

ABSTRACT

Breast self examination (BSE) is the one of preventive way for early detection of breast cancer which can be happen for all woman. On 2007 there are 26 cases of 100.000 women in Indonesia. Low education and lack of awareness about health and sickness induce breast cancer more difficult to detect early. Therefore health education about breast self examination (BSE) is important to be given. The purpose of this research was to determine the effect of giving health education (training) of BSE on the level of knowledge and practice of BSE by young women in SMA Negeri 6 Surabaya.

The research design in this study were pre-experimental design with one group pretest-posttest design by the number samples taken 35 people with simple random sampling technique sampling. The variable studied were the dependent variable is the level of knowledge and practice of BSE and the independent variable is the provision of health education (training) BSE. The data obtained were tested using the Wilcoxon Sign Rank Test analysis test and using SPSS 17.00 with significance level = 0,05.

Before the BSE training, knowledge level of respondents is largely categorized less number of 22 respondents (61.11%) and BSE practice skills conducted by there respondents was almost entirely less categorized is number of 35 respondents (97.22%). After training, the level of knowledge and practice of BSE is increased. The level of knowledge about BSE almost entirely categorized well, that is 34 respondents (94.44%), while the practice of BSE nearly half of respondents categorized well, that is 16 respondents or 44.44%. Based on the analysis with the Wilcoxon Sign Rank Test there are different levels of knowledge and practice of BSE between before and after training is shown from the result of significance value of 0.00 ($p < 0.05$).

It can be concluded that there are significant differences in the level of knowledge and practice of breast self examination is performed by the respondents between before and after the training. Its because of the effect of giving health education form of BSE is held two training sessions. Repetition or review conducted during the training helps the process of storage of information into long term memory that is expected to occur a change of behavior, arising out awareness of the importance of BSE as an early detection of breast cancer based on knowledge which by theory or practice of breast self exam skills and behaviors can be lasting.

Keywords : breast self examination, health education, knowledge, BSE practice skills.