

The Effects of YKS Yuk Kenali SADARI Comic Media on the Knowledge of Self-Breast Examination (SADARI) in Female Students of Grade X at SMA 4 Purwokerto

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ABSTRACT

Background: Breast cancer is the most common cancer in women. One of the efforts to reduce or prevent the incidence of breast cancer is early detection through Self-Breast Examination (SADARI). Increasing the knowledge of teenage girls can be achieved using various media, including comics. Method: This research used a quantitative approach with a pre-experimental design, specifically the one-group pre-post-test design. The analysis used in this research is descriptive analysis. The sample consisted of 73 female students of Grade X at SMA 4 Purwokerto, selected using simple random sampling. The research instrument used was a modified closed questionnaire. Results: The results of this study showed that the level of knowledge before the intervention was categorized as low (58.9%). After the intervention, the level of knowledge increased significantly to good (86.3%). The Paired t-test showed a p-value of 0.000. Conclusion: The YKS Yuk Kenali SADARI comic media significantly increase the knowledge of Self-Breast Examination (SADARI) in female students of Grade X at SMA 4 Purwokerto.

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1. INTRODUCTION

Cancer is a major problem in the world, including in Indonesia, due to the increasing number of sufferers and deaths. Cervical cancer and breast cancer are the most common types of cancer that threaten women in Indonesia. Breast cancer is one of the most common types of disease experienced by some women [1].

Breast cancer is the most common cancer in women, affecting as many as 2.1 million women every year. According to WHO (2018), breast cancer contributed approximately 15% of all cancer deaths in women in 2018. In Indonesia, women have the highest rate of breast cancer. WHO says that breast cancer is a disease that is often found in women. It was estimated at 42.1 per 100,000 people in 2018, and the average death rate was 17 per 100,000 people [2]. The Indonesian government gives high priority to breast cancer treatment due to the high number of cases in the country; However, this does not preclude treatment of other types of cancer. In preventing breast cancer, Indonesia has three pillars of a national strategy, namely health promotion, early detection and case management [3].

BSE is an early detection or examination carried out to see whether there are abnormal lumps or not. BSE can be done independently without the need to visit a health worker or pay for it. In a project to screen for breast cancer, the American Cancer Society recommends carrying out a check-up if there are no complaints [4].

According to research conducted by Aniarti & Setyaningsih (2021) [5] information is an important factor in increasing knowledge which can be obtained through the internet, social media and formal education. Providing education is one way to overcome the lack of information.

Knowledge is something that is very important for the formation of a person's attitude. Attitudes that are not based on knowledge will not last long and actions that are based on knowledge will last longer [6].

Comics are a good educational medium to arouse and increase interest in learning and can create a different, fun and not boring environment for students and teachers. 75% comics can improve learning outcomes. One way to improve student learning outcomes is by prioritizing student interest in increasing motivation and involvement in studying the topic [7].

Based on the results of a preliminary study conducted by researchers on October 28 2022 at SMA 4 Purwokerto. Data was obtained through interviews with 20 class Based on this, Researchers are interested in conducting research entitled "The Influence of the YKS Comic Media "Let's Get to Know SADARI" on Knowledge of Breast Self-Examination (Sadari) in Female High School 4 Purwokerto Students".

2. RESEARCH METHOD

This research method uses a quantitative approach with the design used in this research being *pre-experimental* using a *one-group-pre-post-test design approach*. The research sample consisted of 73 respondents using a *simple random sampling technique* taken according to the inclusion criteria, namely class X SMA 4 Purwokerto students, female and willing to take part in the research until completion and the exclusion criteria for this research were female students who were not present in the research intervention activities.

This research was conducted on March 30-31 2023 at SMA4 Purwokerto which has received a research ethics letter with number KEPK/UMP/30/I/2023. In this study using comic media, this research media was previously made by researchers and involved media and material experts when making comic media. The material and media expertise test carried out by UMP FIKES lecturers which obtained 90% results was included in the very feasible category. The data collection tool in this research is a questionnaire sheet which has been modified by the researcher. The validity test was carried out on 30 respondents using *the product moment* correlation technique with a value of 0.362 - 0.559 and a reliability test using the *Cronbach's Alpha technique* with a value of 0.759. It can be concluded that the questionnaire is declared reliable or consistent. The data analysis used was the *Paired t-test*.

3. RESULTS AND DISCUSSIONS

The frequency characteristics in this study include the age of class X SMA 4 Purwokerto.

Table 1. Frequency of Respondent Characteristics (n=73)

Variable	Frequency (n=73)	Percentage
Age		
15	33	45.2 %
16	36	49.3 %
17	4	5.5%

Based on the table above, it is known that out of a total of 73 female respondents, 33 female students were aged 15 (45.2%), at the age of 16 there were 36 female students (49.3%) and at the age of 17 there were 4 female students (5.5 %). It can be concluded that the majority of respondents are 16 years old.

Table 2. Categories of Respondents' Knowledge Level Before and After Intervention (n=73)

Category	Pretest	Percentage (%)	Posttest	Percentage (%)
	Number (n)		Number (n)	
Good	2	2.7 %	63	86.3 %
Enough	28	38.4 %	10	13.7 %
Not enough	43	58.9 %	0	0 %
Total	73	100%	73	100%

Based on the table above, a difference was found between the level of knowledge before and after the intervention using comic books was given. Before the intervention is given with comic books, the majority of respondents' knowledge was lacking at 58.9%. After being given intervention using comic book media, respondents' knowledge increased, falling into the good category by 86.3%.

Table 3. Effect of Providing Comic Media on Knowledge Level

	Mean	N	Std. Deviation	Std. Error Mean	P-Value
Pretest	1,201	73	1918	0.225	0,000
Poatest	1,721	73	1,641	0.192	

Based on the table above, the P-value shows $0.000 < 0.05$. It can be concluded that H_a is accepted. It can be interpreted that there are differences in the results of pretest and posttest knowledge of BSE in class X students. So it can also be concluded that there is an influence of comic media on knowledge of Breast Self Examination (BSE) in class X students of SMA 4 Purwokerto. This is supported by the study of Effect. conducted with SMA Negeri 14 Jakarta shows that learning outcomes increase, and it is proven that learning outcomes before and after receiving comic media are significantly different [8]. Eravianti said something similar, that comic media was able to increase the level of knowledge among students at SMP Negeri 45 Sijunjung [9].

In accordance with research conducted by Hidayah & Sujono, comic books are one of the learning media that is quite effective and efficient amidst the current developments in science and technology. If initially comics were only used as reading material for entertainment purposes, now comics have developed into a learning medium, both at elementary, middle school, high school and university levels [10].

Based on the point of view above, it can be concluded that learning media using comics is a media that is popular with many groups of children, from small children to adults because the content of comics is easy for students to understand because the illustrations match the characters and messages.

4. CONCLUSION AND RECOMMENDATION

This research can be concluded that the respondents were 73 class X teenagers aged 15-17 years old, dominated by 16 year old female students. Most of the respondents before giving the intervention were carried out with comic books, the majority of the respondents' knowledge was lacking as much as 58.9%. After being given an intervention using comic book media, the knowledge of the respondents increased in the good category by 86.3%. There is an influence of comic media on BSE examination knowledge in class X SMA 4 Purwokerto.

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