

## INTISARI

**Latar Belakang:** Kanker serviks menjadi penyebab kematian pada wanita di Indonesia. Akibat dari rendahnya deteksi dini, pengetahuan dan kesadaran. Kader kesehatan berperan penting dalam edukasi dan pemberdayaan masyarakat, namun pengetahuan dan kesadaran mereka masih terbatas. Kartu kuartet dapat menjadi solusi dalam meningkatkan pengetahuan dan *self awareness*. Namun penelitian mengenai efektivitas kartu kuartet terhadap pengetahuan dan *self awareness* pada kader belum pernah dilakukan.

**Tujuan:** Mengetahui efektivitas edukasi kesehatan menggunakan kartu kuartet terhadap pengetahuan dan *self awareness* kader kesehatan tentang kanker serviks.

**Metode:** Penelitian kuantitatif *quasi experiment* dengan *pre-test and post-test with control group design* yang dilakukan pada 80 responden kelompok intervensi dan kontrol (masing-masing 40 responden). Alat ukur yang digunakan adalah kuesioner pengetahuan dan *Cervical CAM*. Penelitian dilakukan selama 2 minggu dengan durasi permainan kartu kuartet selama 35-50 menit. Analisis data menggunakan *Friedman test*, *Wilcoxon test*, *Generalized Linear Models*, dan regresi linear berganda.

**Hasil:** Hasil analisis menunjukkan kartu kuartet efektif meningkatkan pengetahuan dan *self-awareness* responden. Median delta pengetahuan kelompok intervensi adalah 3 (-2-7), lebih tinggi dibanding kontrol 1 (-1-7) dengan *p-value* 0,049. Skor *self awareness* juga lebih tinggi pada kelompok intervensi dengan median 19,5 (3-50) dibanding kontrol 11 (-9-28) dan *p-value* 0,034. Uji GLM menunjukkan hasil signifikan dengan *effect size* sedang (0,76) untuk pengetahuan dan *effect size* kuat (0,93) untuk *self awareness*, membuktikan kartu kuartet efektif sebagai media edukasi.

**Kesimpulan:** Kartu kuartet tentang kanker serviks memberikan efektivitas yang signifikan terhadap pengetahuan dan *self awareness* kader kesehatan.

**Kata kunci:** Kartu Kuartet, Pengetahuan, *Self Awareness*, Kanker Serviks, Kader Kesehatan

## ABSTRACT

**Background:** Cervical cancer is a cause of death among women in Indonesia. This is due to the low level of early detection, knowledge, and awareness. Healthcare cadres play a crucial role in education and community empowerment, but their knowledge and awareness remain limited. Quartet cards can be a solution for improving knowledge and self-awareness. However, research on the effectiveness of quartet cards on knowledge and self-awareness among health cadres has never been conducted.

**Objective:** To determine the effectiveness of health education using quartet cards on the knowledge and self-awareness of health cadres about cervical cancer.

**Method:** A quantitative quasi-experimental study with a pretest and posttest with control group design was conducted on 80 respondents in the intervention and control groups (40 respondents each). The measurement tools used were a knowledge questionnaire and Cervical CAM. The study was carried out for 2 weeks, with the duration of the quartet card game lasting 35–50 minutes. Data analysis used the Friedman test, the Wilcoxon test, Generalised Linear Models, and multiple linear regression.

**Results:** The analysis showed that quartet cards were effective in improving respondents' knowledge and self-awareness. The median delta knowledge of the intervention group was 3 (–2–7), higher than that of the control group, 1 (–1–7), with a p-value of 0.049. The self-awareness score was also higher in the intervention group with a median of 19.5 (3–50) compared to the control group, 11 (–9–28), and a p-value of 0.034. The GLM test showed significant results with a moderate effect size (0.76) for knowledge and a strong effect size (0.93) for self-awareness, proving that quartet cards are effective as an educational medium.

**Conclusion:** Quartet Cards about cervical cancer provide significant effectiveness in the knowledge and self-awareness of health cadres.

**Keywords:** Quartet Cards, Knowledge, Self-Awareness, Cervical Cancer, Health Cadres