

**PROGRAM STUDI ILMU KEPERAWATAN
FAKULTAS ILMU KEPERAWATAN
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ABSTRAK

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EFEKTIVITAS *PEER EDUCATION* PROGRAM TENTANG *BREAST SELF EXAMINATION* TERHADAP PENGETAHUAN DAN SIKAP REMAJA PUTRI DALAM DETEKSI DINI KANKER PAYUDARA DI SMPN 1 KARANGANYAR DEMAK

73 Halaman + 12 tabel + 9 Gambar + xvi + 19 Lampiran

Latar Belakang: *Peer education* adalah salah satu kegiatan belajar dari program pelayanan kesehatan peduli remaja (PKPR) yang sering digunakan untuk memberikan informasi kesehatan reproduksi remaja terutama tentang *breast self examination* atau pemeriksaan payudara sendiri yang merupakan metode pencegahan melalui deteksi dini untuk menentukan keberadaan kanker payudara. Penelitian ini bertujuan untuk mengetahui efektivitas *peer education* program tentang *breast self examination* terhadap pengetahuan dan sikap remaja putri dalam deteksi dini kanker payudara di SMPN 1 Karanganyar Demak.

Metode: Penelitian ini menggunakan *pre experiment* dengan *One Group Pretest Posttest Design*. Teknik pengambilan sampel dengan *stratified random sampling* dan jumlah sampel 32 responden. Pengumpulan data menggunakan kuesioner. Data dianalisis menggunakan uji *Wilcoxon*.

Hasil: Hasil penelitian menunjukkan terdapat perbedaan sebelum dan sesudah diberikan Pendidikan kesehatan melalui *peer education* dengan p value pengetahuan: 0.000, dan p value: sikap 0.000

Kesimpulan: *Peer education* program tentang *breast self examination* efektif meningkatkan pengetahuan dan sikap remaja putri dalam deteksi dini kanker payudara.

Kata kunci: *Peer education* program, *Breast self examination*, Pengetahuan, Sikap
Daftar Pustaka: 75 (2010-2020)

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ABSTRACT

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**THE EFFECTIVENESS OF PEER EDUCATION PROGRAMS UPON
BREAST SELF EXAMINATION ON THE KNOWLEDGE AND
ATTITUDES OF ADOLESCENT GIRLS' IN EARLY DETECTION OF
BREAST CANCER IN SMPN 1 KARANGANYAR DEMAK**

73 pages + 12 tables + 9 figures + xvi + 19 appendices

Background: Peer education is a learning activity from the youth care health service program (PKPR) which is often used to provide adolescent reproductive health information, especially regarding breast self-examination, which is a method of prevention through early detection to determine the presence of breast cancer. The aim of this study to identify the effectiveness of peer education programs on breast self-examination of the knowledge and attitudes of young women in early detection of breast cancer in SMPN 1 Karanganyar Demak.

Method: This study used a pre-experimental method with One Group Pretest Posttest Design. The sampling technique was stratified random sampling technique and a sample size of 32 respondents. The data collection used is done by questionnaire. Data were analyzed using the Wilcoxon test.

Results: The results showed that there were differences before and after being given health education through peer education with a p value of knowledge: 0.000, and p value: attitude of 0.000.

Conclusion: Peer education program on breast self examination is effective in increasing the knowledge and attitudes of young women in early detection of breast cancer.

Keywords: Peer education programs, breast self examination, knowledge, attitude

Bibliography: 75 (2010-2020)