

# GAMBARAN *FATIGUE* PADA PASIEN KANKER DI RSUD PANEMBAHAN SENOPATI BANTUL YOGYAKARTA

## INTISARI

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**Latar Belakang:** *Fatigue* menjadi gejala yang paling menyedihkan yang berhubungan dengan kanker dan pengobatannya. *Fatigue* dapat menimbulkan stres dan masalah yang mendalam bagi pasien kanker karena pasien merasakan fisiknya sangat lemah dan mengalami kesulitan untuk beraktivitas. Penelitian terkait gambaran *fatigue* pada pasien kanker di Indonesia masih terbatas.

**Tujuan:** Penelitian ini bertujuan untuk mengetahui gambaran *fatigue* pada pasien kanker di RSUD Panembahan Senopati Bantul Yogyakarta

**Metode:** Jenis penelitian ini adalah kuantitatif dengan rancangan deskriptif, dan pendekatan *cross-sectional*. Sampel diambil dengan teknik *purposive sampling* sebanyak 48 responden. Instrumen penelitian adalah kuesioner FACIT-F yang telah diuji validitas. Hasil penelitian dianalisis dengan analisis univariat.

**Hasil:** Hasil penelitian menunjukkan pasien yang tidak mengalami *fatigue* sebanyak 26 responden (54,2%) dan yang mengalami *fatigue* sebanyak 22 responden (45,8%). Responden yang mengalami *fatigue* terbanyak berusia 40 – 59 tahun yaitu sebanyak 14 responden (29,2%), berjenis kelamin perempuan sebanyak 32 responden (35,4%), berada pada stadium III sebanyak 19 responden (27,1%), menjalani pengobatan kemoterapi sebanyak 25 responden (37,5%).

**Kesimpulan:** Hasil penelitian ini menunjukkan bahwa *fatigue* dapat dipengaruhi banyak faktor seperti usia, jenis kelamin, pengobatan, dan stadium kanker. Perawat perlu memberikan edukasi untuk membantu meringankan gejala *fatigue*.

**Kata Kunci:** *Fatigue*, Kanker, Yogyakarta

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# CANCER RELATED FATIGUE AMONG CANCER PATIENTS AT RSUD PANEMBAHAN SENOPATI BANTUL YOGYAKARTA: A DESCRIPTIVE STUDY

## ABSTRACT

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**Background:** Fatigue is the most uncomfortable symptom related to cancer and its treatment. Fatigue may cause stress and deeply-rooted issues to cancer patients as they feel physically weak and have difficulties carrying out activities. A study exploring fatigue among cancer patients in Indonesia is still limited.

**Objective:** This research aimed to identify cancer related fatigue among cancer patients at RSUD Panembahan Senopati Bantul Yogyakarta.

**Method:** This was a quantitative research applying descriptive design and cross-sectional approach. Samples were taken using the purposive sampling technique resulting in 48 respondents. The research instrument used was FACIT-F questionnaire that had been tested for its validity. Data were analyzed using univariate analyzed.

**Results:** The results showed that patients not suffering from fatigue were 26 respondents (54.2%), while those suffering from fatigue were 22 respondents (45.8%). It was also discovered that most respondents experiencing fatigue were between the age of 40 - 59 years (14 people/29.2%). Female respondents were 32 people (35.4%), whereas 19 respondents (27.1%) were in stage III, and those undergoing chemotherapy were 25 respondents (37.5%).

**Conclusion** The results of this research demonstrate that fatigue was affected by factors such as age, gender, medication, and stages of cancer. Nurses should give education to patients in order to help relieve fatigue symptoms.

**Keywords:** Fatigue, Cancer, Yogyakarta

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