

PERBEDAAN *PSYCHOLOGICAL DISTRESS*, *INTOLERANCE UNCERTAINTY* DAN KUALITAS HIDUP PADA PASIEN KANKER DAN *CAREGIVER* KELUARGA DI RSUP DR SARDJITO YOGYAKARTA

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ABSTRAK

Latar Belakang: *Psychological distress* dan *intolerance uncertainty* pada pasien kanker berkorelasi dengan beberapa konsekuensi fisik dan memiliki dampak negatif pada psikologis, termasuk keparahan gejala, gangguan dalam kehidupan sehari-hari, dan penurunan kualitas hidup. Hal ini juga dapat berdampak pada *caregiver* keluarga pasien kanker.

Tujuan: Untuk mengetahui gambaran *psychological distress*, *intolerance uncertainty* dan kualitas hidup pada pasien kanker dan *caregiver* keluarga di RSUP Dr Sardjito Yogyakarta.

Metode: Penelitian ini menggunakan rancangan *cross-sectional* dengan *consecutive sampling*. Jumlah sampel yang digunakan adalah 57 pasien kanker dan 57 *caregiver* keluarga di RSUP Dr Sardjito Yogyakarta bulan Juli-Agustus 2023. Instrumen yang digunakan yaitu *Kessler Psychological Distress Scale-10 (K-10)*, *Intolerance Uncertainty Scale-12 (IUS-12)*, *EORTC QLQ-C30*, *Short Form 36 (SF-36)*. Analisis data uji bivariat menggunakan *Mann-Whitney* dan *Kruskal-Wallis*.

Hasil: Terdapat perbedaan yang bermakna antara *intolerance uncertainty* pasien kanker dengan *caregiver* keluarga (*p value* 0.001), dan status pernikahan *caregiver* keluarga (*p value* 0,045). Pada kualitas hidup pasien kanker terdapat perbedaan yang bermakna berdasarkan karakteristik usia, jenis kelamin, status pernikahan, jenis kanker dan jenis terapi di beberapa aspek kualitas hidup dengan *p value* <0,05. Sedangkan pada kualitas hidup *caregiver* keluarga terdapat perbedaan yang bermakna berdasarkan karakteristik usia pada domain fungsi fisik (*p value* 0,000), peranan fisik (*p value* 0,005) dan peranan emosional (*p value* 0,003).

Kesimpulan: *Psychological distress* pasien kanker dan *caregiver* keluarga mayoritas berada pada tingkat sedang. Adanya perbedaan yang bermakna antara *intolerance uncertainty* pasien kanker dengan *caregiver* keluarga. Sedangkan pada kualitas hidup pasien kanker maupun kualitas hidup *caregiver* keluarga memiliki perbedaan pada masing-masing skala maupun domain di beberapa karakteristik demografi mereka.

Kata Kunci: *Psychological Distress*; *Intolerance Uncertainty*; Kualitas Hidup; Pasien Kanker; *Caregiver* Keluarga.

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DIFFERENCES IN PSYCHOLOGICAL DISTRESS, INTOLERANCE UNCERTAINTY AND QUALITY OF LIFE IN CANCER PATIENTS AND FAMILY CAREGIVER IN Dr. SARDJITO CENTRAL GENERAL HOSPITAL YOGYAKARTA

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ABSTRACT

Background: Psychological distress and intolerance uncertainty in cancer patients correlate with several physical consequences and have a negative psychological impact, including symptom severity, disturbances in daily life, and decreased quality of life. It can also have an impact on the family caregivers of cancer patients.

Aim: To identify the description of psychological distress, intolerance uncertainty and quality of life in cancer patients and family caregivers in Dr Sardjito Central General Hospital Yogyakarta.

Methods: This study used a cross-sectional design with consecutive sampling. The number of samples used was 57 cancer patients and 57 family caregivers at Dr Sardjito Hospital Yogyakarta in July-August 2023. The instruments used were Kessler Psychological Distress Scale-10 (K-10), Intolerance Uncertainty Scale-12 (IUS-12), EORTC QLQ-C30, Short Form 36 (SF-36). Bivariate test data analysis using Mann-Whitney and Kruskal-Wallis.

Results: There is a significant difference between the intolerance uncertainty of cancer patients and family caregivers (p value 0.001), and family caregiver's marital status (p value 0.045). In the quality of life of cancer patients, there are significant differences in the characteristics of age, gender, marital status, type of cancer and type of therapy in several aspects of quality of life with a p value <0.05. Meanwhile, in the quality of life of family caregivers, there are significant differences in the characteristics of age in the domains of physical function (p value 0.000), physical role (p value 0.005) and emotional role (p value 0.003).

Conclusion: The psychological distress of cancer patients and family caregivers is a moderate level. There is a significant difference between the intolerance uncertainty of cancer patients and family caregivers. Meanwhile, the quality of life of cancer patients and the quality of life of family caregivers have differences in each scale and domain in several of their demographic characteristics.

Keywords: Psychological Distress, Intolerance Uncertainty, Quality Of Life, Cancer Patient, Family Caregiver

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