

GAMBARAN *DISTRESS* PSIKOSOSIAL PASIEN KANKER PAYUDARA DI RSUD PANEMBAHAN SENOPATI BANTUL

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INTISARI

Latar Belakang: Kanker payudara merupakan penyakit yang sering dialami oleh wanita di 140 dari 184 negara di dunia dengan angka kematian mencapai 522.000 pada tahun 2012. Kanker payudara maupun terapinya memiliki dampak yaitu pada fisik, psikologis dan sosial. Masih sedikit studi yang mengeksplorasi dampak sosial pasien kanker payudara dalam bentuk *distress* psikososial. Dampak dari kanker maupun terapinya dapat mempengaruhi kualitas hidup pasien.

Tujuan Penelitian: Mengetahui gambaran *distress* psikososial pasien kanker payudara di RSUD Panembahan Senopati Bantul.

Metode Penelitian: Penelitian ini merupakan penelitian kuantitatif *non-experiment* dengan desain penelitian deskriptif. Uji yang digunakan adalah uji univariat. Sampel diambil menggunakan teknik *convenience sampling* yaitu peneliti menggunakan rentang waktu 2 minggu untuk pengambilan sampel dan didapatkan sebanyak 24 responden. Alat yang digunakan adalah kuesioner *Phycosocial Distress Questionare-Breast Cancer*.

Hasil Penelitian: Hasil menunjukkan bahwa mayoritas pasien kanker payudara adalah perempuan dan berusia 26 – 65 tahun. Pasien tersebut jarang mengalami *distress* psikososial (83.3%). Sedangkan dari 9 subskala *distress* psikososial didapatkan hasil bahwa pasien kanker payudara jarang mengalami *trait anxiety* (66.7%); jarang mendapatkan dukungan sosial (83.3%); jarang merasakan adanya masalah fisik (62.5%); jarang mengalami gejala depresi (62.5%); jarang mengalami masalah keuangan (33.3%); jarang mengalami *state anxiety* serta tidak pernah mengalami masalah seksual (50.0%).

Kesimpulan: Pasien kanker payudara di RSUD Panembahan Senopati Bantul jarang mengalami *distress* psikososial (83.3%).

Kata kunci: Pasien Kanker Payudara, *Distress* Psikososial, State Anxiety, Trait Anxiety, Body Image, Masalah seksual, Gejala depresi, Dukungan Sosial, Masalah Sosial, Masalah Keuangan, Masalah Fisik.

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The Description of Psychosocial Distress of patients with Breast Cancer in Panembahan Senopati General Hospital

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ABSTRACT

Background : Breast cancer is a typical disease of women in 140 countries out of 184 countries globally with mortality rate of 522.000 cases in 2012. Breast cancer and its therapy have effects such as physical, psychological, and social effects. There is still little number of studies which explore the social effects on patients with breast cancer in the form of psychosocial distress. The effects of cancer and its therapy can influence patient's life quality.

Objective : To identify The Description of Psychosocial Distress of patients with Breast Cancer in Panembahan Senopati General Hospital.

Method : This study was quantitative and non experimental with descriptive study design. This study applied univariate test. Samples were selected by applying convenience sampling technique by which the researcher took 2 weeks of time interval for sampling and selected 24 respondents. Study instrument was questionnaire about Psychosocial Distress Questionnaire Breast Cancer.

Result : The result identified that the majority of patients with breast cancer was women and aged 26-65 years old. These patients seldom experienced psychosocial distress (83,3%). From 9 sub scales of psychosocial distress, it was revealed that patients with breast cancer seldom experienced trait anxiety (66,7%), seldom obtain social support (83,3%), seldom dealt with physical problems (62,5%), seldom experienced depression symptom (62,5%), seldom faced financial problem (33,3%), seldom experienced state anxiety and never had any sexual problem (50,0%).

Conclusion : Patients with breast cancer in Panembahan Senopati general hospital seldom experienced psychosocial distress (83,3%).

Keywords : Patients with Breast Cancer, Psychosocial Distress, State Anxiety, Trait Anxiety, Body Image, Sexual Problem, Depression Symptom, Social Support, Financial Problem, Physical Problem.

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