

Abstrak

GAMBARAN KECEMASAN PASIEN KANKER STADIUM III DAN IV DI RSUD Prof. Dr. MARGONO SOEKARJO PURWOKERTO

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Latar belakang: Indonesia mempunyai jumlah kematian dan prevalensi kanker yang cukup tinggi. Pasien kanker stadium III dan IV memiliki angka harapan kesembuhan yang semakin kecil. Hal tersebut menimbulkan kecemasan pada pasien kanker yang selanjutnya dapat menyebabkan dampak buruk, seperti meningkatkan insomnia, menurunkan rasa percaya diri terhadap kemampuan fisiknya, menurunkan partisipasi dalam pengobatan, dan menurunkan kualitas hidup pasien.

Tujuan: Mengetahui gambaran kecemasan pasien kanker stadium III dan IV di RSUD Prof. Dr. Margono Soekarjo Purwokerto.

Metodologi: Penelitian ini menggunakan metode deskriptif kuantitatif dengan desain *cross sectional*. Sampel berjumlah 62 pasien yang memenuhi kriteria inklusi dan eksklusi. Kecemasan diukur menggunakan HRS-A (*Hamilton Rating Scale for Anxiety*). Data dianalisis menggunakan uji univariat.

Hasil: Sebagian besar pasien mengalami kecemasan ringan (43,5%) atau sedang (37,1%). Kecemasan cenderung dialami oleh kelompok usia dewasa madya, perempuan, berstatus belum menikah dan janda/duda, terdiagnosa kanker selama 1–4 tahun, mengalami kanker serviks dan payudara serta berada pada stadium IV.

Kesimpulan: Pasien kanker stadium III dan IV cenderung mengalami kecemasan ringan dan sedang.

Kata Kunci: Kecemasan, kanker, stadium III, stadium IV

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Abstract

THE DESCRIPTION OF ANXIETY IN STAGE III AND IV CANCER PATIENTS IN THE GENERAL HOSPITAL OF Prof. Dr. MARGONO SOEKARJO PURWOKERTO

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Background: Indonesia has a high number of deaths and the prevalence of cancer. Patients with stage III and IV cancer have a smaller chance of recovery. It causes anxiety in the patients, which can further cause adverse effects, such as increasing insomnia, decreasing self-confidence in their physical abilities, reducing participation in treatment, and reducing the quality of life of patients.

Objective: To describe the patients' anxiety of stage III and IV cancer in Prof. Dr. Margono Soekarjo Hospital, Purwokerto.

Methodology: This research used a quantitative descriptive method with a cross-sectional design. The sample consisted of 62 patients who met the inclusion and exclusion criteria. Anxiety was measured using the HRS-A (Hamilton Rating Scale for Anxiety). Data were analyzed using univariate tests.

Results: Most patients experienced mild anxiety (43.5%) or moderate (37.1%). Anxiety tends to be experienced by those who are middle aged adults, women, unmarried and widowed, diagnosed with cancer for 1-4 years, suffering from cervical cancer and breast cancer and were in stage IV.

Conclusion: Stage III and IV cancer patients tended to experience mild and moderate anxiety.

Keywords: Anxiety, cancer, stage III, stage IV

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