

# GAMBARAN KUALITAS HIDUP PASANGAN DARI PASIEN KANKER PAYUDARA DI RSUD PANEMBAHAN SENOPATI BANTUL

## INTISARI

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**Latar Belakang:** Prevalensi kanker payudara terus meningkat. Dampak penyakit kanker ini tidak hanya dirasakan oleh pasien namun juga oleh pasangan, kelelahan, stres dengan kondisi keuangan dan sulitnya berbagi fokus dengan pekerjaan membuat pasangan mengalami gangguan, baik secara fisik maupun psikologis. Hal ini dapat mempengaruhi kualitas hidup pasangan.

**Tujuan Penelitian:** Untuk mengetahui gambaran kualitas hidup pasangan dari pasien kanker payudara di RSUD Panembahan Senopati Bantul.

**Metode Penelitian:** Penelitian ini menggunakan metode deskriptif kuantitatif dengan pendekatan *cross sectional*. Sampel dalam penelitian ini diambil menggunakan teknik *purposive sampling* sejumlah 37 orang. Alat ukur dalam penelitian ini menggunakan kuesioner *Cargiver Quality of Live-Cancer* (CQOLC). Analisis data menggunakan analisis univariat.

**Hasil Penelitian:** Gambaran karakteristik pasangan pasien kanker payudara di RSUD Panembahan Senopati Bantul usia paling banyak kategori lansia awal (56,8%), mayoritas bekerja (97,3%) dengan status pendidikan dasar (92,9%), dan penghasilan < 1.649.800 UMR (67,6%). Kualitas hidup secara umum dari responden memiliki rata-rata  $86,57 \pm 13,03$  dengan rentang skor 0-140. Sedangkan berdasarkan domain beban  $20,41 \pm 5,18$ , domain adaptasi positif pasangan rata-rata  $30,57 \pm 5,11$ , domain *disruptiveness*  $24,35 \pm 6,52$  dan domain kekhawatiran keuangan rata-rata  $11,24 \pm 2,87$ .

**Kesimpulan:** Kualitas hidup yang tinggi pada domain kekhawatiran keuangan dan kualitas hidup rendah pada domain adaptasi positif. Pasangan dapat meningkatkan kemampuan untuk beradaptasi dengan mencari informasi perawatan bagi pasien kanker payudara dan mencari dukungan dari keluarga dan teman.

**Kata Kunci:** Kualitas hidup, pasangan pasien kanker payudara

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# **QUALITY OF LIFE AMONG SPOUSE OF BREAST CANCER PATIENTS IN RSUD PANEMBAHAN SENOPATI BANTUL**

## **ABSTRACT**

**Khoirul Ikhsan<sup>1</sup>, Dewi Utari<sup>2</sup>**  
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**Background:** The prevalence of breast cancer continues to increase. The impact of this cancer is not only felt by patients but also by partners, fatigue, stress with financial conditions and the difficulty of sharing focus with work makes couples experience disruption, both physically and psychologically. This can affect the quality of life of a partner.

**Objective:** The objective of this study was to find Quality of life among spouse of breast cancer patient in RSUD Panembahan Senopati Bantul.

**Research Methods:** This study used a quantitative descriptive method with cross sectional approach. This study was taken using a purposive sampling technique of 37 people. Measuring instruments in this study used the Cargiver Quality of Life-Cancer (CQOLC) questionnaire. Data was analyzed using univariate analysis.

**Results:** Characteristics of the spouse breast cancer patients in RSUD Panembahan Senopati Bantul at most age categories (56.8%), majority working (97.3%) with basic education status (92.9%), and income <1,649 .800 UMR (67.6%). The general quality of life of the respondents had a mean of  $86.57 \pm 13.03$  with a score range of 0-140. While based on the average load domain of  $20.41 \pm 5.18$ , the positive adaptation domain of the pair is  $30.57 \pm 5.11$ , the average disruptiveness domain is  $24.35 \pm SD 6.52$  and the average financial worries domain is  $11.24 \pm 2.87$ .

**Conclusion:** High quality of life in the financial worries domain and low quality of life in the positive adaptation domain. Couples can improve their ability to adapt by seeking treatment information for breast cancer patients and seeking support from family and friends.

**Keywords:** Quality of life, partner of breast cancer patient

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