improvement between groups was not statistically significant ($p = 0.071$). Domain analyses indicated a significant difference in knowledge, with the board game producing greater gains than the leaflet ($p = 0.003$), whereas attitude ($p = 0.461$) and practice ($p = 0.181$) domains did not differ significantly.

Conclusion: Both the board game "Check Your Breast" and the leaflet were effective in improving SADARI behavior among adolescent girls, but the board game was more effective than the leaflet in increasing knowledge.

Keywords: adolescent; board game; breast self-examination; health education;

**EFEKTIVITAS BOARD GAME “CHECK YOUR BREAST” DAN LEAFLET
TERHADAP PERILAKU SADARI SEBAGAI DETEKSI DINI KANKER PAYUDARA
REMAJA PUTRI DI SMPN 2 SRANDAKAN**

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ABSTRAK

Latar belakang: Insidensi kanker payudara meningkat dan perilaku deteksi dini melalui pemeriksaan payudara sendiri (SADARI) pada remaja putri masih rendah; pendekatan edukasi inovatif seperti board game diujicobakan untuk meningkatkan perilaku tersebut.

Tujuan: Menilai efektivitas *board game* “Check Your Breast” terhadap perilaku SADARI remaja putri.

Metode: Penelitian kuantitatif dengan desain *quasi-experiment pre-test post-test with control group* melibatkan 78 responden yang dibagi menjadi kelompok intervensi (*board game*) dan kontrol (leaflet) melalui *purposive sampling*; pengukuran dilakukan *pre-test* dan *post-test* dua minggu setelah intervensi; uji *Wilcoxon* digunakan untuk analisis dalam kelompok dan uji *Mann-Whitney* untuk perbandingan antar-kelompok karena data tidak berdistribusi normal.

Hasil: Kedua kelompok mengalami peningkatan perilaku SADARI yang bermakna (*board game*: median naik dari 102,97 menjadi 114,0, $p = 0,000$; leaflet: median naik dari 100 menjadi 104, $p = 0,025$). Perbandingan peningkatan perilaku secara keseluruhan antara kedua kelompok tidak berbeda bermakna ($p = 0,071$). Analisis domain menunjukkan perbedaan bermakna pada pengetahuan yang lebih tinggi pada kelompok *board game* dibandingkan leaflet ($p = 0,003$), sedangkan domain sikap ($p = 0,461$) dan praktik ($p = 0,181$) tidak berbeda bermakna.

Kesimpulan: Baik *board game* “Check Your Breast” maupun leaflet efektif meningkatkan perilaku SADARI pada remaja putri, tetapi board game terbukti lebih efektif dalam meningkatkan pengetahuan dibandingkan leaflet.

Kata kunci: board game; pendidikan kesehatan; pemeriksaan payudara sendiri; SADARI; remaja.