

ABSTRAK

PENGARUH MEDIA MONIKA (MONOPOLI EDUKASI DETEKSI DINI KANKER PAYUDARA) TERHADAP TINGKAT PENGETAHUAN DAN *SELF-EFFICACY* TENTANG SADARI PADA SISWI DI SMA NEGERI 1 BANJAR

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Latar Belakang : Kanker payudara menjadi perhatian secara nasional dan global karena jumlah penderita kanker masih menjadi angka tertinggi kedua penyakit kanker yang terjadi pada perempuan. Tidak hanya menyerang usia produktif, namun terdapat data kanker payudara sudah menyerang usia remaja. Edukasi kesehatan tentang SADARI menjadi solusi pencegahan, sehingga deteksi dini kanker payudara dapat dilakukan lebih awal dan mengurangi risiko kanker payudara. **Tujuan :** Penelitian ini bertujuan untuk mengetahui pengaruh media MONIKA terhadap tingkat pengetahuan dan *self-efficacy* tentang SADARI pada siswi. **Metode :** Penelitian ini menggunakan desain quasi eksperimental dengan *pretets-posttest control group design*. Jumlah sampel 50 siswi kelas XI SMA Negeri 1 Banjar yang dibagi menjadi kelompok intervensi dan kelompok kontrol. Kelompok intervensi diberikan edukasi dengan media MONIKA dan kelompok kontrol diberikan edukasi melalui video dan media poster. data dikumpulkan dengan menggunakan dua kuesioner yaitu kuesioner tingkat pengetahuan dan *self-efficacy* SADARI. Analisis data menggunakan uji Wilcoxon dan Mann-Whitney U Test. **Hasil :** Hasil penelitian didapatkan terjadi peningkatan tingkat pengetahuan dan *self-efficacy* yang signifikan pada kelompok intervensi ($p < 0,001$) dan kelompok kontrol ($p < 0,001$). Hasil uji Mann-Whitney menunjukkan terdapat perbedaan yang signifikan antara tingkat pengetahuan *posttest* kelompok intervensi dan kelompok kontrol ($p = 0,009$). Namun, tidak terjadi perubahan yang signifikan pada hasil *self_efficacy* ($p = 0,251$). **Kesimpulan :** Media MONIKA lebih efektif dibandingkan media video dan poster pada pengukuran tingkat pengetahuan, sedangkan pengukuran *self-efficacy* menunjukkan efektif yang sama.

Kata Kunci : Monopoli MONIKA, Pengetahuan, SADARI, Self-Efficacy

ABSTRACT

THE EFFECT OF MONIKA MEDIA (EDUCATIONAL MONOPOLY FOR EARLY DETECTION OF BREAST CANCER) ON THE LEVEL OF KNOWLEDGE AND SELF-EFFICACY REGARDING BREAST SELF- EXAMINATION (BSE) AMONG FEMALE STUDENTS AT SMA NEGERI 1 BANJAR

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Background : Breast cancer has become a national and global health concern, as it remains the second most common cancer affecting women. It does not only affect women of productive age; recent data indicate that breast cancer has also begun to affect adolescents. Health education regarding Breast Self-Examination (BSE) is considered a preventive strategy, as early detection of breast cancer can be performed sooner and the risk of advanced breast cancer can be reduced. **Objective:** This study aimed to determine the effect of MONIKA media on the level of knowledge and self-efficacy regarding BSE among female students. **Methods:** This study employed a quasi-experimental design with a pretest–posttest control group design. The sample consisted of 50 eleventh-grade female students at SMA Negeri 1 Banjar, who were divided into an intervention group and a control group. The intervention group received health education using MONIKA media, while the control group received education through video and poster media. Data were collected using two questionnaires: a knowledge-level questionnaire and a BSE self-efficacy questionnaire. Data analysis was conducted using the Wilcoxon test and the Mann–Whitney U test. **Results:** The results showed a significant increase in the level of knowledge and self-efficacy in both the intervention group ($p < 0.001$) and the control group ($p < 0.001$). The Mann–Whitney U test indicated a significant difference in posttest knowledge levels between the intervention group and the control group ($p = 0.009$). However, no significant difference was found in self-efficacy outcomes between the two groups ($p = 0.251$). **Conclusion:** MONIKA media was more effective than video and poster media in improving knowledge levels, while self-efficacy outcomes showed similar effectiveness between the two educational approaches.

Keywords: MONIKA Monopoly, Knowledge, Breast Self-Examination (BSE), Self-Efficacy