ABSTRACT

THE RELATIONSHIP BETWEEN FAMILY SUPPORT AND SELF-CARE IN BREAST CANCER PATIENTS AT PROF. DR. MARGONO SOEKARJO

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Background: Breast cancer is leading causes of cancer deaths globally. Long-term treatment poses physical and psychological challenges to patients self-care. Family support is important factor to maintain self-care. This study aims to determine the relationship between family support and self-care in breast cancer patients at Prof. Dr. Margono Soekarjo.

Method: This study used cross-sectional design with correlation analysis. The sample in this study consisted of 124 breast cancer patients selected through accidental sampling. The research instruments included a family support questionnaire and a self-care questionnaire. The data were analyzed using Spearman's rank correlation test.

Results: Most respondents were middle-aged adults (41–60 years old), with a final education level of elementary school/equivalent. All respondents were married, majority were unemployed, majority had no family history of cancer, and had a healthy lifestyle. A half of respondents had cancer for < 1 year with chemotherapy and surgery, a half of respondents cycle being 3–4 times, and showing severe side effects such as nausea, hair loss, weakness, and pain. Most respondents had good family support (94.4%) and good self-care abilities (89.5%). The analysis results showed a significant relationship between family support and self-care in breast cancer patients. (p = 0.001 and r = 0.715)

Conclusion: There is a significant relationship between family support and self-care in breast cancer patients at Prof. Dr. Margono Soekarjo. The better the family support provided, the better the patient's self-care ability.

Keywords: breast cancer patients, family support, self-care