

HUBUNGAN RESILIENSI DENGAN *DEATH ANXIETY* PADA PASIEN KANKER PAYUDARA USIA PERTENGAHAN YANG MENJALANI KEMOTERAPI DI RS SARDJITO YOGYAKARTA

INTISARI

Latar belakang: Pasien kanker payudara yang menjalani kemoterapi dapat mengalami berbagai efek samping salah satunya ketakutan akan kematian (*Death Anxiety*). (Setiawan, 2015; Arefian and Asgari-Mobarakeh, 2024). Pasien kanker payudara yang mengalami *Death Anxiety* cukup tinggi yaitu kategori rendah sebanyak 19.23% dan kategori sedang-tinggi sebanyak 80.77% (Wahda et al., 2024). *Death anxiety* pada pasien kanker payudara dapat memberikan dampak buruk pada proses kemoterapi dan pemulihan psikologis maupun medis. Hal ini juga dapat menyebabkan pasien menghentikan proses pengobatan kemoterapi (Pratiwi et al., 2017). Salah satu yang dapat mengatasi *death anxiety* adalah resiliensi. Resiliensi adalah suatu proses adaptasi yang baik dalam hal menghadapi berbagai kesulitan, seperti tragedi, sumber stress yang signifikan, trauma, maupun ancaman (Southwick, 2012 dalam Almasyur, 2021). Didapatkan pasien kanker payudara yang menjalani kemoterapi memiliki tingkat resiliensi sedang 88% dan resiliensi tinggi hanya 12 % (Fitri et al., 2025).

Tujuan penelitian: mengidentifikasi hubungan resiliensi dengan *Death Anxiety* pada pasien kanker payudara usia pertengahan yang menjalani kemoterapi di RS Sardjito Yogyakarta.

Metode: Penelitian ini merupakan penelitian analitik observasional dengan pendekatan *cross-sectional*. Subjek penelitian adalah pasien kanker payudara usia pertengahan yang menjalani kemoterapi di Klinik Tulip Instalasi Tanker Terpadu RS Sardjito Yogyakarta. Jumlah sampel sebanyak 66 responden. Resiliensi diukur menggunakan *Connor Davidson Resilience Scale - 25*. *Death Anxiety* diukur menggunakan *Death Anxiety Scale*. Analisis data menggunakan uji *Chi Square* dan regresi logistik. Tingkat kemaknaan yang disepakati signifikan secara statistik adalah nilai $p < 0,05$.

Hasil: Responden dengan resiliensi tinggi mengalami *death anxiety* tinggi sebanyak 15% dan resiliensi rendah-sedang mengalami *death anxiety* tinggi sebanyak 47,8%. *Death anxiety* tinggi 6,18 kali terjadi pada subjek dengan resiliensi rendah-sedang (OR=6,18). Terdapat hubungan yang bermakna secara statistik antara resiliensi dan *death anxiety* ($p=0,005$; CC=0,328). Terdapat hubungan yang bermakna secara statistik antara domain resiliensi (*hardiness* dan efikasi diri) terhadap *death anxiety* ($p=0,038$; CC=0,247).

Kesimpulan: Terdapat hubungan antara resiliensi dengan *death anxiety* pada pasien kanker payudara usia pertengahan yang menjalani kemoterapi di RS Sardjito Yogyakarta.

Kata kunci: *Death Anxiety*, Kanker payudara, Kemoterapi, Resiliensi, Usia pertengahan.

THE RELATIONSHIP BETWEEN RESILIENCE AND DEATH ANXIETY IN MIDDLE-AGED BREAST CANCER PATIENTS UNDERGOING CHEMOTHERAPY AT SARDJITO HOSPITAL YOGYAKARTA

ABSTRACT

Background: Breast cancer patients undergoing chemotherapy can experience various side effects, one of which is fear of death (Death Anxiety) (Setiawan, 2015; Arefian and Asgari-Mobarakeh, 2024). Breast cancer patients experiencing Death Anxiety are relatively high, with 19,23% in the low category and 80,77% in the moderate to high category (Wahda et al., 2024). Death anxiety in breast cancer patients can have negative impacts on chemotherapy processes as well as psychological and medical recovery. It can also lead patients to discontinue chemotherapy treatment (Pratiwi et al., 2017). One way to address death anxiety is through resilience. Resilience is a process of good adaptation in facing various difficulties, such as tragedies, significant stressors, trauma, or threats (Southwick, 2012 in Almasiyur, 2021). It was found that breast cancer patients undergoing chemotherapy had a moderate level of resilience at 88% and a high level of resilience at only 12% (Fitri et al., 2025).

Research objective: to identify the relationship between resilience and death anxiety in middle-aged breast cancer patients undergoing chemotherapy at Sardjito Hospital, Yogyakarta.

Method: This study is an observational analytical study with a cross-sectional approach. The research subjects were middle-aged breast cancer patients undergoing chemotherapy at the Tulip Clinic, Integrated Tanker Installation, Sardjito Hospital, Yogyakarta. The sample size consisted of 66 respondents. Resilience was measured using the Connor Davidson Resilience Scale - 25. Death anxiety was measured using the Death Anxiety Scale. Data analysis was performed using the Chi-Square test and logistic regression. The level of significance considered statistically significant was $p < 0.05$.

Results: Respondents with high resilience experienced high death anxiety at a rate of 15%, while those with low to moderate resilience experienced high death anxiety at a rate of 47,8%. High death anxiety was 6,18 times more likely to occur in subjects with low to moderate resilience (OR=6,18). There was a statistically significant relationship between resilience and death anxiety ($p=0,005$; CC=0,328). There was also a statistically significant relationship between the domains of resilience (hardiness and self-efficacy) and death anxiety ($p=0,038$; CC=0,247).

Conclusion: There is a relationship between resilience and death anxiety in middle-aged breast cancer patients undergoing chemotherapy at Sardjito Hospital, Yogyakarta.

Keywords: Death Anxiety, Breast Cancer, Chemotherapy, Resilience, Middle-aged