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## INTISARI

*Tujuan Cancer Related Fatigue* (CRF) merupakan salah satu gejala yang sering muncul pada pasien kanker yang menjalani rawat inap dan berdampak terhadap fungsi fisik, psikologis, sosial, kesejahteraan spiritual, dan penurunan kualitas hidup pasien. Penelitian ini bertujuan untuk mengetahui faktor-faktor yang mempengaruhi *cancer related fatigue* (CRF) pada pasien kanker stadium lanjut.

*Metode Cross-sectional survey* dengan metode pemilihan sampel *purposive sampling* pada pasien kanker stadium lanjut dan *family caregiver*. Data diambil pada tanggal 27 Desember – 5 Februari di dua rumah sakit umum di Indonesia. Alat ukur yang digunakan untuk menilai CRF adalah *The Functional Assesment of Chronic Illness Therapy-Fatigue* (FACIT-F). Faktor-faktor yang mempengaruhi CRF diketahui melalui analisis regresi linier berganda dengan metode *stepwise*.

*Hasil* Sebanyak 201 pasien kanker stadium lanjut dan 201 *family caregiver* terlibat dalam penelitian. Hasil uji statistik menunjukkan bahwa nyeri ( $\beta = -0,238$ ;  $p < 0,001$ ), nafsu makan berkurang ( $\beta = -0,215$ ;  $p < 0,001$ ), status performa ( $\beta = -0,195$ ;  $p = 0,003$ ), sesak nafas ( $\beta = -0,152$ ;  $p = 0,013$ ), depresi ( $\beta = -0,137$ ;  $p = 0,029$ ), dan keterlibatan *family caregiver* dalam perawatan pasien ( $\beta = -0,133$ ;  $p = 0,044$ ) secara signifikan mempengaruhi CRF. Usia, jenis kelamin, status pernikahan, tingkat pendapatan, tingkat pemahaman pasien terhadap penyakit, jenis kanker, metastase kanker, kadar hemoglobin, mual, dan muntah tidak mempengaruhi CRF.

*Kesimpulan* Gejala-gejala fisik, psikologis, dan keterlibatan *family caregiver* dalam perawatan pasien mempengaruhi CRF pada pasien kanker stadium lanjut. Nyeri adalah faktor yang dominan mempengaruhi CRF pada pasien kanker stadium lanjut.

**Kata Kunci:** Kanker. *Fatigue*. *Family Caregiver*. Indonesia. Perawatan paliatif

## Factors Influenced to Cancer Related Fatigue (CRF) in Advanced Cancer Patients

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### ABSTRACT

*Purpose* Cancer-Related Fatigue (CRF) is one of the symptoms most commonly experienced by hospitalized patients with advanced cancer, affecting physic, psychology, social and spiritual well-being through reducing the quality of life. The aim of this study was to identify factors influencing the CRF of patients with advanced cancer.

*Methods* A cross-sectional survey was performed with a purposive sampling. Patients with advanced cancer and the family caregivers were invited to participate in this study. Data were collected from 27 December 2016 to 5 February 2017 in two general hospitals in Indonesia. The Functional Assessment of Chronic Illness Therapy-Fatigue (FACIT-F) was used to assess CRF. Multiple linear regression analysis with stepwise method was used to determine which factors influenced to CRF.

*Results* Two hundred one of patients and 201 family caregivers complete the questionnaire. Pain ( $\beta = -0,238$ ;  $p < 0,001$ ), loss of appetite ( $\beta = -0,215$ ;  $p < 0,001$ ), performance status ( $\beta = -0,195$ ;  $p = 0,003$ ), shortness of breath ( $\beta = -0,152$ ;  $p = 0,013$ ), depression ( $\beta = -0,137$ ;  $p = 0,029$ ), and family caregivers' involvement in caring ( $\beta = -0,133$ ;  $p = 0,044$ ) negatively influenced the CRF. Age, sex, marital status, income, the level of understanding about disease, type of cancer, metastasis, hemoglobin level, nausea, and vomit did not influence the CRF.

*Conclusions* Physical symptoms, psychological symptoms, and family caregivers' involvement in caring are influence the CRF. Pain is dominant factor influence the CRF.

**Keywords** Cancer. Fatigue. Family Caregiver. Indonesia. Palliative care

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