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Effectiveness of Health Education in Peer Group Education Method with Using Demonstration Method on Breast Self Examination Skills

Efektivitas Pendidikan Kesehatan Metode Peer Group Education dengan Metode Demonstrasi Terhadap Keterampilan SADARI

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Abstract

According WHO ranks, breast cancer be second ranks after cervical cancer. Breast self examination is an important first step to know early about tumor or lump in breast. The purpose of this research to determine the difference and effectiveness of health education by peer group method and used demonstration method of breast self examination skills at SMAN 1 Kediri teenager in SMAN 1 Kediri. The design of this study was True Experimental with post test only control design. The samples were 16 respondent for control group and 16 treatment group respondents in SMAN 1 Kediri. The technique of this sampling was simple random sampling. The Data collection USED observasi sheets. The data were analyzed for Hipotesis using Mann Whitney test. The result of this research showed that 16 girls in the peer group education method, almost all of them, 13 respondent (81,3%) know how to checkup their own breast, while the group in the demonstration method was half respondent, 7 respondent (43,8%) were less skill checkup for own breast. Based on the Mann Whitney Statistic test pvalue = 0,000 which smaller than the significance level (α ; = 0.05), so it can be said $p < \alpha$; the H_0 is rejected and H_1 is accepted. It meant this research found out that the difference of effectiveness health education by peer group education than demonstration method on Breast self examination skills in SMAN 1 Kediri teenager . From the findings, the researcher does hope that the peer group method may be one alternative used in teaching and learning especially for psychomotor learning.

Keyword : Health, Education, Peer, Group, Breast, Self, Examination, ,

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