

FAKTOR YANG BERHUBUNGAN DENGAN KEBUTUHAN INFORMASI TERKAIT FERTILITAS DAN MENOPAUSE DINI PADA WANITA DENGAN KANKER PAYUDARA SELAMA MENJALANI KEMOTERAPI

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INTISARI

Latar belakang: Kemoterapi dapat menyebabkan efek samping jangka panjang, seperti gangguan kesuburan dan menopause dini yang berdampak signifikan pada kualitas hidup. Kurangnya informasi yang jelas dan memadai dapat menghambat dukungan yang dibutuhkan dalam proses pengambilan keputusan pengobatan.

Tujuan: Mengetahui faktor yang berhubungan dengan kebutuhan informasi terkait fertilitas dan menopause dini pada wanita dengan kanker payudara selama menjalani kemoterapi.

Metode: Penelitian ini menggunakan desain kuantitatif *cross-sectional* dengan melibatkan 72 wanita usia subur di RSA Universitas Gadjah Mada. Teknik pengambilan sampel menggunakan *consecutive sampling*. Pengumpulan data menggunakan *Fertility and Menopause Related Information Needs Questionnaire* dan *Hospital Anxiety and Depression Scale* (HADS). Analisis data yang digunakan yaitu *Friedman*, *Spearman* dan *Mann-Whitney*.

Hasil: Mayoritas wanita usia subur dengan kanker payudara belum pernah menerima informasi terkait fertilitas dan menopause. Konsultasi dengan dokter spesialis kesuburan/menopause merupakan metode edukasi yang paling disukai responden untuk menerima kedua informasi tersebut. Tidak terdapat perbedaan yang signifikan antara pentingnya informasi fertilitas dan menopause dini di sepanjang waktu pengobatan. Menerima informasi fertilitas secara signifikan jauh lebih penting daripada menerima informasi menopause pada saat pengobatan tambahan ($p = 0,480$), penyelesaian pengobatan tambahan ($p = 0,102$), dan pada saat perawatan lanjutan ($p = 0,458$). Menerima informasi menopause jauh lebih penting dibandingkan menerima informasi fertilitas pada saat penegakkan diagnosis ($p = 0,565$) dan waktu pengambilan keputusan pengobatan ($p = 0,275$).

Kesimpulan: Mayoritas wanita usia subur dengan kanker payudara memiliki kebutuhan informasi fertilitas dan menopause yang belum terpenuhi, sehingga diperlukan pengembangan program edukasi berbasis kebutuhan pasien untuk meningkatkan pemahaman mereka terhadap kedua isu tersebut.

Kata kunci: fertilitas, kanker payudara, kebutuhan informasi, kemoterapi, menopause dini

FACTORS RELATED TO INFORMATION NEEDS REGARDING FERTILITY AND EARLY MENOPAUSE IN WOMEN WITH BREAST CANCER DURING CHEMOTHERAPY

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ABSTRACT

Background: Chemotherapy can cause long-term side effects, such as fertility disorders and early menopause, which significantly impact quality of life. A lack of clear and adequate information can hinder the support needed in the treatment decision-making process.

Objective: To determine the factors related to the information needs regarding fertility and early menopause in women with breast cancer during chemotherapy.

Method: This study used a quantitative cross-sectional design involving 72 women of childbearing age at the Gadjah Mada University Hospital. The sampling technique used consecutive sampling. Data collection used the Fertility and Menopause Related Information Needs Questionnaire and the Hospital Anxiety and Depression Scale (HADS). Data analysis used Friedman, Spearman, and Mann-Whitney.

Results: The majority of women of childbearing age with breast cancer had not received information related to fertility and menopause. Consultation with a fertility/menopause specialist was the most preferred educational method for respondents to receive both information. There was no significant difference between the importance of information about fertility and early menopause across treatments. Receiving fertility information was significantly more important than receiving information about menopause at the time of additional treatment ($p = 0.480$), completion of additional treatment ($p = 0.102$), and during follow-up care ($p = 0.458$). Receiving information about menopause was significantly more important than receiving information about fertility at the time of diagnosis ($p = 0.565$) and at the time of treatment decision-making ($p = 0.275$).

Conclusion: The majority of women of childbearing age with breast cancer have unmet information needs regarding fertility and menopause, thus the development of patient needs-based educational programs is necessary to enhance their understanding of both issues.

Keywords: breast cancer, chemotherapy, fertility, health literacy, premature menopause