

ABSTRACT**THE EFFECT OF HEALTH EDUCATION BY SSM (*SHORT SMART MOVIE*) ON BREAST SELF EXAMINATION (BSE) BEHAVIOR**

Quasy Experiment Research at SMK Kesehatan Nusantara Surabaya

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Breast cancer generally affects women who have aged more than 40 years, but young women can develop breast cancer now. Early detection can be done by young women is to perform breast self examination (BSE). Young women need to receive health education on breast self-examination (BSE) to improve the behavior of a healthy life .

This study was aimed to understand the effect of the method SSM (*Short Smart Movie*) to conduct BSE on female students at SMK Kesehatan Nusantara Surabaya. Design used in this study was quasy experiment. The samples in this study as many as 22 respondents with the total respondents devided into two groups (the treatment group and the control group). The sampling technique was purposive sampling. Datawere analyzed using the Wilcoxon statistical test with $\alpha \leq 0.05$ level of significance.

In a statistical test of Wilcoxon Signed Ranks Test , the results in the control group showed that $p = 0,227$ (knowledge) ; $p = 0,07$ (attitude) ; $p = 0,247$ (action). Results of the research showed that the treatment group $p = 0.012$ (knowledge) ; $p = 0,021$ (attitude) ; $p = 0,003$ (action). In statistical test Mann - Whitney U test, post-test research results in the treatment group and the control group showed that $p = 0,522$ (knowledge) ; $p = 0,640$ (attitude) ; $p = 0,000$ (skill).

It can be concluded that SSM (*Short Smart Movie*) has no effect in improving knowledge and attitudes about breast self examination (BSE) and have an influence in promoting skill in performing breast self examination (BSE) in the treatment group. Further research was expected to continue researching the effects of the method SSM (*Short Smart Movie*) to conduct breast self examination (BSE).

Keywords: SSM, *Movie*, *behavior*, *breast self examination* (BSE), *cancer*.