

## Abstrak

### **PENGARUH INTERVENSI SAYARI TERHADAP KESADARAN DAN KEYAKINAN KESEHATAN DETEKSI DINI KANKER PAYUDARA PADA WANITA DENGAN RIWAYAT KELUARGA MENDERITA KANKER PAYUDARA**

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**Latar Belakang:** Kanker payudara merupakan masalah kesehatan utama wanita, yang dapat dilakukan pencegahan dengan melakukan pemeriksaan payudara sendiri. Pemberian edukasi menggunakan media *mobile health* dapat dilakukan untuk meningkatkan deteksi dini kanker payudara. Penelitian ini bertujuan untuk meningkatkan kesadaran dan keyakinan kesehatan deteksi dini kanker payudara pada wanita dengan riwayat keluarga menderita kanker payudara dengan mengembangkan aplikasi *SAYARI* yang valid dan reliabel.

**Metode:** Penelitian ini menggunakan rancangan *research and development* dan *randomized control group pretest and posttest design*. Uji validitas terhadap aplikasi *SAYARI* menggunakan *Content Validity Index* dan uji reliabilitas menggunakan *Intraclass Correlation Coefficient*. Teknik *sampling* menggunakan *simple random sampling*. Besar sampel adalah 44 responden. Data hasil penelitian diuji dengan uji *Independent T Test* dan uji *Paired T Test*.

**Hasil:** Hasil uji validitas aplikasi *SAYARI* oleh ahli materi dan media menunjukkan nilai *mean I-CVI* 1,00. Hasil uji reliabilitas oleh ahli materi adalah 0,898 dan nilai 0,812 oleh ahli media. Hasil uji *Paired T Test* menunjukkan bahwa ada perbedaan tingkat kesadaran ( $p < 0,001$ ) dan keyakinan kesehatan deteksi dini kanker payudara ( $p < 0,001$ ) sebelum dan sesudah intervensi pada kelompok intervensi.

**Kesimpulan:** Aplikasi *SAYARI* telah terbukti valid, reliabel dan berpengaruh terhadap peningkatan kesadaran dan keyakinan kesehatan deteksi dini kanker payudara.

**Kata kunci:** Kesadaran, Keyakinan Kesehatan, *SAYARI*, Deteksi dini, Kanker payudara.

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## *Abstract*

### ***THE EFFECT OF THE SAYARI INTERVENTION ON AWARENESS AND HEALTH BELIEF IN EARLY DETECTION OF BREAST CANCER IN WOMEN WITH A FAMILY HISTORY OF BREAST CANCER***

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**Background:** Breast cancer is a major health problem for women, which can be prevented by performing breast self-examination. Providing education using mobile health media can be done to increase early detection of breast cancer. This research aims to increase awareness and health beliefs in early detection of breast cancer in women with a family history of breast cancer by developing a valid and reliable SAYARI application.

**Method:** This study used a research and development design and a randomized control group pretest and posttest design. Test the validity of the SAYARI application using the Content Validity Index and test the reliability using the Intraclass Correlation Coefficient. The sampling technique uses simple random sampling. The sample size was 44 respondents. The research data was tested using the Independent T Test and Paired T Test.

**Results:** The results of the validity test of the SAYARI application by material and media experts showed a mean I-CVI value of 1.00. The reliability test results by material experts were 0.898 and the value was 0.812 by media experts. The results of the Paired T Test show that there are differences in the level of awareness ( $p < 0.001$ ) and health beliefs in early detection of breast cancer ( $p < 0.001$ ) before and after the intervention in the intervention group.

**Conclusion:** The SAYARI application has been proven valid, reliable and has an effect on increasing health awareness and health beliefs in early detection of breast cancer.

**Keywords:** Awareness, Health Beliefs, SAYARI, Early detection, Breast cancer.

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