

## ABSTRAK

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Progra Studi : Profesi Ners  
Judul : Analisis asuhan keperawatan pada klien post op Ca Mammae dengan masalah gangguan citra tubuh melalui Promosi Citra Tubuh di RSUD Bangil Pasuruan  
Pembimbing : Dr. Hj. Lilik Ma'rifatul Azizah, S.Kep. Ns., M.Kes

*Ca Mammae* secara global menjadi penyebab kematian tertinggi pada wanita. *Modifies Radikal Mastectomy* atau MRM merupakan tindakan operasi dalam penanganan *Ca Mammae*. *Mastectomy* dapat dilakukan pada satu payudara maupun keduanya, namun tindakan *mastectomy* tidaklah bebas risiko, selain risiko fisik klien post operasi *Ca Mammae* juga menanggung beban psikologis akibat gangguan citra tubuh. Tujuan asuhan ini adalah untuk menganalisis asuhan keperawatan klien dengan penerapan Promosi citra tubuh untuk mengatasi gangguan citra tubuh pada Klien post op *Ca Mammae* di RSUD Bangil Pasuruan. Hasil pengkajian menunjukkan bahwa ketiga klien mengalami mastektomi, merasa bahwa dirinya jelek, tidak mau menyentuh payudaranya yang dioperasi, hubungan sosial berubah. Diagnosa keperawatan yaitu gangguan citra tubuh (SDKI, D.0083) berhubungan dengan perubahan struktur tubuh akibat mastektomi mammae. Intervensi yang diberikan adalah Promosi citra tubuh. Pelaksanaan **Promosi Citra Tubuh** dibagi menjadi 4 pertemuan. Tujuan klien dapat membina hubungan saling percaya dapat tercapai karena klien menjawab peneliti, ada kontak mata, klien dapat mengungkapkan perasanaannya, ekspresi wajah bersahabat, menunjukkan rasa senang, dan kontak mata, mau berjabat tangan, mau menyebutkan nama, mau menjawab salam, klien mau duduk berdampingan, klien mau mengutarakan masalah yang dihadapi, klien mampu mengenali gangguan citra tubuhnya, klien dapat menerima potensi bagian tubuh yang lain, klien dapat meningkatkan fungsi bagian tubuh yang terganggu, klien dapat mengoptimalkan anggota tubuh lain yang tidak terganggu, dan klien mampu menerima dirinya.

**Kata Kunci:** gangguan citra tubuh, *Ca Mammae*, Promosi citra tubuh



## ABSTRACT

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Study Program : Nursing Profession  
Title : Analysis of nursing care for post-op Ca Mammae clients with body image disturbance problems through Promosi citra tubuh at Bangil Pasuruan Regional Hospital  
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Breast cancer was globally the leading cause of death in women. Modified Radical Mastectomy or MRM was a surgical procedure in the treatment of breast cancer. Mastectomy could be performed on one or both breasts, but mastectomy was not risk-free, in addition to the physical risk, post-operative breast cancer clients also bear the psychological burden due to body image disturbances. The purpose of this care was to analyze client nursing care with the application of Promosi citra tubuh to overcome body image disturbances in post-op breast cancer clients at Bangil Pasuruan Regional Hospital. The results of the assessment showed that the three clients underwent mastectomy, felt that they were ugly, did not want to touch their operated breasts, and social relationships changed. The nursing diagnosis was body image disturbance (SDKI, D.0083) related to changes in body structure due to breast mastectomy. The intervention given was Promosi citra tubuh. The implementation of **Promosi Citra Tubuh** was divided into 4 sessions. The client's goal of being able to build a trusting relationship could be achieved because the client answers the researcher, there was eye contact, the client could express his feelings, friendly facial expressions, shows pleasure, and eye contact, wanted to shake hands, wanted to say his name, wanted to answer greetings, the client wanted to sit side by side, the client wanted to express the problems faced, the client was able to recognize body image disorders, the client could accept the potential of other body parts, the client could improve the function of the disturbed body parts, the client could optimize other body parts that are not disturbed, and the client was able to accept himself.

**Keywords:** body image disorders, Ca Mammae, Promosi citra tubuh