

INTISARI

Kualitas hidup pasien kanker tidak hanya dipengaruhi oleh kepatuhan pengobatan, tetapi dipengaruhi juga oleh beberapa faktor multidimensional yaitu kondisi emosional, efek samping kemoterapi, durasi pengobatan, status pendidikan dan stadium kanker. Penelitian ini bertujuan untuk mengetahui gambaran kepatuhan pengobatan dan kualitas hidup pada pasien kanker serta menganalisis hubungan kepatuhan pengobatan dengan kualitas hidup pada pasien kanker yang menerima kemoterapi oral di RSUP Dr. Sardjito Yogyakarta.

Jenis penelitian *observational cross-sectional*, pengambilan sampel dilakukan periode Agustus – September 2025. Subjek penelitian adalah pasien kanker yang menggunakan kemoterapi oral, pengambilan sampel menggunakan metode *consecutive sampling*. Alat ukur yang digunakan untuk mengukur kepatuhan pengobatan, kualitas hidup, efek samping kemoterapi dan faktor emosional secara berturut-turut yaitu metode *MPR (Medication Possession Ratio)*, *European Organization for Research and Treatment of Cancer Quality of Life Questionnaire Core 30*, *Chemotherapy Symptom Assessment Scale* dan *Emotion Regulation Questionnaire*. Pengumpulan data berdasarkan pada data rekam medis dan wawancara yang dilakukan langsung saat pasien kontrol. Data dianalisis dengan uji *Pearson Chi-Square* untuk menganalisis hubungan antar variabel dan analisis multivariat untuk mengidentifikasi hubungan variabel perancu dengan variabel dependen.

Hasil penelitian sebanyak 44 (73,3%) pasien patuh dalam pengobatan. Mayoritas pasien 45 (75%) memiliki kualitas hidup kategori sedang (skor 33,4-66,5) dan 15 (25%) memiliki kategori baik (skor $\geq 66,6$). Tidak terdapat hubungan yang bermakna ($p\ value = 1.00$) antara kepatuhan pengobatan dengan kualitas hidup pasien kanker. Hasil analisis multivariat menunjukkan durasi kemoterapi oral ($p\ value = 0,007$; OR = 17,535), efek samping pengobatan ($p\ value = 0,003$; OR = 13,540) dan faktor emosional ($p\ value = 0,035$; OR = 10,086) berhubungan signifikan terhadap kualitas hidup. Penelitian ini menunjukkan pentingnya monitoring dan penanganan efek samping kemoterapi untuk meningkatkan kualitas hidup. Dukungan keluarga juga berperan terhadap kualitas hidup.

Kata Kunci : Kemoterapi oral, *European Organization for Research and Treatment of Cancer Quality of Life Questionnaire Core 30*, *Medication Possession Ratio*

ABSTRACT

The quality of life among cancer patients is shaped by multiple factors, including emotional state, chemotherapy side effects, duration of treatment, educational background, and cancer stage. The aim of this study is twofold: firstly, to describe treatment adherence and quality of life in cancer patients, and secondly, to analyse the relationship between treatment adherence and quality of life in cancer patients receiving oral chemotherapy at Dr. Sardjito General Hospital in Yogyakarta.

A cross-sectional observational study was conducted at Dr. Sardjito General Hospital in Yogyakarta from August to September 2025. The population under study comprised all cancer patients undergoing oral chemotherapy, with sampling carried out using the consecutive sampling method. The instruments employed to assess treatment adherence, quality of life, chemotherapy side effects, and emotional factors included the Medication Possession Ratio (MPR) method, the European Organization for Research and Treatment of Cancer Quality of Life Questionnaire Core 30, the Chemotherapy Symptom Assessment Scale, and the Emotion Regulation Questionnaire, respectively. The data collection process encompassed a comprehensive review of patients' medical records and direct interviews conducted during routine check-ups. The relationship between variables was analysed using the Pearson Chi-Square test, while multivariate analysis was employed to identify the relationship between confounding variables and dependent variables.

The findings of the study indicated that 44 (73.3%) of patients exhibited compliance with the prescribed treatment regimen. The majority of patients 45 (75%) exhibited a moderate quality of life (score of 33,4-66,5), while 15 (25%) demonstrated a good quality of life (score of 66,6 and above). The investigation revealed no statistically significant relationship (p value = 1,00) between treatment compliance and the quality of life of cancer patients. Multivariate analysis results demonstrated that duration of oral chemotherapy (p value = 0,007 ; OR = 17,535), treatment side effects (p value = 0,003 ; OR = 13,540) and emotional factors (p value = 0,035 ; OR = 10,086) were significantly associated with quality of life.

This study demonstrates the importance of optimal monitoring and management of chemotherapy side effects in order to improve the quality of life. The role of family support in the context of quality of life is also a salient factor.

Keywords : Oral Chemotherapy, European Organization for Research and Treatment of Cancer Quality of Life Questionnaire Core 30, Medication Possesion Ratio.