



## INTISARI

**Latar belakang:** Strategi koping *family caregiver* pasien kanker paliatif merupakan serangkaian tindakan terorganisasi dari kognitif dan usaha tingkah laku untuk bertoleransi mengurangi tuntutan internal ketika merawat keluarga dengan penyakit kanker paliatif. Keterampilan strategi koping akan memberikan dampak besar *family caregiver* saat proses pemberian perawatan paliatif.

**Tujuan penelitian:** Mengetahui strategi koping *family caregiver* pasien kanker paliatif yang meliputi jenis dan manfaat.

**Metode:** Penelitian ini merupakan *systematic review* dengan cara *ancestry approach*. Database elektronik dalam pencarian literatur adalah ScienceDirect, ChohraneLibrary, dan PubMed. Kriteria inklusi: literatur berbahasa Inggris, terbit 2007 hingga Juni 2017, penelitian kuantitatif dan/ atau kualitatif, populasi adalah *family caregiver* pasien kanker paliatif, dan tersedia *full-text*. Penilaian literatur menggunakan formulir *Crowe Critical Appraisal Tool* (CCAT).

**Hasil:** Berdasarkan analisa 20 literatur, jenis strategi koping *family caregiver* yaitu: *emotion-focused* dan *avoidance coping*, *problem-focused* dan *active confrontation coping*, *dysfunctional coping*, serta *dyadic coping* dan *couple coping*. Manfaat strategi koping yaitu: memandang masalah sebagai hal yang mudah diatasi; mempertahankan hubungan emosional dengan pasien; memahami keadaan pasien; memahami perasaan pasien-*family caregiver*; perubahan perilaku kesehatan; membantu peran *caregiving*; mengelola perasaan sementara; mengurangi depresi, kecemasan, beban, tanggung jawab, ketidakpastian, dan keputusan; meningkatkan kualitas hidup, kesejahteraan, *bonding*, kesehatan mental psikologis, dan pemahaman tenaga pelayanan kesehatan terhadap kebutuhan pasien dan *family caregiver*. Selain itu terdapat temuan tambahan, yaitu dampak buruk strategi koping: komunikasi terbuka *end-of-life* berakibat menambah keadaan saling diam, dan keinginan saling menghindar; *family caregiver* frustrasi mendengar kabar buruk menimpa *family caregiver* lain dengan keadaan pasien serupa; *family caregiver* tidak punya pilihan untuk terus membagi tanggung jawab; dan memburuknya kehidupan keseharian.

**Kesimpulan:** Terdapat 4 jenis strategi koping yaitu: *emotion-focused* dan *avoidance coping*, *problem-focused* dan *active confrontation coping*, *dysfunctional coping*, serta *dyadic coping* dan *couple coping* dan berbagai macam manfaat strategi koping *family caregiver* pasien kanker paliatif.

**Kata Kunci:** *family caregiver*, kanker paliatif, strategi koping, *systematic review*



## ABSTRACT

**Background:** Family caregivers' coping strategies of palliative cancer patients is a series of organized actions of cognitive and behavioural efforts to reduce internal demands when taking care a family member with palliative cancer disease. Coping strategy skills will give big influences to family caregiver in the proses of palliative caregiving care.

**Objective:** Understanding the use of coping strategy of family caregiver including types and benefits.

**Method:** This study using systematic review with ancestry approach. Searching literature on electronic database consist of ScienceDirect, CochraneLibrary, and Pubmed. Inclusion criteria such as literature in English, published from 2007 until June 2017, qualitative and/or quantitative study, the population was family caregiver of palliative cancer patient, and available in full-text. Article appraisal used Crowe Critical Appraisal Tool (CCAT) form.

**Result:** Based on the analysis of 20 literatures. Types of coping strategies of family caregivers consist: emotion-focused and avoidance coping, problem-focused and active confrontation coping, dysfunctional coping, and dyadic coping and couple coping. Benefits of coping strategies includes: viewing problems as easily solved matter; maintaining emotional relationship with patient; understanding the patient's condition; understanding family caregiver-patient feelings; changes of health behaviour; helps the role of caregiving; managing temporary feelings; reducing depression, anxiety, burden, responsibility, uncertainty, and helplessness; improving quality of life, well-being, bonding, mental psychology, and improving the understanding of health care professional towards family caregiver and patient needs. Additional finding, there are adverse effects of coping strategies: an open communication regarding end-of-life would initially increase their salience and a disire for avoidance, feel frustated if they hear a bad news regarding other patient condition from other family caregivers with similiar circumstances; no other options in responsibilities to becoming family caregivers; and deteriorating their daily living as family caregivers.

**Conclusion:** There are 4 types of coping strategies: emotion-focused and avoidance coping, problem-focused and active confrontation coping, dysfunctional coping, and dyadic coping and couple coping; and various benefits of coping strategies for family caregivers of palliative cancer patients.

**Keywords:** family caregiver, palliative cancer, coping strategy, systematic review