

## HUBUNGAN ANTARA TINGKAT GEJALA DEPRESI DENGAN STADIUM KANKER KOLOREKTAL PADA PASIEN YANG MENJALANI KEMOTERAPI LINI PERTAMA DI POLIKLINIK KANKER TERPADU TULIP RUMAH SAKIT SARDJITO

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**Latar Belakang :** Diagnosis dari kanker kolorektal berpotensi menimbulkan sebuah stresor, dan sering disertai dengan gejala depresi. Hal tersebut dapat terjadi karena meningkatnya beban penyakit yang dialami oleh pasien secara biologis, fisik, dan psikologis. Stadium kanker dapat mencerminkan beban penyakit yang dialami oleh pasien. Tingginya stadium kanker, akan meningkatkan beban penyakit yang dialami oleh pasien.

**Metode :** Penelitian ini menggunakan metode analisis observasional dengan desain cross-sectional. Penelitian ini dilakukan pada populasi pasien kanker kolorektal yang menjalani kemoterapi lini pertama di Rumah Sakit Sardjito dan menggunakan instrumen penelitian berupa *Patient Health Questionnaire- 9(PHQ-9)* untuk mengukur tingkat gejala depresi. Data demografi, sosial, klinis dan stadium kanker didapatkan melalui wawancara pasien, rekam medis dan *Cancer Registry* kanker kolorektal.

**Hasil :** Mayoritas subjek penelitian berusia  $\geq 50$  tahun(64,1%), berjenis kelamin laki-laki(57,8), sudah menikah(85,9%); berpendidikan rendah(42,2%), berstatus Non-PBI(62,5%); tidak mengalami kehilangan pekerjaan(82,8%), bersiklus lanjut(54,2%), telah dipasang stoma(57,8%); berstadium non-metastasis(65,6%) dan mayoritas pasien tidak mengalami gejala depresi(60,9%). Analisis bivariat antara variabel tingkat gejala depresi menggunakan *PHQ-9* dengan stadium kanker menunjukkan  $p = 0,017$ ; usia  $p = 0,282$ ; jenis kelamin  $p = 0,451$ ; kehilangan pekerjaan  $p = 0,247$ ; cara pembayaran  $p = 0,209$ ; tingkat pendidikan  $p = 0,237$ ; status pernikahan  $p = 0,721$ ; siklus kemoterapi  $p = 0,221$ ; riwayat operasi  $p = 0,814$ .

**Kesimpulan :** Terdapat hubungan antara tingkat gejala depresi yang diukur dengan *PHQ-9* dan stadium kanker kolorektal.

**Kata Kunci :** kanker kolorektal, *Patient Health Questionnaire-9(PHQ-9)*, tingkat gejala depresi

## ABSTRACT

**Background :** A diagnosis of colorectal cancer can act as a stressor and is often accompanied by depressive symptoms. This condition may occur due to an increased disease burden experienced by patients from biological, physical, and psychological aspects. Cancer stage can reflect the disease burden experienced by patients. A higher cancer stage is associated with a greater disease burden.

**Method :** This study used an observational analytical method with a cross-sectional design. The study was conducted in a population of colorectal cancer patients undergoing first-line chemotherapy at Dr. Sardjito Hospital. The research instrument used was the Patient Health Questionnaire-9 (PHQ-9) to measure the level of depressive symptoms. Demographic, social, clinical data, and cancer stage were obtained through patient interviews, medical records, and the colorectal Cancer Registry.

**Results :** The majority of study subjects were aged  $\geq 50$  years (64.1%), male (57.8%), married (85.9%), had a low educational level (42.2%), were non-PBI insurance participants (62.5%), and did not experience job loss (82.8%). Most patients were in advanced chemotherapy cycles (54.2%), had undergone stoma placement (57.8%), and were diagnosed with non-metastatic cancer (65.6%). The majority of patients did not experience depressive symptoms (60.9%). Bivariate analysis between the level of depressive symptoms measured using the PHQ-9 and cancer stage showed a statistically significant result ( $p = 0.017$ ). There were no significant associations between depressive symptoms and age ( $p = 0.282$ ), sex ( $p = 0.451$ ), job loss ( $p = 0.247$ ), payment method ( $p = 0.209$ ), educational level ( $p = 0.237$ ), marital status ( $p = 0.721$ ), chemotherapy cycle ( $p = 0.221$ ), or history of surgery ( $p = 0.814$ ).

**Conclusion :** There is an association between the level of depressive symptoms measured using the PHQ-9 and colorectal cancer stage.

**Keywords :** colorectal cancer, Patient Health Questionnaire-9 (PHQ-9), level of depressive symptoms