

Pengaruh Dukungan Sosial Terhadap Kualitas Hidup Pasien Kanker Payudara Di Rumah Sakit Kanker Dharmais

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Abstrak

Kanker payudara merupakan kanker yang paling banyak diderita oleh wanita di dunia, khususnya di Indonesia. Pengobatan yang lama dan berat memiliki dampak psikologis yang berpengaruh terhadap kualitas hidup pasien. Dukungan sosial penting untuk kualitas hidup pasien kanker payudara. Penelitian ini bertujuan untuk menganalisis pengaruh dukungan sosial terhadap kualitas hidup pasien kanker payudara di Rumah Sakit Kanker Dharmais. Penelitian ini menggunakan pendekatan kuantitatif dengan desain studi longitudinal dan kualitatif dengan case study. Sampel penelitian ini adalah pasien kanker payudara yang berobat dan tercatat pada di RS Kanker Dharmais periode bulan Agustus-Desember 2023 yang memenuhi syarat kriteria inklusi dan eksklusi penelitian sebanyak 190 pasien. Pengukuran kualitas hidup dengan kuesioner EORTC QLQ 30 dan BR-23 Pengukuran dukungan sosial dengan kuesioner Multidimensional Scale of Perceived Social Support (MSPSS). Pengumpulan data kualitatif dengan kelompok focus group discussion (FGD) dan wawancara mendalam. Analisis data menggunakan analisis regresi logistik untuk pengukuran data berulang pada data kategorik dengan General Estimation of Equation (GEE). Dukungan sosial mempengaruhi kualitas hidup pasien kanker payudara sebesar 3,9 kali (OR=3,9; 95% CI: 3,3-4,6) setelah dikontrol faktor umur dan stadium kanker payudara. Sumber dukungan yang paling berpengaruh yaitu dukungan keluarga (OR=5,2 CI 95% 2,8-7,6) dan tenaga kesehatan (OR=2,0 CI 95% 1,3-3,1). Bentuk dukungan sosial yang paling berpengaruh yaitu dukungan emosional (OR=5,3 CI 95% 3,0-9,0), nyata (OR=3,6 CI 95% 2,5-5,2), dan informasi (OR=2,4 CI 95% 1,4-4,3). Pengaruh dukungan sosial terhadap kualitas hidup berdasarkan waktu terdapat penurunan seiring berjalannya waktu. Diharapkan untuk peningkatan dukungan sosial dari keluarga, tenaga Kesehatan dalam bentuk dukungan emosional, nyata dan informasi. Rumah Sakit Kanker Dharmais juga diharapkan untuk mengoptimalkan program paliatif dan NPAK sebagai bentuk dukungan sosial terhadap pasien kanker payudara. Kata Kunci : Kualitas Hidup, Dukungan Sosial, Pasien Kanker Payudara

Breast cancer is the most common type of cancer affecting women worldwide, particularly in Indonesia. The lengthy and intensive treatment process often has psychological impacts that affect patients' quality of life. Social support plays a crucial role in improving the quality of life of breast cancer patients. This study aims to analyze the effect of social support on the quality of life of breast cancer patients at Dharmais Cancer Hospital. A mixed-methods design was used, combining a quantitative longitudinal approach with a qualitative case study. The sample consisted of 190 breast cancer patients who were treated and registered at Dharmais Cancer Hospital between August and December 2023, and who met the study's inclusion and exclusion criteria. Quality of life was measured using the EORTC QLQ-C30 and BR-23 questionnaires, while social support was assessed using the Multidimensional Scale of Perceived Social Support (MSPSS). Qualitative data were collected through focus group discussions (FGDs) and in-depth interviews. Data were analyzed using logistic regression for repeated measurements, employing the Generalized Estimating Equation (GEE) method for categorical data. The results showed that

social support significantly influenced the quality of life of breast cancer patients, increasing the odds by 3.9 times (OR = 3.9; 95% CI: 3.3–4.6) after controlling for age and cancer stage. The most influential sources of support were family (OR = 5.2; 95% CI: 2.8–7.6) and healthcare workers (OR = 2.0; 95% CI: 1.3–3.1). The most impactful forms of support were emotional (OR = 5.3; 95% CI: 3.0–9.0), tangible (OR = 3.6; 95% CI: 2.5–5.2), and informational support (OR = 2.4; 95% CI: 1.4–4.3). However, the effect of social support on quality of life was found to decrease over time. It is therefore recommended to enhance social supports particularly from family and healthcare professionals through emotional, tangible, and informational forms. Dharmais Cancer Hospital is also expected to optimize its palliative care and NPAK programs as a structured form of social support for breast cancer patients. Keywords: Quality of Life, Social Support, Breast Cancer Patients