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**IMPLEMENTASI EDUKASI PADA PASIEN DENGAN MASALAH
KEPERAWATAN GANGGUAN CITRA TUBUH POST OPERASI
MASTEKTOMI DI RS BHAYANGKARA POLDA LAMPUNG
(xvi+ 61 halaman, 22 tabel dan 3 gambar)**

ABSTRAK

Fenomena yang sering terjadi saat ini Berdasarkan hasil studi pendahuluan didapatkan masalah keperawatan post operasi yang paling banyak dialami pasien post operasi *mastektomi* di ruang rawat yaitu gangguan citra tubuh. Untuk menurunkan citra tubuh negatif tersebut peneliti memberikan edukasi dan motivasi. Peneliti memilih edukasi sebagai intervensi nonfarmakologi dimana bermanfaat untuk menurunkan gangguan citra tubuh kearah negatif karena dengan diberikan edukasi tentang citra tubuh dapat menurunkan perilaku yang dapat membuat pasien mengalami gangguan isolasi sosial dan harga diri rendah pada kemudian hari. Penelitian ini bertujuan untuk Menggambarkan implemantasi pemberian edukasi citra tubuh pada Pasien Post Operasi *Mastektomi* dengan masalah gangguan citra tubuh di RS Bhayangkara Polda Lampung. Jenis penelitian yang digunakan dalam penelitian ini adalah penelitian kualitatif dengan pendekatan deskriptif. Subyek asuhan keperawatan ini berfokus pada satu pasien post operasi dengan diagnosa medis Tumor Payudara Sinistra Suspek *Carcinoma Mammæ* yang dilakukan tindakan *Mastektomi*.

Berdasarkan hasil yang didapatkan 3 hari perawatan pasien sudah mulai menerima keadaan dirinya dengan mau melihat, memegang, melatih kemampuan-kemampuan yang dimiliki, dan mau berinteraksi dengan keluarga maupun orang lain agar tidak mengalami citra tubuh negatif kembali dan mengontrol pasien agar tidak mengalami isolasi sosial dan harga diri rendah. Kesimpulan Selama dilakukan asuhan keperawatan, pasien menunjukkan bahwa penerapan terapi promosi citra tubuh pada pasien gangguan citra tubuh dapat mengontrol citra tubuh kearah negative yang dapat membuat pasien mengalami isolasi sosial atau harga diri rendah. Saran diharapkan pihak RS Bhayangkara Polda Lampung untuk selalu dapat memberikan pelayanan kesehatan yang bermutu dalam pemberian asuhan keperawatan pada pasien serta menyediakan fasilitas sarana dan prasarana dalam pelayanan asuhan terutama pada pasien yang mengalami gangguan citra tubuh dengan memberikan tindakan kolaborasi antara perawat dan psikolog dalam menangani masalah gangguan citra tubuh.

Kata Kunci : Edukasi, Gangguan Citra Tubuh, *Mastektomi*
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TANJUNGKARANG HEALTH POLYTECHNIC
NURSING STUDY PROGRAM
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**IMPLEMENTATION EDUCATION IN PATIENTS WITH NURSING
PROBLEMS OF BODY IMAGE DISORDERS POST MASTECTOMY
OPERATION AT BHAYANGKARA HOSPITAL POLDA LAMPUNG
(xvi+ 61 page, 22 table and 3 picture)**

ABSTRACT

Phenomena that often occur today. Based on the results of the preliminary study, it was found that the most common postoperative nursing problem experienced by postoperative mastectomy patients in the ward is body image disturbance. To reduce negative body image, researchers provide education and motivation. Researchers chose education as a non-pharmacological intervention which is useful for reducing body image disturbances in a negative direction because being given education about body image can reduce behaviors that can make patients experience social isolation disorders and low self-esteem later in life. This study aims to describe the implementation of image education body in postoperative mastectomy patients with body image disturbance problems at Bhayangkara Polda Lampung Hospital. The type of research used in this research is qualitative research with a descriptive approach. The subject of this nursing care focuses on one postoperative patient with a medical diagnosis of Left Breast Tumor Suspected Carcinoma Mammæ who underwent a Mastectomy.

Based on the results obtained after 3 days of treatment, the patient has started to accept his condition by wanting to see, hold, practice his abilities, and want to interact with his family and other people so that he does not experience negative body image again and controls the patient so that he does not experience social isolation and low self esteem. Conclusion During nursing care, patients show that the application of body image promotion therapy in patients with body image disorders can control body image in a negative direction which can make patients experience social isolation or low self-esteem. Suggestions are expected that the Bhayangkara Polda Lampung Hospital will always be able to provide quality health services in providing nursing care to patients and providing facilities and infrastructure in care services, especially for patients who experience body image disturbances by providing collaborative actions between nurses and psychologists in dealing with disorder problems body image

Keywords : Education, Disturbed Body Image, Mastectomy
Reference List: 2016-2022