

# EDUCATION OF BREAST SELF-EXAMINATION (SADARI) FOR EARLY DETECTION OF BREAST CANCER IN TEENAGE WOMEN THROUGH VIDEO MEDIA

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## SUMMARY

**Background;** Breast cancer is a malignant disease that attacks women which is characterized by abnormal lumps that grow in the breast tissue. Many breast cancer sufferers are currently detected at a very young age, even quite a few teenagers as young as 14 years suffer from breast tumors which, if not caught early, could have the potential to become breast cancer. One of the factors causing this is early menarche. Early detection of breast cancer can be done with SADARI. **Objective;** Create educational media in the form of videos to increase young women's knowledge about SADARI. **Method;** The media used is video media which is arranged based on the production flow, namely pre-production, production and post-production. **Results;** In general, there are 2 stages of BSE, namely looking at the breasts in front of the mirror and touching the breasts lying down with a video duration of 9 minutes 14 seconds with a file size of 315 MB. **Conclusion;** Video media can be used as an educational and information medium to increase the knowledge of young women regarding BSE for early detection of breast cancer.

**Keywords:** SADARI, Breast Cancer, Young Women, Video