THE RELATIONSHIP BETWEEN LEVELS OF LONELINESS AND ACCEPTANCE OF ILLNESS AND APPETITE IN ELDERLY CANCER PATIENTS AT DR. SARDJITO GENERAL HOSPITAL, YOGYAKARTA

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ABSTRACT

Background: Both the elderly and cancer patients are groups at high risk of psychological distress. Psychological issues, such as loneliness and poor illness acceptance, can worsen the condition of cancer patients, including loss of appetite, which is an early indicator of malnutrition.
Objective: To determine the association between levels of loneliness and acceptance of illness and appetite in elderly cancer patients.
Methods: This study used a cross-sectional design with 91 outpatients with cancer as subjects during February–March 2026. Levels of loneliness, acceptance of illness, and appetite were measured using the UCLA (University of California, Los Angeles Loneliness Scale Version 3), AIS (Acceptance of Illness Scale), and SNAQ (Simplified Nutritional Appetite Questionnaire), respectively. Data normality was tested using the Kolmogorov–Smirnov test and data analysis was performed using Fisher's Exact Test, Pearson Chi-Square, and Spearman's Correlation. Statistical significance was set at $p < 0.05$.
Results: The majority of study participants did not experience loneliness (89%), had moderate-low levels of acceptance of illness (52.7%), and had adequate/good appetite (60.4%). Correlation tests revealed a non-significant negative relationship between the loneliness level and appetite variables ($r = -0.100$; $p = 0.347$), as well as a non-significant positive relationship between the acceptance of illness and appetite variables ($r = 0.015$; $p = 0.889$).
Conclusion: There is no significant association between levels of loneliness and acceptance of illness and appetite. However, decreased appetite resulting from anticancer interventions and the vulnerability of older adults to psychological distress still require collaborative management among medical staff, dietitians, and psychologists.

Keywords: Loneliness Levels, Illness Acceptance, Appetite, Cancer in Older Adults

HUBUNGAN ANTARA TINGKAT KESEPIAN DAN PENERIMAAN PENYAKIT DENGAN NAFSU MAKAN PASIEN LANSIA PENGIDAP KANKER DI RSUP DR. SARDJITO YOGYAKARTA

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ABSTRAK

Latar Belakang: Lansia maupun pengidap kanker merupakan kelompok yang rentan mengalami gangguan psikologis. Masalah psikologis, seperti kesepian dan rendahnya penerimaan terhadap penyakit dapat memperburuk kondisi pasien kanker, termasuk nafsu makan yang merupakan indikator awal malnutrisi.
Tujuan: Mengetahui hubungan antara tingkat kesepian dan penerimaan penyakit dengan nafsu makan pasien lansia pengidap kanker.
Metode: Penelitian ini menggunakan rancangan *cross-sectional* dengan subjek 91 pasien kanker rawat jalan pada bulan Februari–Maret 2026. Tingkat kesepian, penerimaan penyakit, dan nafsu makan masing-masing diukur menggunakan formulir UCLA (University of California, Los Angeles Loneliness Scale Versi 3), AIS (Acceptance of Illness Scale), dan SNAQ (Simplified Nutritional Appetite Questionnaire). Uji normalitas data menggunakan Kolmogorov Smirnov serta uji analisis data menggunakan Fisher's Exact Test, Pearson Chi-Square, dan Spearman's Correlation. Nilai signifikansi statistik ditetapkan pada $p<0.05$.
Hasil: Mayoritas subjek penelitian tidak mengalami kesepian (89%), memiliki tingkat penerimaan penyakit sedang-rendah (52.7%), dan memiliki nafsu makan yang cukup/baik (60.4%). Uji korelasi menemukan hubungan negatif yang tidak signifikan pada variabel tingkat kesepian dengan nafsu makan ($r=-0.100$; $p=0.347$) serta hubungan positif yang tidak signifikan pada variabel penerimaan penyakit dengan nafsu makan ($r=0.015$; $p=0.889$).
Kesimpulan: Tidak terdapat hubungan yang signifikan antara tingkat kesepian dan penerimaan penyakit dengan nafsu makan. Namun, penurunan nafsu makan akibat intervensi antikanker serta kerentanan lansia terhadap gangguan psikologis tetap memerlukan penanganan kolaboratif antara tenaga medis, ahli gizi, dan psikolog.

Kata Kunci: Tingkat Kesepian, Penerimaan Penyakit, Nafsu Makan, Kanker Lansia