

RINGKASAN

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

Oleh: Kristina

Kanker payudara merupakan kanker yang terjadi pada jaringan payudara ketika sel-sel pada jaringan di payudara tidak terkendali sehingga mengambil alih jaringan payudara yang sehat dan sekitarnya (Loibl et al., 2021). Kanker payudara (85%) muncul di sel-sel lapisan (epitel) dari saluran dan (15%) muncul di lobulus pada jaringan kelenjar payudara (WHO, 2021). Wanita dengan kanker payudara menghadapi banyak masalah psikososial dan fisik. Selain itu, mereka harus menghadapi masalah perawatan, perubahan fisik, perasaan kehilangan dan ketidakpastian, rekonstruksi diri, dan perubahan dalam interaksi dan dukungan sosial, dimana hal itu dapat menurunkan kualitas hidup pasien (Sukartini et al., 2020). Penerapan edukasi sistem berbasis *self care* Orem tentunya sangat diperlukan oleh pasien dalam meningkatkan dukungan pengetahuan pasien terkait dengan kanker payudara sehingga dapat membantu pasien dalam meningkatkan kualitas hidupnya.

Tinjauan pustaka yang digunakan dalam penelitian ini adalah konsep *self-care* Orem, konsep kanker payudara, konsep kualitas hidup, dan *theoretical mapping*. *Theoretical mapping* berisi hasil pencarian keaslian penelitian dengan total 16 artikel sesuai dengan *keyword* dan kriteria PICOS yang telah ditetapkan oleh peneliti. Tinjauan teori yang sudah didapatkan digunakan sebagai penguat dalam penyusunan penelitian penerapan edukasi sistem berbasis *self care* Orem terhadap peningkatan kualitas hidup pasien kemoterapi kanker payudara di Graha Amerta Surabaya.

Kerangka konseptual berisi bagan teori yang digunakan sebagai dasar pemikiran penelitian. Teori *self-care* Orem, digunakan oleh peneliti dalam menyusun kerangka teori. Orem mengembangkan teori *Self-care Deficit* meliputi 4 teori yang berkaitan yaitu: *Self-care*, *Self-care deficit*, *Self-care dependent* dan *nursing system*. Orem memperkenalkan teori *self-care* pertama kali pada tahun 1971. Penerapan edukasi sistem berbasis *self care* Orem adalah suatu manajemen pemberian dukungan disertai dengan pendidikan kesehatan yang diberikan kepada pasien dengan harapan dapat meningkatkan kondisi psikologis serta pengetahuan pasien sehingga pasien dapat melakukan perawatan mandiri (Nursalam, 2020). Pada pasien dengan penyakit kronis *self care* yang baik sangat diperlukan untuk memandirikan pasien dan keluarga melalui dukungan pendidikan kesehatan sesuai dengan penyakitnya sehingga dapat meningkatkan kualitas hidup pasien (Bana et al., 2020).

Desain penelitian ini adalah penelitian pra-eksperimental metode *one-group pre-posttest design* yang menganalisis penerapan edukasi sistem berbasis *self care* Orem terhadap peningkatan kualitas hidup pasien kemoterapi kanker payudara di Graha Amerta Surabaya. Populasi penelitian ini adalah 60 pasien kanker payudara tahun 2023 dengan menggunakan teknik *consecutive sampling*. Data penelitian dikumpulkan melalui kuesioner kualitas hidup dengan menggunakan instrument *European Organization for Research and Treatment of Cancer Quality of Life*

Questionnaire (EORTC QLQ-C30) yang terdiri dari 30 item pertanyaan. Data dianalisis dengan menggunakan uji statistik *Wilcoxon signed rank test* untuk mengetahui manfaat pemberian intervensi penerapan edukasi sistem berbasis *self care* orem dalam meningkatkan kualitas hidup pasien kanker payudara dengan ditetapkan nilai $\alpha = 0,05$ dan diperoleh nilai $p < 0,05$.

Hasil penelitian didapatkan bahwa sebelum diberikan intervensi penerapan edukasi sistem berbasis *self care* orem terdapat 7 (11.7%) responden yang memiliki kualitas hidup dalam kategori buruk, ada 36 (60.0%) responden yang memiliki kualitas hidup dalam kategori cukup, dan sisanya 17 (28.3) responden memiliki kualitas hidup dalam kategori baik. Setelah diberikan intervensi penerapan edukasi sistem berbasis *self care* orem diketahui terdapat 21 (35.0%) responden memiliki kualitas hidup dalam kategori cukup dan sebagian besar 39 (65.0%) responden memiliki kualitas hidup dalam kategori baik. Hasil analisis uji statistik dengan *wilcoxon* pada kualitas hidup pasien kanker payudara menghasilkan nilai signifikansi $< \alpha$ (5% atau 0,05) yaitu 0.000. Oleh karena itu, dapat dinyatakan bahwa terdapat pengaruh yang signifikan pemberian intervensi penerapan edukasi sistem berbasis *self care* orem terhadap peningkatan kualitas hidup pasien kemoterapi kanker payudara di Graha Amerta Surabaya.

