

## ABSTRAK

M. Evelina Karmelli (01501180343),  
Miracle Riahta (01501170205),  
Sophia Beatrice Molina (01501180042),

### **GAMBARAN TINGKAT PENGETAHUAN, SIKAP DAN PRAKTIK PEMERIKSAAN PAYUDARA SENDIRI (SADARI) PADA MAHASISWI DI SATU UNIVERSITAS SWASTA DI INDONESIA BAGIAN BARAT**

**(xiv + 83 Halaman; 1 Gambar; 2 Bagan; 8 Tabel; 14 Lampiran)**

Kanker payudara merupakan salah satu penyakit tertinggi di dunia yang ditemui pada wanita dengan potensi sebesar 8-9%. Cara efektif deteksi dini dengan melakukan pemeriksaan payudara sendiri (SADARI). Kurangnya pengetahuan mahasiswitentang SADARI karena kurangnya informasi baik dari media massa dan media elektronik. Selain pengetahuan diperlukan sikap terhadap kesehatan untuk meningkatkan kualitas hidup. Kurangnya praktik SADARI karena tidak tahu bagaimana cara melakukan SADARI, kurang memperhatikan masalah kesehatan dan adanya perasaan malu dan takut. Tujuan penelitian ini untuk mengetahui gambaran tingkat pengetahuan, sikap dan praktik (SADARI) mahasiswi di satu universitas swasta di Indonesia bagian barat. Penelitian ini dilakukan pada Februari-Juni 2021. Penelitian ini menggunakan deskriptif kuantitatif dengan pendekatan *cross sectional*. Sampel penelitian berjumlah 150 mahasiswi. Teknik analisa data yang digunakan adalah analisa univariat. Hasil penelitian dari pengetahuan 116 responden (77,3%) cukup, 27 responden (18%) baik, dan 7 responden (4,7%) kurang. Hasil sikap 149 responden (99,3%) positif dan 1 responden (0,7%) negatif. Hasil praktik 66 responden (44%) praktik kurang, 37 responden (24,7%) baik dan 47 responden (31,3%) belum pernah melakukan SADARI. Pengetahuan yang baik didapatkan dari seberapa sering responden terpapar media massa. Pengetahuan juga dapat membentuk sikap seseorang dari pengalaman. Namun pengetahuan dan sikap yang baik belum tentu seseorang memiliki praktik yang baik.

Kata kunci : Pengetahuan, Sikap, Praktik, SADARI  
Referensi : 52 (1938-2020)

## **ABSTRACT**

M. Evelina Karmelli (01501180343),  
Miracle Riahta (01501170205),  
Sophia Beatrice Molina (01501180042),

### ***DESCRIPTION OF THE LEVEL OF KNOWLEDGE, ATTITUDE AND PRACTICE OF OWN BREAST EXAMINATION IN STUDENTS AT A PRIVATE UNIVERSITY OF WEST INDONESIA***

***(xiv + 83 Pages; 1 Images; 2 Chart; 8 Table; 14 Attachments)***

*Breast cancer is one of the highest diseases in the world that is found in women with potency of 8-9%. An effective way of early detection is by doing self examination (BSE). Students lack of knowledge about BSE is due to a lack of good information from mass media and electronic media. In addition to knowledge, an attitude towards health is needed to improve the quality of life. Lack of BSE practice because you don't know how to do BSE, don't pay attention to health problems and there is a feeling of same and fear. The purpose of this study was to describe the level of knowledge, attitudes, and practices (BSE) of female student at a private university in western Indonesia. This research was conducted in February-June 2021. This research used quantitative descriptive with cross sectional approach. The research sampel consisted of 150 female students. The data analysis technique use is univariate analysis. The results of this study showed that the knowledge of 116 respondents (77,3%) was sufficient, 27 respondents (18%) were good, and 7 respondents (4,7%) were lacking. The results of the attitude of 149 respondents (99,3%) were positive and 1 respondent (0,7%) was negative. The results of the practice of 66 respondents (44%) were poor practice, 37 respondents (24,7%) were good and 47 respondents(31,3%) had never done BSE. Good knowledge is obtained from how often respondents are exposed to the mass media. Knowledge can also shape a person's attitude from experience. However, good knowledge can and attitudes do not necessarily mean that a person has good practice.*

*Keywords: Knowledge, Attitude, Practice, Breast Self Exam  
Reference : 52 (1938-2020)*