

## **KEBUTUHAN PENYINTAS KANKER DALAM MENGHADAPI *LATE SIDE EFFECT* PENGOBATAN KANKER: PENELITIAN *MIXED-METHOD***

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### **INTISARI**

**Latar Belakang:** Jumlah penyintas kanker semakin meningkat namun 83% dari 434 penyintas kanker harus menghadapi *late side effect* pengobatan kanker. Tatalaksana pada masa *survivorship* di Indonesia masih belum berfokus pada deteksi *late side effect*. Penelitian ini bertujuan untuk mengidentifikasi *late side effect* dan mengeksplorasi kebutuhan penyintas kanker dalam menghadapi *late side effect*.

**Metode:** Penelitian menggunakan desain penelitian *mixed-method explanatory sequential*, di RS Dr. Oen Kandang Sapi Solo, April-Juli 2024. Penelitian kuantitatif deskriptif melibatkan 108 responden yang dipilih secara *purposive*, mengisi kuesioner dan beberapa dari mereka terlibat dalam wawancara mendalam. Analisis kuantitatif menyajikan distribusi frekuensi *late side effect* dan analisis induktif untuk data kualitatif.

**Hasil:** Ada lima jenis *late side effect* berdasarkan frekuensi paling banyak dialami penyintas kanker, yaitu kelelahan (72,22%), neuropati (67,59%), keluhan sendi (61,11%), nyeri (57,41%), dan kehilangan kemampuan melakukan aktivitas fisik (57,41%). Penyintas kanker yang mengalami minimal salah satu dari kelima *late side effect* tersebut dilibatkan dalam penelitian kualitatif. Saturasi data didapat pada wawancara partisipan ketujuh dan diperoleh lima tema yang diinterpretasikan sebagai kebutuhan penyintas kanker, antara lain kebutuhan akan kenyamanan, instrumental, seksualitas dan keintiman, informasi dan sistem kesehatan, serta dukungan dan pendampingan.

**Kesimpulan:** Kebutuhan kenyamanan, instrumental, seksualitas dan keintiman, informasi dan sistem kesehatan, serta dukungan dan pendampingan adalah kebutuhan yang dinyatakan oleh penyintas kanker dalam menghadapi *late side effect*. Fasilitas kesehatan diharapkan dapat memberikan pendampingan bagi penyintas kanker pada masa *survivorship* untuk memenuhi kebutuhan mereka sehingga dapat meminimalkan beban mereka.

**Kata kunci:** *late side effect*, pengobatan kanker, penyintas kanker, kebutuhan

## **NEEDS OF CANCER SURVIVORS IN DEALING WITH *LATE SIDE EFFECTS* OF CANCER TREATMENT: *MIXED-METHOD* STUDY**

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### **ABSTRACT**

**Background:** The number of cancer survivors is increasing, but 83% of 434 cancer survivors have to face the late side effects of cancer treatment. In Indonesia, management during the survivorship period still does not focus on detecting late side effects. This research aims to identify late side effects and explore the needs of cancer survivors in dealing with late side effects.

**Method:** The research used a mixed-method explanatory sequential research design at Dr. Oen Kandang Sapi Hospital, Solo, April - July 2024. Descriptive quantitative research purposively involved 108 respondents who filled out a questionnaire, and some of them were interviewed. Quantitative analysis presented the frequency distribution of late side effects, and inductive analysis was used for qualitative data.

**Results:** Five types of late side effects are most frequently experienced, namely fatigue (72.22%), neuropathy (67.59%), joint complaints (61.11%), pain (57.41%), and loss of physical performance (57.41%). Cancer survivors who experienced at least one of the five late side effects were involved in qualitative research. Data saturation was obtained in the seventh participant interview and reached five themes, which were interpreted as the needs of cancer survivors, including the need for comfort, instrumental, sexuality-intimacy, information-health systems, and support-assistance.

**Conclusion:** The needs for comfort, instrumental, sexuality-intimacy, information-health systems, and support-assistance, are the needs expressed by cancer survivors in dealing with late side effects. Health facilities are expected to be able to assist cancer survivors during the survivorship period to meet their needs and minimize their burden.

**Keywords:** late side effects, cancer treatment, cancer survivors, needs