**HEALTH EDUCATION AWARENESS IN AN EFFORT TO DETECT THE EARLY OCCURRENCE OF FAM (*FIBROADENOMA MAMMAE)* IN ADOLESCENT GIRLS AT SMA NEGERI 4 JAMBI CITY**

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**ABSTRACT**

**Background:** *Fibroadenoma Mammae* is a lump (benign tumor) in the breast the size of a marble consisting of fibrous tissue and glanduar tissue. If palpated and pressed the lump feels soft, rubbery and no pain will move easily. FAM usually occurs in young or adolescent women. A woman can have one or many Fibroadenomas. FAM is also the second highest tumor disease in Indonesia after ovarian or cervical tumors.

**Objective:** To find out how SADARI health education is in an effort to detect early occurrence of FAM (*Fibroadenoma Mammae*) in adolescent girls in public high school 4 Jambi City.

**Methods:** This study uses a descriptive method with a case study design method in public high school adolescent girls by providing health education about breast self-examination in an effort to early detection of FAM (*Fibroadenoma Mammae*).

**Results:** The results of the implementation of this case study obtained before being given health education An.D obtained a score of 60% and after being given education his knowledge increased to 90%, while An.Z before being given health education obtained a score of 50% and after being given education increased to a score of 100%.

**Conclusion:** there is a difference in knowledge before and after providing health education to high school adolescents for 3 days, respondents can increase knowledge about breast self-examination techniques in an effort to early detection of FAM (*Fibroadenoma Mammae*).

**Suggestion:** It is hoped that the results of this study can increase the knowledge of adolescent girls about FAM and SADARI techniques can be carried out as a reference for examination to detect FAM early.

**Keywords:** *Fibroadenoma Mammae*, Adolescent girls, Sadari.

**References:** 13 books (2012-2023), 10 journals (2018-2024).