

**ABSTRACT**

*Breast cancer is the top leading cause of death in Indonesia. Almost 70% of cancer sufferers who came to the hospital for examination are already in an advanced stadium. Breast cancer could be detected earlier by breast self-examination. Unfortunately, the knowledge about breast self-examination is still very low. Therefore did research to compare the effectiveness between counseling using video and demonstration of breast self examination knowledge in two Senior High School Surabaya.*

*The method for this research is quasi experiment using pretest-posttest group design. Research population is all the female students of grade XI Science in two Senior High School Surabaya.. Sampling technique using total sampling from selected class by cluster. As much as 34 students from SMA N A Surabaya are used as sample for counseling with demonstration method, and 37 students from SMA N B Surabaya as sample for counseling using video. The data is being analyzed using Whitney-U test with 95% significant level.*

*The results showed an average increase of breast self-examination knowledge by  $20.6 \pm 11.1$  in counseling using video, and  $42.99 \pm 26.55$  in counseling using demonstration. Increase in breast self-examination knowledge is obtained by subtracting posttest result with pretest result. P-Value analysis outcome is 0.00. P-Value  $< \alpha$  or  $0.00 < 0.05$  which means there is a significance difference between counseling using video and demonstration. From the analysis, we conclude that counseling with demonstration is more effective than using video.*

*Keywords : Breast self examination, Effectiveness, Knowledge, Demonstration, Video*