

# Hubungan antara kanker payudara dan karakteristik responden dengan aspek psikososial pada penderita kanker payudara = Correlation between breast cancer and participants characteristics with psychosocial aspects in breast cancer patients

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Abstrak

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Kanker payudara merupakan kanker yang paling banyak diderita oleh kaum perempuan di Indonesia. Kanker dianggap penyakit yang sulit disembuhkan, dekat dengan kematian, mengganggu aktivitas sehari-hari, dan mengubah penampilan fisik seseorang. Penderita kanker payudara dapat memiliki masalah pada aspek psikologisnya. Penelitian ini bertujuan untuk melihat apakah ada hubungan antara kanker payudara dan karakteristik responden dengan aspek psikososial pada penderita kanker payudara. Jumlah responden penelitian ini sebanyak 44 orang dengan desain penelitian cross-sectional. Hasil penelitian menunjukkan hampir semua variabel dari kanker payudara dan karakteristik responden tidak berhubungan dengan depresi, ansietas, dan stres, namun ditemukan adanya hubungan antara pendidikan dengan ansietas (nilai  $p=0,041$ ). Secara umum, penderita sudah mampu beradaptasi dengan baik terhadap penyakitnya. Pelatihan dan kebijakan untuk mengkaji dan mengatasi masalah psikososial oleh perawat perlu dilakukan agar dapat meningkatkan kesejahteraan psikososial penderita. Untuk selanjutnya, penelitian dapat difokuskan pada ansietas sebagai masalah psikososial yang paling menonjol pada penderita kanker payudara.

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<i><b>ABSTRACT</b>

;Breast cancer is the most kind of cancer that occurred in women in Indonesia. Cancer is concerned as incurable disease, gate of death, disturbance of activities, and problem in physical appearance. Breast cancer patients may have psychological problems. This aim of study is to see the correlations between breast cancer and participants' characteristics with psychosocial aspects. The amount of participants is 44, while this study uses cross-sectional design. The result is almost all of variables do not correlate to depression, anxiety, and stress, meanwhile there is a correlation between education and anxiety ( $p$  value= $0,041$ ). Generally, patients are able to adapt with their illness even though there are some psychosocial problems sometimes that fortunately do not disturb their activity. Training and program about assessing and overcoming psychosocial problems should be done by nurses to increase patients' psychosocial wellbeing. For further research, anxiety as the most prominent psychosocial problems in breast cancer patients can be studied., Breast cancer is the most kind of cancer that occurred in women in Indonesia. Cancer is concerned as incurable disease, gate of death, disturbance of activities, and problem in physical appearance. Breast cancer patients may have psychological problems. This aim of study is to see the correlations between breast cancer and participants' characteristics with psychosocial aspects. The amount of participants is 44, while this study uses cross-sectional design. The result is almost all of variables do not correlate to depression, anxiety, and stress, meanwhile there is a correlation between education and anxiety ( $p$  value= $0,041$ ). Generally, patients are able to adapt with their illness even though there are some psychosocial problems sometimes that fortunately do not disturb their activity. Training and program about assessing and

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