Pengalaman Keluarga Dalam Memenuhi Kebutuhan Emosional Pasien Kanker Payudara Yang Menjalani
Kemoterapi di RSUP Dr. Sardjito Yogyakarta
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Universitas Gadjah Mada, 2026 | Diunduh dari http://etd.repository.ugm.ac.id/

PENGALAMAN KELUARGA DALAM MEMENUHI KEBUTUHAN EMOSIONAL PASIEN KANKER PAYUDARA YANG MENJALANI KEMOTERAPI DI RSUP Dr. SARDJITO YOGYAKARTA : STUDI KUALITATIF

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ABSTRAK

Latar Belakang: Keluarga berperan penting sebagai *caregiver* utama dalam mendampingi pasien kanker payudara selama menjalani kemoterapi. Namun, pengalaman keluarga dalam menghadapi perubahan kehidupan, tekanan psikologis, pengambilan keputusan, dan pemberian dukungan selama proses pengobatan masih belum dipahami secara mendalam.
Tujuan: Mengeksplorasi pengalaman keluarga dalam memenuhi kebutuhan emosional pasien kanker payudara yang menjalani kemoterapi.
Metode: Penelitian ini menggunakan pendekatan kualitatif dengan desain fenomenologi interpretatif. Sebanyak 11 anggota keluarga pasien kanker payudara dipilih secara *purposive*. Data dikumpulkan melalui wawancara mendalam semi-terstruktur dan dianalisis menggunakan *Interpretative Phenomenological Analysis* (IPA). Kredibilitas data dijaga melalui *member checking,* triangulasi sumber dan *peer debriefing.*
Hasil: Analisis menghasilkan dua tema yaitu (1) Kondisi emosional pasien kanker payudara (2) Respon dan dukungan keluarga dalam menghadapi emosional pasien**,** yang meliputi bentuk dukungan emosional dan spiritual yang diberikan keluarga, serta (3) Dinamika keluarga dalam pengelolaan emosi pasien**,** yang menggambarkan upaya keluarga mengelola emosi pasien sekaligus tantangan emosional yang dihadapi selama proses pendampingan. Temuan menunjukkan bahwa keluarga berusaha menjaga kestabilan emosi pasien melalui dukungan emosional, spiritual, sosial, dan komunikasi yang suportif, meskipun mereka juga menghadapi tekanan psikologis, perubahan peran, serta beban emosional selama mendampingi pasien menjalani kemoterapi.
Kesimpulan: Pengalaman keluarga dalam memenuhi kebutuhan emosional pasien merupakan proses adaptasi yang dinamis dan dipengaruhi oleh hubungan keluarga, spiritualitas, serta kemampuan mengelola emosi. Temuan ini menegaskan pentingnya penerapan *family-centered care* yang melibatkan keluarga sebagai mitra utama dalam memberikan dukungan emosional kepada pasien kanker payudara selama menjalani kemoterapi.
KATA KUNCI: Caregiver Keluarga; Kualitatif ; Kanker Payudara; kemoterapi; Kebutuhan Emosional

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FAMILY MEMBERS' LIVED EXPERIENCES IN MEETING THE EMOTIONAL NEEDS OF PATIENTS WITH BREAST CANCER UNDERGOING CHEMOTHERAPY: AN INTERPRETATIVE PHENOMENOLOGICAL ANALYSIS

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ABSTRACT

Background*: Breast cancer affects not only patients' physical health but also their emotional well-being throughout chemotherapy. During this process, family members play a pivotal role as primary caregivers in providing emotional support. However, the lived experiences of family members in meeting the emotional needs of patients undergoing chemotherapy remain insufficiently understood.*
Objective*: This study aimed to explore the experiences of family members in meeting the emotional needs of patients with breast cancer undergoing chemotherapy at Dr. Sardjito General Hospital, Yogyakarta.*
Method*s: A qualitative study using an Interpretative Phenomenological Analysis (IPA) approach was conducted. Eleven family members of breast cancer patients were recruited through purposive sampling. Data were collected using semi-structured in-depth interviews and analyzed following the stages of Interpretative Phenomenological Analysis. Trustworthiness was established through member checking, peer debriefing, and reflexive journaling.*
Results*: Two superordinate themes emerged from the analysis: (1) Emotional conditions of breast cancer patient, (2) Family responses and support in addressing patients' emotional needs, encompassing emotional, spiritual, and social support provided by family members; and (3)Family dynamics in managing patients' emotions, describing families' efforts to regulate patients' emotional well-being while coping with their own emotional challenges throughout the caregiving process. The findings revealed that family members maintained patients' emotional stability through supportive communication, emotional presence, spirituality, and social support, despite experiencing psychological distress, role changes, and emotional burdens while accompanying patients during chemotherapy.*
Conclusion: *Meeting the emotional needs of patients with breast cancer is a dynamic and adaptive caregiving process influenced by family relationships, spirituality, and emotional regulation. These findings highlight the importance of implementing a family-centered care approach that actively involves family members as essential partners in providing comprehensive emotional support throughout the chemotherapy journey.*
Keywords*: Breast Cancer; Chemotherapy; Emotional Needs; Family Caregivers; Family-Centered Care; Qualitative*