

ABSTRAK

HUBUNGAN *FATIGUE* DENGAN KUALITAS HIDUP PADA PASIEN kanker SERVIKS YANG MENJALANI RADIOTERAPI DI RUANG RADIOTERAPI RSPAL DR. RAMELAN SURABAYA

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Fatigue merupakan salah satu keluhan yang paling sering dialami pasien kanker serviks selama menjalani radioterapi dan dapat menurunkan kualitas hidup. Paparan radiasi yang berlangsung berulang menyebabkan perubahan kondisi fisik, psikologis, dan fungsi sehari-hari sehingga berdampak pada penurunan kualitas hidup pasien. Penelitian ini bertujuan untuk mengetahui hubungan *fatigue* dengan kualitas hidup pada pasien kanker serviks yang menjalani radioterapi. Desain penelitian menggunakan analitik korelasi dengan pendekatan cross sectional. Populasi penelitian adalah seluruh pasien kanker serviks yang menjalani radioterapi di Ruang Radioterapi RSPAL dr. Ramelan Surabaya pada bulan Juni-Juli 2026 sebanyak 32 orang. Teknik sampling menggunakan *consecutive sampling*, sehingga diperoleh sampel sebanyak 30 responden yang memenuhi kriteria inklusi dan eksklusi. Pengumpulan data menggunakan kuesioner *Cancer Fatigue Scale* (CFS) dan *European Organization for Research and Treatment of Cancer Quality of Life Questionnaire-Core 30* (EORTC QLQ-C30). Analisis data menggunakan Uji Spearman Rho. Hasil penelitian menunjukkan bahwa sebagian besar responden mengalami *fatigue* sedang yaitu sebanyak 20 responden (66,7%) dan sebagian besar responden memiliki kualitas hidup sedang yaitu sebanyak 20 responden (66,7%). Hasil uji Spearman Rho diperoleh $p\text{value} = 0,002$ ($<0,05$), sehingga terdapat hubungan antara *fatigue* dengan kualitas hidup pada pasien kanker serviks yang menjalani radioterapi. Nilai koefisien korelasi sebesar 0,540 menunjukkan kekuatan hubungan kategori sedang dengan arah hubungan positif, yang berarti semakin berat *fatigue* yang dialami pasien maka semakin buruk kualitas hidupnya. *Fatigue* dapat menurunkan kualitas hidup karena menyebabkan keterbatasan aktivitas fisik, gangguan emosional, penurunan fungsi sosial, dan berkurangnya kemampuan menjalankan aktivitas sehari-hari.

Kata kunci: *fatigue*, kualitas hidup, kanker serviks, radioterapi

ABSTRACT

THE CORRELATION BETWEEN FATIGUE AND QUALITY OF LIFE IN CERVICAL CANCER PATIENTS UNDERGOING RADIOTHERAPY AT THE RADIOTHERAPY UNIT OF DR. RAMELAN NAVAL HOSPITAL, SURABAYA

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Fatigue is one of the most common symptoms experienced by cervical cancer patients undergoing radiotherapy and can reduce their quality of life. Repeated radiation exposure causes changes in physical condition, psychological well-being, and daily functioning, thereby affecting patients' quality of life. This study aimed to determine the correlation between fatigue and quality of life among cervical cancer patients undergoing radiotherapy. This study employed an analytical correlational design with a cross-sectional approach. The population consisted of all cervical cancer patients undergoing radiotherapy at the Radiotherapy Unit of Dr. Ramelan Naval Hospital, Surabaya, from June to July 2026, totaling 32 patients. The sampling technique used was consecutive sampling, resulting in a sample of 30 respondents who met the inclusion and exclusion criteria. Data were collected using the Cancer Fatigue Scale (CFS) and the European Organization for Research and Treatment of Cancer Quality of Life Questionnaire-Core 30 (EORTC QLQ-C30). Data were analyzed using the Spearman's Rank Correlation Test. The results showed that the majority of respondents experienced moderate fatigue (20 respondents; 66.7%), and the majority also had a moderate quality of life (20 respondents; 66.7%). The Spearman's Rank Correlation Test yielded a p -value of 0.002 (<0.05), indicating a significant correlation between fatigue and quality of life among cervical cancer patients undergoing radiotherapy. The correlation coefficient of 0.540 indicated a moderate positive correlation, meaning that higher levels of fatigue were associated with poorer quality of life. Fatigue can reduce quality of life by causing limitations in physical activities, emotional distress, impaired social functioning, and decreased ability to perform activities of daily living.

Keywords: fatigue, quality of life, cervical cancer, radiotherapy