

HUBUNGAN ANTARA STRATEGI KOPING DENGAN KUALITAS  
HIDUP PASIEN KANKER PAYUDARA DI RSUP DR. SARDJITO  
YOGYAKARTA

Dian Ambar Kusuma<sup>1</sup>, Probosuseno<sup>2</sup>, Wiwin Lismidiati<sup>1</sup>

INTISARI

**Latar belakang:** Kanker payudara merupakan penyakit yang masih menjadi masalah di Indonesia. Beberapa masalah yang sering muncul pada kanker ini adalah masalah fisik, psikososial, psikologis, dan spiritual akibat dari terapi maupun kanker itu sendiri yang dapat mempengaruhi kualitas hidup. Penggunaan strategi koping dengan cara *problem focused coping* (PFC) dan *emotion focused coping* (EFC) diperlukan untuk mengurangi penurunan kualitas hidup pasien.

**Tujuan:** Untuk mengetahui hubungan strategi koping dengan kualitas hidup pasien kanker payudara di RSUP Dr. Sardjito.

**Metode:** Jenis penelitian adalah deskriptif korelatif dengan rancangan *cross sectional*. Penelitian dilaksanakan tanggal 26 Juli-5 September 2014 di Instalansi Kanker Terpadu Tulip RSUP Dr. Sardjito, dengan subjek 35 sampel diambil dengan teknik purposive sampling. Data diambil dengan *Ways of Coping Questionnaire* pada strategi koping dan kualitas hidup dengan *Short Form-36*. Analisis data menggunakan *Chi Square*.

**Hasil:** Hasil penelitian menunjukkan bahwa strategi koping yang digunakan yaitu di luar EFC dan PFC (82,9%). Sebagian besar pasien memiliki kualitas hidup diatas rata-rata khususnya pada domain vitalitas sebesar 85,7%. Analisis korelasi menunjukkan bahwa ada hubungan antara strategi koping dengan domain Keterbatasan Peran karena Fisik ( $\rho=0.517, p=0.013$ ), Fungsi Fisik ( $\rho=0.222, p=0.771$ ), Keterbatasan Peran karena Emosi ( $\rho=0.464, p=0.047$ ), Nyeri Tubuh ( $\rho=0.240, p=0.342$ ), Vitalitas ( $\rho=0.183, p=0.877$ ), Kesehatan Umum ( $\rho=0,222, p=0.771$ ), Fungsi Sosial ( $\rho=0.222, p=0.771$ ), Kesehatan Mental ( $\rho=0.418, p=0,116$ ) pada kualitas hidup.

**Kesimpulan:** Ada hubungan bermakna antara strategi koping dengan kualitas hidup penderita kanker payudara terutama pada domain Keterbatasan Peran karena Fisik dan Keterbatasan Peran karena Emosi

Kata Kunci : strategi koping, kualitas hidup, kanker payudara

1. Program Studi Ilmu Keperawatan, Fakultas Kedokteran, Universitas Gadjah Mada
2. Divisi Gerontik, Ilmu Penyakit Dalam, Fakultas Kedokteran, Universitas Gadjah Mada

## THE RELATIONSHIP BETWEEN COPING STRATEGIES WITH QUALITY OF LIFE BREAST CANCER PATIENTS IN RSUP DR SARDJITO YOGYAKARTA

Dian Ambar Kusuma<sup>1</sup>, Probosuseno<sup>2</sup>, Wiwin Lismidiati<sup>1</sup>

### ABSTRACT

**Background:** Breast cancer is a health problem in Indonesia. Some common problems in cancer disease include physical, psychosocial, psychological, and spiritual problems as a consequence of therapy and the disease itself that can affect quality of life. Coping strategy using *problem focused coping* (PFC) method and *emotion focused coping* (EFC) method are needed to minimize the decline of quality of life of the patient.

**Objective:** To identify correlation between coping strategy and quality of life of breast cancer patients at Dr. Sardjito Hospital.

**Method:** The study used descriptive correlative approach and cross sectional design. It was carried out from 26th July to 5th September 2014 at Tulip Integrated Cancer Installation of Dr. Sardjito Hospital, involving 35 samples determined through purposive sampling technique. Data were obtained through *Ways of Coping Questionnaire* for coping strategy and *Short Form-36* for quality of life and analyzed using *Chi Square*.

**Result:** The result of the study showed that coping strategy used was outside EFC and PFC (82.9%). The majority of patients had quality of life above the average particularly in the vitality domain, i.e. 85.7%. There was correlation between coping strategy and domain of role limitation due to physical reason ( $\rho=0.517$ ,  $p=0.013$ ), physical function ( $\rho=0.222$ ,  $p=0.771$ ), role limitation due to emotion ( $\rho=0.464$ ,  $p=0.047$ ), pain ( $\rho=0.240$ ,  $p=0.342$ ), vitality ( $\rho=0.183$ ,  $p=0.877$ ), general health ( $\rho=0.222$ ,  $p=0.771$ ), social function ( $\rho=0.222$ ,  $p=0.771$ ), mental health ( $\rho=0.418$ ,  $p=0.116$ ) in quality of life.

**Conclusion:** There was significant correlation between coping strategy and quality of life of breast cancer patients, particularly in the domain of physical and emotional role limitation.

**Keywords:** coping strategy, quality of life, breast cancer

1. Nursing Study Program, Faculty of Medicine, Universitas Gadjah Mada
2. Gerontology Division, Department of Internal Medicine, Universitas Gadjah Mada