

ABSTRAK

**GAMBARAN MANAJEMEN DIRI PADA PENDERITA
KANKER PAYUDARA DI RSUD PROF. DR.
MARGONO SOEKARJO PURWOKERTO**
Febriani Nur R, Iwan Purnawan, Agis Taufik

Latar Belakang : Kanker payudara yaitu penyakit yang belum dapat disembuhkan, tetapi dapat dikendalikan. Berdasarkan Teori perawatan diri (*self care*) Orem berfokus pada kemampuan melakukan perawatan diri dalam mempertahankan kehidupan dan kesehatan agar tetap stabil. Penelitian ini bertujuan untuk mengidentifikasi manajemen diri pada penderita kanker payudara di RSUD Prof. Dr. Margono Soekarjo Purwokerto.

Metode : Penelitian ini merupakan penelitian kuantitatif dengan desain *cross-sectional study*. Jumlah sampel sebanyak 91 responden dengan teknik *consecutive sampling*. Manajemen diri diukur menggunakan kuesioner hasil modifikasi dari NOC berjumlah 17 pernyataan, sedangkan analisa data menggunakan univariat.

Hasil : Mayoritas responden berusia dewasa akhir, mayoritas berpendidikan SD, mayoritas bekerja sebagai ibu rumah tangga, mayoritas lama menderita kanker payudara 1-5 tahun.

Kesimpulan : Manajemen diri penderita kanker payudara pada tingkatan baik.

Saran : Bagi responden diharapkan merubah perilaku kesehatan yang lebih baik lagi supaya meminimalkan terjadinya komplikasi.

Kata kunci : Kanker Payudara, Manajemen diri

¹ Mahasiswa Jurusan Keperawatan FIKes Universitas Jenderal Soedirman

² Dosen Jurusan Keperawatan FIKes Universitas Jenderal Soedirman

³ Dosen Jurusan Keperawatan FIKes Universitas Jenderal Soedirman

Abstract

DESCRIPTION OF SELF-MANAGEMENT IN PATIENTS BREAST CANCER AT PROF. Dr. MARGONO SOEKARJO PURWOKERTO

Febriani Nur R, Iwan Purnawan, Agis Taufik

Background: Breast cancer is a disease that cannot be cured, but can be controlled. Based on Orem's self-care theory, it focuses on the ability to perform self-care in maintaining life and health in order to remain stable. This study aims to identify self-management in breast cancer patients at Prof. Hospital. Dr. Margono Soekarjo Purwokerto.

Methods: This research is a quantitative study with a cross-sectional study design. The number of samples is 91 respondents with consecutive sampling technique. Self-management was measured using a modified questionnaire from the NOC totaling 17 statements, while data analysis used univariate.

Results: The majority of respondents were aged late adulthood, the majority had primary school education, the majority worked as housewives, the majority had breast cancer for 1-5 years.

Conclusion: Self-management of breast cancer patients is at a good level.

Suggestion: Respondents are expected to change health behavior even better so as to minimize the occurrence of complications.

Keywords: Breast Cancer, Self-management

¹Student of the Department of Nursing FIKes, Jenderal Soedirman University

²Lecturers in the Department of Nursing FIKes, Jenderal Soedirman University

³Lecturers in the Department of Nursing FIKes, Jenderal Soedirman University