Penelitian dari Arbabi et al., (2022) menyebutkan bahwa intervensi pendidikan suportif dapat mengurangi stres yang dirasakan dan keparahan neuropati. Dengan demikian, intervensi suportif ini perlu dimasukkan dalam program pendidikan dan perawatan untuk meningkatkan status psikologis pasien dan mengurangi stres dan neuropati pada pasien dengan kanker payudara. Hasil penelitian dari (Mokhatri-Hesari & Montazeri, 2020) Beberapa intervensi sederhana namun efektif seperti intervensi aktivitas fisik dan dukungan *supportive* pada masalah psikologis terbukti efektif dalam meningkatkan kualitas hidup pada pasien kanker payudara. Dukungan suportif ini berkaitan dengan persuasi verbal dimana individu mendapat pengaruh atau sugesti dan keyakinan bahwa dirinya mampu mengatasi permasalahan yang akan dihadapi. Ditunjang dengan hasil penelitian dari (Zaheer et al., 2020) menyebutkan bahwa intervensi pemberian pendidikan kesehatan serta pemberian dukungan memiliki pengaruh yang signifikan terhadap pengurangan kecemasan dan depresi pada pasien kanker payudara selama terapi radiasi sehingga secara tidak langsung dapat meningkatkan kualitas hidupnya.

Perawat memiliki peran sebagai *educator and caregiver* sehingga perawat memiliki peran dalam membantu meningkatkan kualitas hidup pasien dengan kanker payudara yang menjalani kemoterapi melalui pemberian intervensi intervensi penerapan edukasi sistem berbasis *self care* Orem dengan cara memberikan pendidikan kesehatan serta memberikan dukungan secara komprehensif kepada pasien dan keluarga. Selain itu hendaknya rumah sakit memberikan sarana dan prasarana penunjang pemberian pendidikan kesehatan kepada pasien agar perawat lebih optimal dalam melakukan intervensi asuhan keperawatan.

SUMMARY

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

Breast cancer is cancer that occurs in breast tissue when the cells in the tissue in the breast are uncontrolled and take over healthy breast tissue and its surroundings (Loibl et al., 2021). Breast cancer (85%) appears in the lining cells (epithelium) of the ducts and (15%) appears in the lobules of the glandular tissue of the breast (WHO, 2021). Women with breast cancer face many psychosocial and physical problems. In addition, they have to face care problems, physical changes, feelings of loss and uncertainty, self-reconstruction, and changes in social interactions and support, which can reduce the patient's quality of life (Sukartini et al., 2020). The application of a self-care Orem-based education system is certainly very necessary for patients in increasing the support of patient knowledge related to breast cancer so that it can help patients improve their quality of life.

The literature review used in this research is the concept of self-care orem, the concept of breast cancer, the concept of quality of life, and theoretical mapping. Theoretical mapping contains the results of research authenticity searches with a total of 16 articles in accordance with the keywords and PICOS criteria set by the researcher. The theoretical insights that have been obtained are used as reinforcement in preparing research on the implementation of a self-care orem-based educational system to improve the quality of life of breast cancer chemotherapy patients at Graha Amerta Surabaya.

The conceptual framework contains a theory chart that is used as a basis for research thinking. Orem's self-care theory is used by researchers in developing a theoretical framework. Orem developed the Self-care Deficit theory including 4 related theories, namely: Self-care, Self-care deficit, Self-care dependent and nursing system. Orem introduced the theory of self-care for the first time in 1971. The application of the Orem self-care based education system is a management that provides support accompanied by health education given to patients in the hope of improving the patient's psychological condition and knowledge so that the patient can carry out independent care (Nursalam, 2020). In patients with chronic diseases, good self-care is very necessary to make the patient and family independent through health education support according to the disease so that it can improve the patient's quality of life (Bana et al., 2020).

The design of this research is a pre-experimental research using a one-group pre-posttest design method which analyzes the application of a self-care Orem-based education system to improve the quality of life of breast cancer chemotherapy patients at Graha Amerta Surabaya. The population of this study was 60 breast cancer patients in 2023 using consecutive sampling techniques. Research data was collected through a quality of life questionnaire using the European Organization for Research and Treatment of Cancer Quality of Life Questionnaire (EORTC QLQ-C30) instrument which consists of 30 question items. The data were analyzed

using the Wilcoxon signed rank test statistical test to determine the benefits of providing intervention in implementing an educational system based on self-care orem in improving the quality of life of breast cancer patients with a value of $\alpha = 0.05$ and a value of $p < 0.05$.

The results of the research showed that before the intervention was given to implement an educational system based on self-care orem, there were 7 (11.7%) respondents whose quality of life was in the poor category, there were 36 (60.0%) respondents whose quality of life was in the sufficient category, and the remaining 17 (28.3%) respondents have a quality of life in the good category. After being given the intervention to implement an educational system based on self-care orem, it was found that 21 (35.0%) respondents had a quality of life in the fair category and the majority of 39 (65.0%) respondents had a quality of life in the good 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. Therefore, it can be stated that there is a significant effect of providing interventions implementing an education system based on self-care Orem on improving the quality of life of breast cancer chemotherapy patients at Graha Amerta Surabaya.

Research from Arbabi et al., (2022) states that supportive educational interventions can reduce perceived stress and the severity of neuropathy. Thus, these supportive interventions need to be included in education and treatment programs to improve patient psychological status and reduce stress and neuropathy in patients with breast cancer. Research results from (Mokhatri-Hesari & Montazeri, 2020) Several simple but effective interventions such as physical activity interventions and supportive support for psychological problems have proven effective in improving the quality of life in breast cancer patients. This supportive support is related to verbal persuasion where individuals receive influence or suggestions and the belief that they are able to overcome the problems they will face. Supported by research results from (Zaheer et al., 2020) it is stated that the intervention of providing health education and providing support has a significant influence on reducing anxiety and depression in breast cancer patients during radiation therapy so that it can indirectly improve their quality of life.

Nurses have a role as educators and caregivers so that nurses have a role in helping to improve the quality of life of patients with breast cancer who are undergoing chemotherapy by providing interventions implementing educational systems based on self-care orem by providing health education and providing comprehensive support to patients and families. Apart from that, hospitals should provide facilities and infrastructure to support the provision of health education to patients so that nurses can be more optimal in carrying out nursing care interventions.