

INTISARI

Latar Belakang : Leukemia *limfoblastik* akut (LLA) paling banyak pada usia kurang dari 18 tahun. Kemoterapi baik menggunakan protokol *High Risk* (HR) maupun *Standard Risk* (SR) seringkali menimbulkan dampak berupa fisiologis maupun psikologis.

Tujuan Penelitian : Mengetahui gambaran dampak protokol kemoterapi HR dan SR pada Anak dengan LLA di RSUP di Yogyakarta.

Metode : Desain penelitian menggunakan rancangan *cross sectional*. Sampel dengan teknik *consecutive* sampling. Jumlah 89 responden pada anak LLA dengan protokol kemoterapi HR dan SR minimal 4 minggu pengobatan. Pengambilan data bulan Desember 2023. Kuesioner menggunakan *therapy-related symptom checklist for children*. Data disajikan dalam distribusi frekuensi.

Hasil : Pada Kemoterapi HR dampak fisiologis yang muncul setiap hari hingga 1-2 minggu antara lain kehilangan nafsu makan (39.2%), mual (33.3%), muntah (23.5%), batuk (37.3%), memar (11.8%), rambut rontok (33.3%), nyeri (23.5%), perdarahan (9.8%). Sedangkan pada SR dampak fisiologis yang muncul setiap hari hingga 1-2 minggu yaitu kehilangan nafsu makan (39.5%), mual (28.9%), muntah (15.8%), penurunan berat badan (44.7%), rambut rontok (18.4%). Dampak psikologis pada HR yang muncul setiap hari sampai 1-2 minggu berupa lesu (29.4%), depresi (5.9%), mudah marah (23.5 %). Dampak psikologis pada SR yang muncul setiap hari dan bertahan 1-2 minggu adalah mudah marah (42.1%).

Kesimpulan: Dampak fisiologis pada HR lebih banyak di rasakan dari pada SR. Dampak psikologis pada HR juga lebih banyak dirasakan dari pada SR.

Kata Kunci : Anak, dampak kemoterapi, leukemia limfoblastik akut, protokol High risk, standard risk

ABSTRACT

Background: Acute lymphoblastic leukemia (LLA) is most common at the age of less than 18 years. Chemotherapy using both High Risk (HR) and Standard Risk (SR) protocols often causes physiological and psychological impacts.

Research Objective: To determine the impact of HR and SR chemotherapy protocols on children with LLA at the Yogyakarta General Hospital.

Methods: The research design used cross sectional design. Samples with consecutive sampling technique. Total 89 respondents in LLA children with HR and SR chemotherapy protocols for at least 4 weeks of treatment. Data collection in December 2023. The questionnaire used therapy-related symptom checklist for children. Data presented in frequency distribution.

Results: In HR chemotherapy, physiological impacts that appear every day for 1-2 weeks include loss of appetite (39.2), nausea (33.3%), vomiting (23.5%), cough (37.3%), bruising (11.8%), hair loss (33.3%), pain (23.5%), bleeding (9.8%). Whereas in SR, the physiological effects that appeared every day for 1-2 weeks were loss of appetite (39.5%), nausea (28.9%), vomiting (15.8%), weight loss (44.7%), hair loss (18.4%). The psychological impact on HR that appeared every day to 1-2 weeks was lethargy (29.4%), depression (5.9%), irritability (23.5%). The psychological impact on SR that appeared every day and lasted 1-2 weeks was irritability (42.1%).

Conclusion: The physiological impact on HR is felt more than SR. The psychological impact on HR is also felt more than SR.

Keywords: Children, chemotherapy impact, acute lymphoblastic leukemia, high risk protocol, standard risk.