

## INTISARI

Regimen kemoterapi pada pasien KPKBSK memiliki peran penting dalam menentukan luaran terapi dan kualitas hidup. Jenis regimen dapat memberikan efektivitas dan profil efek samping, sehingga berpotensi memengaruhi keberhasilan terapi dan kondisi pasien. Penelitian ini bertujuan mengetahui hubungan antara regimen kemoterapi dengan luaran terapi dan kualitas hidup pada pasien KPKBSK.

Penelitian ini menggunakan desain *cross-sectional* dengan pengumpulan data melalui wawancara dan rekam medis. Teknik sampling yang digunakan adalah *consecutive sampling* pada pasien KPKBSK yang menjalani kemoterapi di RSUP Dr. Sardjito Yogyakarta periode Desember 2025 - Februari 2026, dengan jumlah sampel sebanyak 33 pasien. Kualitas hidup diukur menggunakan EQ-5D-5L, sedangkan efek samping non-hematologi diukur menggunakan C-SAS. Analisis data dilakukan menggunakan uji *Fisher's Exact*, *Mann-Whitney*, *Kruskal-Wallis*, serta regresi logistik dan linear.

Hasil penelitian menunjukkan luaran terapi sebagian besar berupa PF pada regimen cisplatin-paclitaxel (61,5%), karboplatin-paclitaxel (54,5%), dan docetaxel (83,3%), sedangkan regimen cisplatin/karboplatin dengan pemetrexed menunjukkan PD (100%) dan cisplatin-docetaxel menunjukkan PF (100%). Nilai utilitas kualitas hidup tertinggi ditemukan pada regimen docetaxel (0,470). Rerata nilai utilitas pasien dengan PF lebih tinggi (0,577) dibandingkan PD (0,028). Tidak terdapat hubungan antara regimen kemoterapi dengan luaran terapi ( $p = 1,000$ ) maupun kualitas hidup (EQ-5D-5L  $p = 0,386$ ; EQ-VAS  $p = 0,521$ ). Berdasarkan analisis bivariat dan multivariat, efek samping non-hematologi ringan ( $p = 0,030$ ) dan sedang ( $p = 0,032$ ) berhubungan dengan luaran terapi yang lebih baik dibandingkan efek samping berat. Efek samping non-hematologi juga berhubungan dengan kualitas hidup pasien ( $p = 0,001$ ). Regimen kemoterapi menunjukkan efektivitas yang sebanding, sehingga pemilihan terapi perlu mempertimbangkan efek samping.

**Kata Kunci:** kanker paru, kemoterapi, kualitas hidup, luaran terapi

## ABSTRACT

Chemotherapy regimens in patients with NSCLC may influence therapeutic outcomes and quality of life due to differences in effectiveness and side effect profiles. This study aimed to evaluate the association between chemotherapy regimens, therapeutic outcomes, and quality of life in NSCLC patients.

This study used a cross-sectional design with data collected through interviews and medical records. Consecutive sampling was applied to 33 NSCLC patients undergoing chemotherapy at Dr. Sardjito General Hospital Yogyakarta from December 2025 to February 2026. Quality of life was assessed using EQ-5D-5L, while non-hematological side effects were measured using C-SAS. Data were analyzed using Fisher's Exact, Mann-Whitney, Kruskal-Wallis, logistic regression, and linear regression tests.

The results showed that progressive-free (PF) outcomes were most commonly observed in the cisplatin-paclitaxel (61.5%), carboplatin-paclitaxel (54.5%), docetaxel (83.3%), and cisplatin-docetaxel (100%) regimens, while cisplatin/carboplatin-pemetrexed resulted in progressive disease (PD) in all patients (100%). The highest quality of life utility value was found in the docetaxel regimen (0.470). Patients with PF had a higher mean utility value (0.577) than those with PD (0.028). No significant association was found between chemotherapy regimens and therapeutic outcomes ( $p = 1.000$ ) or quality of life (EQ-5D-5L  $p = 0.386$ ; EQ-VAS  $p = 0.521$ ). However, mild and moderate non-hematological side effects were associated with better therapeutic outcomes compared to severe side effects, and side effects were significantly associated with quality of life ( $p = 0.001$ ). These findings suggest that chemotherapy regimens have comparable effectiveness, and treatment selection should consider side effect profiles.

**Keywords:** *lung cancer, chemotherapy, quality of life, treatment outcomes*