

# GAMBARAN DISTRESS PSIKOLOGIS PASIEN YANG MENJALANI KEMOTERAPI KANKER PAYUDARA DI RSPAU DR. SUHARDI HARDJOLUKITO

## INTISARI

Adi Sukma Winajah<sup>1</sup> Wenny Savitri<sup>2</sup>

**Latar Belakang:** Penyakit kanker merupakan salah satu penyakit kronis yang mengancam kesehatan manusia baik secara fisik maupun psikologis. Wanita yang mengalami pengobatan kemoterapi kanker payudara akan mengalami guncangan psikologis yang berdampak pada stress yang negatif (distress psikologis). Berdasarkan hasil studi pendahuluan dengan wawancara 3 pasien di RSPAU dr. Suhardi Hardjolukito, didapatkan bahwa 2 pasien mengatakan merasakan cemas, takut akan kematian, khawatir akan kondisi fisik, keluarga dan tindakan di rumah sakit.

**Tujuan Penelitian:** Mengidentifikasi gambaran distress psikologis pasien kanker payudara yang menjalani kemoterapi.

**Metode Penelitian:** Desain penelitian dalam penelitian ini yaitu deskriptif dengan pendekatan kuantitatif. pasien yang menjalani kemoterapi kanker payudara di RSPAU dr. Suhardi Hardjolukito di tahun 2017. Teknik pengambilan sampel dengan *convenience sampling* didapatkan sampel sebanyak 30 orang. Analisis data menggunakan analisis univariat dan analisis *relative risk*.

**Hasil Penelitian:** Gejala distress psikologis pasien yang menjalani kemoterapi kanker payudara meliputi gejala mudah marah kategori cukup banyak (40%), merasa khawatir dengan kategori cukup banyak (40%), merasa tertekan kategori sedikit (50%) pasien, merasa gugup kategori cukup banyak (53,3%), tidak pernah memiliki harapan terhadap masa depan (60%), merasa tegang kategori cukup banyak (46,7%) dan merasa cemas dengan kategori cukup banyak (60%). Sebagian besar responden mengalami distress psikologis (86,7%). Karakteristik responden yang beresiko menyebabkan distress psikologi meliputi pendidikan, pekerjaan, pendapatan, stadium kanker, terapi yang pernah diterima, dan waktu saat diagnosis kanker payudara dengan nilai *relative risk* > 1.

**Kesimpulan:** sebagian besar responden mengalami distress psikologis. Karakteristik responden yang beresiko menyebabkan distress psikologi meliputi pendidikan, pekerjaan, pendapatan, stadium kanker, terapi yang pernah diterima, dan waktu saat diagnosis kanker payudara.

**Kata Kunci:** Distress Psikologis, Kemoterapi Kanker Payudara

---

<sup>1</sup>Mahasiswa Stikes Achmad Yani Yogyakarta

<sup>2</sup>Dosen Stikes Achmad Yani Yogyakarta

**DESCRIPTION OF PSYCHOLOGICAL DISTRESS OF PATIENTS  
TREATING BREAST CANCER CHEMOTHERAPY IN  
DR. SUHARDI HARDJOLUKITO HOSPITAL**

**ABSTRACT**

**Adi Sukma Winajah<sup>3</sup> Wenny Savitri<sup>4</sup>**

**Background:** Cancer is one of the chronic diseases which threaten the human health both physically and psychologically. Woman who is treating breast cancer chemotherapy will experience psychological shocks that have an impact on the negative stress (psychological distress). Based on preliminary study by interview with 3 patients in dr. Suhardi Hardjolukito Hospital, known that all of them said they felt worry, feared of death, worry about physical condition, family and hospital action.

**Research objective:** To identified the description of psychological distress of patients treating breast cancer chemotherapy

**Research Method:** Research design was descriptive with quantitative approach. Patients treating breast cancer chemotherapy in dr. Suhardi Hardjolukito Hospital in 2017. Sampling technique was convenience sampling obtained sample as many 30 patients. Data analysis used univariate and relative risk analysis.

**Research result:** Psychological distress symptoms of patients treating breast cancer chemotherapy including irritability symptoms was enough category as much (40%), felt worries was enough category as much (40%), felt depressed was less category (50%) patient, felt nervous was enough category as much (53,3%), never had expectations about the future (60%), felt tense was enough category as much (46,7%) and felt anxious was enough category as much (60%). Mostly, respondents had psychological distress (86,7%). Characteristics of respondents which had risk of causing psychological distress included education, occupation, income, stage of cancer, therapy ever received, and time when breast cancer was diagnosed with relative risk > 1.

**Conclusion:** Mostly, respondents had psychological distress. Characteristics of respondents which had risk of causing psychological distress included education, occupation, income, stage of cancer, therapy ever received, and time when breast cancer was diagnosed.

**Keywords:** Psychological Distress, Breast Cancer Chemotherapy

---

<sup>3</sup>Student of Stikes Achmad Yani Yogyakarta

<sup>4</sup>Lecturer of Stikes Achmad Yani Yogyakarta