

# Kualitas Hidup Penderita Adenokarsinoma Kolorektal Pascaoperasi di RSUPN dr. Cipto Mangunkusumo = Quality of Life of Postoperative Colorectal Adenocarcinoma Patient in RSUPN dr. Cipto Mangunkusumo

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## Abstrak

Latar belakang: Kanker kolorektal (KKR) menduduki peringkat keempat dengan persentase 8,6% dari total prevalensi kanker di Indonesia Namun, belum terdapat penelitian yang secara khusus mengevaluasi kualitas hidup penderita adenokarsinoma kolorektal pascaoperasi di Indonesia.

Metode: Studi dilakukan dengan desain deskriptif, populasi penderita adenokarsinoma kolorektal pascaoperasi sejak Januari 2017-Desember 2020 dan bersedia serta mampu menjawab kuesioner diinklusi dalam penelitian. Luaran yang dievaluasi adalah kualitas hidup dihubungkan dengan usia, jenis kelamin, familial, stadium dan jumlah terapi adjuvant.

Hasil: Terdapat 304 subjek penderita adenokarsinoma kolorektal pasca operasi , 123 pasien dinyatakan meninggal, 98 subjek yang menjawab kuesioner dalam penelitian ini, dengan 56 laki-laki dan 42 perempuan. 83 subjek (84.69%) tidak memiliki riwayat familial. Mayoritas penderita stadium IV sebanyak 71 subjek (72,44%), stadium III 23 subjek (23.46%) dan stadium II hanya 4 subjek (4.08%). Kualitas hidup menunjukkan sebaran data yang tidak normal dengan median 70 (50-90) pada semua domain. Ditemukan dua subjek yang menunjukkan nilai kurang pada domain kesehatan fisik. Pada domain psikologis, hubungan sosial dan lingkungan didapatkan seluruh subjek mendapatkan skor kualitas hidup diatas dari 60 dengan median secara berturut-turut 70(70-90), 70(60-90), dan 70(60-92). Didapatkan asosiasi yang bermakna secara statistik antara kualitas hidup dengan jenis kelamin, usia, stadium, dan jumlah terapi adjuvan yang memiliki p sebesar 0,011; 0,015; 0,002; dan 0,005. Tidak ditemukan asosiasi yang bermakna secara statistik antara kualitas hidup dengan familial.

Simpulan: Terdapat hubungan antara kualitas hidup penderita adenokarsinoma kolorektal di RSUPN dr. Cipto Mangukusumo apabila dihubungkan dengan usia, jenis kelamin, stadium kanker, dan jumlah terapi adjuvan.

.....Background: Colorectal cancer (CRC) is ranked fourth with a percentage of 8.6% of the total cancer prevalence in Indonesia. However, there are no studies that specifically evaluate the quality of life of postoperative colorectal adenocarcinoma patients in Indonesia.

Methods: The study was conducted with a descriptive design, patients with postoperative colorectal adenocarcinoma from January 2017-December 2020, willing and able to answer the questionnaire was included in the study. Outcomes evaluated were the quality of life related to age, sex, familial, stage and number of adjuvant therapy.

Results: There were 304 subjects with postoperative colorectal adenocarcinoma, 123 patients were declared dead, 98 subjects answered the questionnaire in this study. There were 56 men and 42 women, 83 subjects (84.69%) had no familial history. The majority of stage IV patients were 71 subjects (72.44%), stage III were 23 subjects (23.46%) and stage II only 4 subjects (4.08%). Quality of life showed an abnormal distribution of data with a median of 70 (50-90) in all domains. It was found that two subjects showed poor scores in the physical health domain. In the psychological domain, social relations and the environment, all subjects got a quality of life score above 60 with a median of 70 (70-90), 70 (60-90), and 70 (60-92). There was a statistically significant association between quality of life with sex, age, stage, and number of adjuvant therapy which had a p of 0.011; 0.015; 0.002; and 0.005. No statistically significant association was found between quality of life with familial.