

## ABSTRACT

### **CORRELATION BETWEEN SOCIAL SUPPORT AND QUALITY OF LIFE OF NEWLY DIAGNOSED BREAST CANCER PATIENTS' IN RSUP Dr. SARDJITO**

**Background:** Breast cancer has contributed 21,4% from a total of 92.200 deaths in women diagnosed with cancer in Indonesia (WHO, 2014). Patients suffering from breast cancer are not only suffering physically but also psychologically. Unfortunately, the health facilitators normally do not pay adequate attention to the patients' well-being and quality of life. Quality of life (QoL) is very important to every patient. Understanding this will give information about how the disease impairs each patients' well-being and aid the physician's interaction with the patients and in making the best choice in patient care. The QoL is affected by many factors, one of them is known as social support. Social support is defined as the type of support received (e.g. informative, emotional, or instrumental) or the sources of the support (e.g. family or friends) that enhance recipients' self-esteem or provide stress-related interpersonal aid.

**Objective:** To seek for any correlation between the amount of social support received to the quality of life of newly diagnosed breast cancer patients.

**Method:** This study was performed in Tulip Unit in RSUP Dr. Sardjito from September to December 2018. Data was collected by interviewing the female breast cancer patients. Three questionnaires were used in this study: Sarason Social Support Questionnaire (SSQ), European Organization for Research and Treatment of Cancer Quality of Life Questionnaire for Cancer Patients (EORTC QLQ-C30) and Quality of Life Questionnaire for Breast Cancer Patients (QLQ-BR23). Data gathered from the interview are analysed statistically using Shapiro-Wilk normality test and Chi-Square comparison test.

**Result:** Statistical analysis showed p value  $> 0,05$  for association of social support to the three domains representing the quality of life (global health status, functional scales and symptom scales/items).

**Conclusion:** The breast cancer patients were satisfied with the social support they had received. Although there's no association between the amount of social support received to the quality of life of the newly diagnosed breast cancer patients. Nor there is a significant difference between them.

**Keyword:** Breast cancer, Social support, Quality of life, RSUP Dr. Sardjito

## INTISARI

### HUBUNGAN ANTARA DUKUNGAN SOSIAL DENGAN KUALITAS HIDUP PASIEN YANG BARU TERDIAGNOSIS KANKER PAYUDARA DI RSUP Dr. SARDJITO

**Latar Belakang:** Kanker payudara berkontribusi sebanyak 21,4% dari total jumlah kematian (92.200 kematian) pada seluruh wanita yang terkena kanker di Indonesia (WHO, 2014). Pasien kanker payudara menderita secara fisik dan psikologis. Oleh karena itu, sungguh disayangkan bila tenaga kesehatan tidak memberikan perhatian yang cukup pada kualitas hidup pasien. Kualitas hidup merupakan hal yang penting untuk setiap pasien. Memahami kualitas hidup pasien akan memberikan informasi mengenai bagaimana penyakit tersebut mempengaruhi keadaan pasien, cara untuk berinteraksi dengan pasien, dan cara memberikan pelayanan yang terbaik. Kualitas hidup seseorang dipengaruhi oleh banyak faktor, salah satunya adalah dukungan sosial. Dukungan sosial didefinisikan sebagai bentuk dukungan yang diterima (informasi, emosional, atau materi) atau sumber dukungan (keluarga atau teman) yang dapat meningkatkan kepercayaan diri atau menghilangkan stress pasien.

**Tujuan:** Mengukur apakah ada korelasi antara dukungan sosial yang diberikan dengan kualitas hidup pasien yang baru terdiagnosis kanker payudara.

**Metode:** Penelitian ini dilakukan di Unit Tulip di RSUP Dr. Sardjito saat September sampai Desember 2018. Data dikumpulkan dengan melakukan *interview* pada pasien kanker payudara yang berjenis kelamin perempuan. Terdapat tiga kuesioner yang digunakan: Sarason Social Support Questionnaire (SSQ), European Organization for Research and Treatment of Cancer Quality of Life Questionnaire for Cancer Patients (EORTC QLQ-C30) dan Quality of Life Questionnaire for Breast Cancer Patients (QLQ-BR23). Data kemudian di analisis secara statistik menggunakan uji normalitas Shapiro-Wilk dan uji komparasi Chi-Square.

**Hasil:** Hasil analisis menunjukkan hasil  $p > 0,05$  untuk hubungan antara dukungan sosial dengan ketiga domain kualitas hidup (status kesehatan umum, skala fungsional dan skala gejala).

**Kesimpulan:** Pasien kanker payudara sudah puas dengan dukungan sosial yang mereka terima. Namun tidak terdapat korelasi antara besarnya dukungan sosial dengan kualitas hidup para pasien.

**Kata Kunci:** Kanker payudara, Dukungan sosial, Kualitas hidup, RSUP Dr. Sardjito