

## ABSTRAK

### PENERAPAN EDUKASI SISTEM BERBASIS *SELF CARE* OREM TERHADAP PENINGKATAN KUALITAS HIDUP PASIEN KEMOTERAPI KANKER PAYUDARA DI GRAHA AMERTA SURABAYA

Oleh: Kristina

**Pendahuluan:** Kanker payudara dapat menyebabkan banyak masalah baik masalah psikososial maupun masalah fisik dimana hal itu dapat menurunkan kualitas hidup mereka. Oleh karena itu diperlukan suatu intervensi yang dapat meningkatkan kualitas hidup mereka. Tujuan dari penelitian ini adalah menganalisis manfaat intervensi penerapan edukasi sistem berbasis *self care* Orem terhadap peningkatan kualitas hidup pasien kemoterapi kanker payudara di Graha Amerta Surabaya. **Metode:** Desain penelitian ini adalah penelitian pra-eksperimental metode *one-group pre-posttest design*. Populasi penelitian ini adalah 60 pasien kanker payudara dengan menggunakan teknik *consecutive sampling*. Data penelitian dikumpulkan melalui kuesioner EORTC QLQ-C30. Data dianalisis dengan menggunakan uji statistik *Wilcoxon signed rank test*. **Hasil:** Hasil penelitian didapatkan bahwa setelah diberikan intervensi penerapan edukasi sistem berbasis *self care* Orem diperoleh hasil sebagian besar 39 (65.0%) responden memiliki kualitas hidup dalam kategori baik dan 21 (35.0%) responden memiliki kualitas hidup dalam kategori cukup. Hasil analisis uji statistik dengan *wilcoxon* pada kualitas hidup pasien kanker payudara menghasilkan nilai signifikansi  $< \alpha$  (5% atau 0,05) yaitu 0.000. **Kesimpulan:** Terdapat pengaruh yang signifikan penerapan edukasi sistem berbasis *self care* orem terhadap peningkatan kualitas hidup pasien kemoterapi kanker payudara di Graha Amerta Surabaya. Diharapkan kepada perawat dapat menerapkan intervensi *educative system* pada pasien kanker payudara di rumah sakit agar kemandirian pasien dapat meningkat sehingga kualitas hidup pasien dapat optimal.

Kata Kunci: *Educative system*, Kanker payudara, Kualitas Hidup, dan *Self-care*.

BINA SEHAT PPNI

## ABSTRACT

### IMPLEMENTATION OF OREM SELF CARE BASED SYSTEM EDUCATION TO IMPROVE THE QUALITY OF LIFE OF BREAST CANCER CHEMOTHERAPY PATIENTS AT GRAHA AMERTA SURABAYA

By: Kristina

**Introduction:** Breast cancer can cause many problems, both psychosocial and physical problems, which can reduce their quality of life. Therefore, an intervention is needed that can improve their quality of life. The aim of this research is to analyze the benefits of the intervention of implementing an educational system based on self-care orem to improve the quality of life of breast cancer chemotherapy patients at Graha Amerta Surabaya. **Method:** The design of this research is pre-experimental research with a one-group pre-posttest design method. The population of this study was 60 breast cancer patients using consecutive sampling technique. Research data was collected through the EORTC QLQ-C30 questionnaire. Data were analyzed using the Wilcoxon signed rank test statistical test. **Results:** The results of the study showed that after being given the intervention to implement an educational system based on self-care orem, the results showed that the majority of 39 (65.0%) respondents had a quality of life in the good category and 21 (35.0%) respondents had a quality of life in the sufficient category. The results of the Wilcoxon statistical test analysis on the quality of life of breast cancer patients produced a significance value  $< \alpha$  (5% or 0.05), namely 0.000. **Conclusion:** There is a significant effect of implementing an OREM self-care system education on improving the quality of life of breast cancer chemotherapy patients at Graha Amerta Surabaya. It is hoped that nurses can implement educational intervention systems for breast cancer patients in hospitals so that patient independence can increase so that the patient's quality of life can be optimal.

**Keywords:** Educative system, breast cancer, quality of life, and self-care.

BINA SEHAT PPNI