

INTISARI

Latar belakang: Peningkatan angka kejadian kanker mendorong kebutuhan pada penatalaksanaan layanan onkologi yang komprehensif dan efektif, salah satunya radioterapi. Radioterapi menjadi salah satu modalitas utama dalam tatalaksana kanker, namun prosedur ini dapat menimbulkan ketakutan pada pasien. Ketakutan terhadap radioterapi dapat dipengaruhi oleh berbagai faktor salah satunya adalah pengetahuan. Oleh karena itu, pengetahuan dan ketakutan pasien kanker terhadap radioterapi menjadi aspek penting yang perlu diperhatikan dalam penatalaksanaan kanker untuk mendukung keberhasilan terapi.

Tujuan penelitian: Menggambarkan pengetahuan dan ketakutan pasien kanker mengenai radioterapi di RSUP Dr. Sardjito Yogyakarta.

Metode: Penelitian ini merupakan penelitian *cross sectional* yang melibatkan 100 responden pasien kanker yang menjalani radioterapi eksternal dan internal di RSUP Dr. Sardjito Yogyakarta pada bulan Maret 2026 menggunakan teknik *nonprobability sample* dengan metode *consecutive sampling*. Pengumpulan data menggunakan kuesioner Pengetahuan Radioterapi dan *Questionnaire for Assessing Fear of Radiotherapy* (QAFRT). Analisis data menggunakan uji univariat (mean, median, min-max, frekuensi, persentase).

Hasil: Mayoritas responden dalam penelitian ini berusia dewasa (71%), berjenis kelamin perempuan (72%), dan terdiagnosis kanker < 6 bulan (40%). Pengetahuan responden mengenai radioterapi mayoritas berada pada kategori sedang (40%), diikuti pengetahuan pada kategori baik (33%), dan kurang (27%). Ketakutan responden terhadap radioterapi relatif rendah, dengan mean 22,6 dan median 21 dari total skor instrumen 60.

Kesimpulan: Mayoritas pasien kanker yang menjalani radioterapi di RSUP Dr. Sardjito memiliki pengetahuan radioterapi dalam kategori sedang dan ketakutan terhadap radioterapi relatif rendah. Meskipun demikian, edukasi dan dukungan terhadap pasien kanker yang menjalani radioterapi tetap perlu ditingkatkan demi keberhasilan terapi.

Kata kunci: kanker, ketakutan, pengetahuan, radioterapi

ABSTRACT

Background: The increasing incidence of cancer has created a growing need for comprehensive and effective oncology care, including radiotherapy. Radiotherapy is one of the main treatment modalities in cancer management, however it may also cause fear among patients. Fear of radiotherapy can be influenced by several factors, one of which is patients' knowledge. Therefore, knowledge and fear regarding radiotherapy are important aspects to be considered in cancer management in order to support treatment success.

Objective: To describe the knowledge and fear of cancer patients regarding radiotherapy at Dr. Sardjito General Hospital, Yogyakarta.

Method: This study used a cross-sectional design involving 100 cancer patients undergoing external beam radiotherapy and brachytherapy at Dr. Sardjito General Hospital, Yogyakarta, in March 2026. Participants were selected using a non-probability sampling technique with consecutive sampling. Data were collected using Radiotherapy Knowledge Questionnaire and the Questionnaire for Assessing Fear of Radiotherapy (QAFRT). Data were analyzed using univariate analysis, including mean, median, min-max, frequency, and percentage.

Result: Most respondents in this study were adults (71%), female (72%), and had been diagnosed with cancer for less than six months (40%). Respondent's knowledge of radiotherapy was predominantly at a moderate level (40%), followed by good (33%), and poor (27%) levels of knowledge. The level of fear toward radiotherapy was relatively low, with a mean score of 22.6 and a median of 21 out of a total possible score of 60.

Conclusion: Most cancer patients undergoing radiotherapy at Dr. Sardjito General Hospital had a moderate level of knowledge regarding radiotherapy and a relatively low level of fear toward radiotherapy. Nevertheless, education and support for patients undergoing radiotherapy still need to be enhanced to support treatment success.

Keywords: cancer, fear, knowledge, radiotherapy