ABSTRACT

Program control or prevention of breast cancer, one of which is Breast Self Examination (BSE/SADARI). BSE is an easy check to be done by women to look for lumps or other abnormalities. To introducing BSE is through health education activities. We must use the right methods and media to get the maximal results of health education activity. Which one is through media video. Therefore we conducted a study to know the influence of health education about BSE through media video for the knowledge and behaviour to early detection of breast cancer.

Method of the research is experiment. The design of the research is analytic survey and used cross sectional approach. Data were taken from the female students that X grade of SMAN 1 Sumbawa. The instrument of this research is questionnaire. Sampling were taken by total sampling. Data were analyzed by Chi-Square.

The result of the research, the average value of knowledge before health education activities is 58,4223 and after it is 79,2152 with mean difference 20,7929 and $P = 0,005$. $P < 0,05$ it means there is the influence of health education about BSE through media video for the knowledge to early detection of breast cancer. While the average value of behaviour before health education activities is 75,4067 and after it is 78,1579 with mean difference 2,7512 and $P = 0,000$. $P < 0,05$ it means there is the influence of health education about BSE through media video for the behaviour to early detection of breast cancer.

The data show that health education about BSE through media video can increase the knowledge and behaviour to early detection of breast cancer.

Keywords: BSE, knowledge, behavior, breast cancer.