

**PENGARUH MEDIA EDUKASI *MOBILE APPLICATION CHEMOTHERAPY MONITORING EDUCATION (CHEMOND)* TERHADAP EFIKASI DIRI MANAJEMEN GEJALA PADA PASIEN KANKER YANG MENJALANI KEMOTERAPI**

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**INTISARI**

**Latar Belakang:** Kemoterapi seringkali menimbulkan berbagai dampak gejala fisik maupun psikologis bagi pasien kanker. Efikasi diri diperlukan untuk mengelola efek samping gejala kemoterapi yang dapat ditingkatkan melalui pemberian edukasi. Pemanfaatan aplikasi seluler sebagai sarana edukasi terbukti efektif membantu pasien mengelola efek samping gejalanya. Namun, bukti efektivitas aplikasi seluler masih terbatas pada jenis kanker dan efek samping tertentu saja.

**Tujuan:** Menganalisis pengaruh media edukasi *mobile application chemotherapy monitoring education (CheMond)* terhadap efikasi diri manajemen gejala pasien kanker yang menjalani kemoterapi.

**Metode:** Penelitian *quasi-experiment* dengan rancangan *pre-test and post-test with control group* yang melibatkan sebanyak 70 responden yang dipilih dengan teknik *consecutive sampling*. Penelitian dilakukan di Rumah Sakit Akademik, Universitas Gadjah Mada, Yogyakarta pada bulan Mei – Juni 2025. Pengambilan data dilakukan sebanyak empat kali dengan selang waktu satu minggu antar pengukuran. Kelompok intervensi (n=35) menerima edukasi CheMond, sedangkan kelompok kontrol (n=35) mendapatkan edukasi standar rumah sakit. Alat ukur yang digunakan adalah kuesioner *The Self-Efficacy of Cancer Symptom Self-Management Scale (SE-CSSMS)*. Analisis data menggunakan *independent t-test*, *repeated measures ANOVA* dan regresi linear.

**Hasil:** Hasil uji *independent t-test* menunjukkan bahwa selisih rerata efikasi diri manajemen gejala pada pengukuran *post-test 2* ke *post-test 3* kelompok intervensi dibanding kelompok kontrol menunjukkan perbedaan yang signifikan ( $p = 0,001$ ). Hasil analisis regresi linear menunjukkan bahwa variabel luar (usia, jenis kelamin, tingkat pendidikan, status pernikahan, status tempat tinggal, jenis pekerjaan, tingkat ekonomi, dan kondisi klinis penyakit) tidak berpengaruh terhadap perubahan skor efikasi diri manajemen gejala.

**Kesimpulan:** *Mobile application CheMond* efektif dalam meningkatkan efikasi diri manajemen gejala dan dapat menjadi salah satu alternatif media edukasi bagi pasien kanker yang menjalani kemoterapi.

**Kata Kunci:** edukasi kesehatan, efikasi diri, kanker, kemoterapi, *mobile application*, manajemen gejala.

## **THE EFFECT OF THE CHEMOTHERAPY MONITORING EDUCATION (CHEMOND) MOBILE APPLICATION ON SELF-EFFICACY OF SYMPTOM MANAGEMENT AMONG CANCER PATIENTS UNDERGOING CHEMOTHERAPY**

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### **ABSTRACT**

**Background:** Chemotherapy often causes various physical and psychological symptoms in cancer patients. Effective management of these side effects requires self-efficacy, which can be enhanced through education. The use of mobile applications as educational tools has proven to support patients in managing these side effects. However, research on the effectiveness of mobile applications for managing symptoms across different types of cancer and various side effects of chemotherapy is still limited.

**Objective:** To analyze the effect of the chemotherapy monitoring education (CheMond) mobile application on the self-efficacy of symptom management among cancer patients undergoing chemotherapy.

**Method:** This study was a quasi-experimental using a pre-test and post-test design with a control group. Seventy respondents were selected using consecutive sampling. The study was conducted in Academic Hospital, Universitas Gadjah Mada, Yogyakarta, from May to June 2025. Data collection was conducted four times with a one-week interval between measurements. The intervention group (n=35) received CheMond education, while the control group received standard hospital education. The Self-Efficacy of Cancer Symptom Self-Management Scale (SE-CSSMS) was used. Data analysis utilized independent t-test, repeated measures ANOVA, and linear regression.

**Results:** The independent t-test results showed a significant difference in the mean self-efficacy of symptom management between post-test 2 and 3 in the intervention group given the mobile application CheMond compared to the control group ( $p = 0,001$ ). The linear regression analysis results showed that external variables (age, gender, education level, marital status, living status, occupation, monthly income, and clinical condition) did not affect changes in scores of self-efficacy of symptom management.

**Conclusion:** The CheMond mobile application is effective in enhancing self-efficacy of symptom management and may serve as an alternative educational tool for cancer patients undergoing chemotherapy.

**Keywords:** cancer, chemotherapy, health education, mobile application, self-efficacy, symptom management.