

Hubungan Persepsi dengan Perilaku Deteksi Dini Kanker Payudara Melalui Pemeriksaan Payudara Sendiri (SADARI) pada Wanita Usia Subur di Wilayah Kerja Puskesmas Pejuang 2026

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Abstrak

Kanker payudara merupakan jenis kanker dengan jumlah kasus dan angka kematian tertinggi pada perempuan, baik di dunia maupun di Indonesia. Salah satu upaya deteksi dini kanker payudara yang direkomendasikan adalah Pemeriksaan Payudara Sendiri (SADARI). Namun, deteksi dini kanker payudara pada wanita usia subur di wilayah kerja Puskesmas Pejuang masih rendah, yaitu sebesar 1,88% pada tahun 2025. Penelitian ini bertujuan untuk mengetahui hubungan antara persepsi dengan perilaku deteksi dini kanker payudara melalui SADARI pada wanita usia subur di wilayah kerja Puskesmas Pejuang tahun 2026. Penelitian ini merupakan penelitian kuantitatif dengan desain *cross-sectional*. Sampel penelitian berjumlah 211 wanita usia subur yang dipilih menggunakan teknik *quota sampling*. Pengumpulan data dilakukan melalui pengisian kuesioner. Analisis data dilakukan secara univariat dan bivariat menggunakan uji *chi-square*. Hasil penelitian menunjukkan bahwa terdapat hubungan yang signifikan antara *perceived severity* (*p-value* < 0,001), *perceived benefits* (*p-value* = 0,010), *perceived barriers* (*p-value* = 0,003), *self-efficacy* (*p-value* < 0,001), dan *cues to action* (*p-value* = 0,038) dengan perilaku SADARI. Sementara itu, tidak terdapat hubungan yang signifikan antara *perceived susceptibility* dengan perilaku SADARI (*p-value* = 0,181). Oleh karena itu, diperlukan upaya peningkatan perilaku SADARI pada wanita usia subur melalui pelatihan, sesi konseling, pembentukan sistem pengingat rutin, serta penyebaran konten edukasi melalui media sosial.

Breast cancer is the most common type of cancer and the leading cause of cancer-related mortality among women worldwide, including in Indonesia. One of the recommended methods for early detection of breast cancer is Breast Self-Examination (BSE). However, the rate of early breast cancer detection among women of reproductive age in the working area of Puskesmas Pejuang remains low, reaching only 1.88% in 2025. This study aimed to determine the relationship between perceptions and breast cancer early detection behavior through BSE among women of reproductive age in the working area of Puskesmas Pejuang in 2026. This study employed a quantitative approach with a cross-sectional design. The sample consisted of 211 women of reproductive age selected using quota sampling technique. Data were collected through a questionnaire. Data analysis was conducted using univariate and bivariate analyses with the chi-square test. The results showed significant relationships between perceived severity (*p-value* < 0.001), perceived benefits (*p-value* = 0.010), perceived barriers (*p-value* = 0.003), self-efficacy (*p-value* < 0.001), and cues to action (*p-value* = 0.038) and BSE behavior. Meanwhile, no significant relationship was found between perceived susceptibility and BSE behavior (*p-value* = 0.181). Therefore, efforts are needed to improve breast self-examination (BSE) behavior among women of reproductive age through training

programs, counseling sessions, the establishment of regular reminder systems, and the dissemination of educational content via social media.</div>