

**POLITEKNIK KESEHATAN TANJUNGPUR**

**JURUSAN KEPERAWATAN**

**PROGRAM STUDI PROFESI NERS**

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**ANALISIS CITRA TUBUH PASIEN *POST MASTEKTOMI* DENGAN INTERVENSI EDUKASI CITRA TUBUH DI RSUD Dr. H ABDUL MOELOEK PROVINSI LAMPUNG TAHUN 2024**

(xv+119 halaman, 7 tabel, 1 gambar)

**ABSTRAK**

Indonesia angka kejadian penyakit kanker sebanyak 136.2/100.000 penduduk. Angka kejadian tertinggi yaitu sebesar 42,1 per 100.000 dengan rata-rata kematian 13,9 per 100.000 penduduk pada tahun 2019. Berdasarkan hasil pemeriksaan deteksi dini payudara di Provinsi Lampung, dimana tahun 2021 telah ditemukan 91 curiga kanker dan 553 tumor/benjolan, Berdasarkan data yang di dapat dari RSUD Dr H Abdul Moeloek Provinsi Lampung dimana pada tahun 2020 tercatat sebanyak sekitar 1.817 Pasien yang menderita kanker, jumlah kasus kanker paling banyak adalah kanker payudara sebanyak 928 (51,1%). Asuhan keperawatan ini bertujuan untuk menganalisis citra tubuh pasien *post operasi mastektomi* yang diberikan intervensi edukasi promosi citra tubuh di RSUD Dr. H Abdul Moeloek Provinsi Lampung Tahun 2024. Metode karya ilmiah akhir ners ini menggunakan studi kasus dengan pendekatan proses keperawatan dari tahap pengkajian hingga evaluasi. Subjek karya ilmiah akhir ini berfokus pada 1 orang pasien *post operasi mastektomi* dengan masalah gangguan citra tubuh. Teknik pengumpulan data menggunakan wawancara, pemeriksaan fisik dilakukan dengan cara *heat to toe*, observasi penilaian gangguan citra tubuh menggunakan skoring penilaian *Multidimensional Body Self Relations Questionnaires (MBSRQ)* dan studi dokumentasi atau rekam medik. Hasil dari asuhan keperawatan Ny. A bahwa ada faktor yang mempengaruhi penurunan citra tubuh *negative* yaitu ketidakpuasan terhadap penampilan, kehilangan feminitas dan integritas tubuh, pasien merasa rendah diri, malu, dengan skoring penilaian MBSRQ hari pertama 118. Setelah dilakukan intervensi edukasi promosi citra tubuh 4 kali selama 4 hari dan didapatkan skor 97 dari hasil penilaian citra tubuh dengan skoring penilaian MBSRQ hari keempat yaitu pasien mengalami penurunan citra tubuh negatif. Sehingga asuhan keperawatan ini diharapkan dapat memberikan wawasan tentang seberapa efektif edukasi promosi citra tubuh dalam asuhan keperawatan untuk meningkatkan citra tubuh pasien.

Kata Kunci : Gangguan Citra Tubuh, Edukasi Citra Tubuh, *Mastektomi*

Daftar Referensi : 2009-2023

**TANJUNGPURONG HEALTH POLYTECHNIC**  
**NURSING STUDY PROGRAM**  
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**ANALYSIS OF BODY IMAGE OF POST MASTECTOMY PATIENTS  
WITH BODY IMAGE EDUCATION INTERVENTION AT Dr. Hospital. H  
ABDUL MOELOEK LAMPUNG PROVINCE IN 2024**  
(xv+119 page, 7 table, 1 pictures)

**ABSTRACT**

Indonesia's cancer incidence rate is 136.2/100,000 population. The highest incidence rate was 42.1 per 100,000 with an average death rate of 13.9 per 100,000 population in 2019. Based on the results of early breast detection examinations in Lampung Province, in 2021 91 suspected cancers and 553 tumors/lumps were found, according to data obtained from Dr H Abdul Moeloek Hospital, Lampung Province, where in 2020 there were around 1,817 patients suffering from cancer, the highest number of cancer cases was breast cancer at 928 (51.1%), the results of a preliminary study found that the most common nursing problems What many post-mastectomy patients experience is body image disturbance. This nursing care aims to analyze the body image of post-mastectomy patients who are given body image promotion educational interventions at RSUD Dr. H Abdul Moeloek, Lampung Province, 2024. This nurse's final scientific work method uses a case study with a nursing process approach from the assessment to evaluation stages. The subject of this final scientific work focuses on 1 post-mastectomy patient with body image problems. Data collection techniques used interviews, physical examinations carried out using heat to toe, observation, assessment of body image disorders using Multidimensional Body Self Relations Questionnaires (MBSRQ) scoring and documentation or medical record studies. The results of Mrs. A, that there are factors that influence a decrease in negative body image, namely dissatisfaction with appearance, loss of femininity and body integrity, the patient feels inferior, embarrassed, with the MBSRQ assessment score on the first day of 118. After carrying out the educational intervention to promote body image 4 times for 4 days and it was obtained a score of 97 from the results of the body image assessment using the MBSRQ assessment on the fourth day, namely the patient experienced a decline in negative body image. So it is hoped that this nursing care can provide insight into how effective body image promotion education is in nursing care to improve the patient's body image.

Keywords : Disturbed Body Image, body image education, *Mastectomi*  
Reference List : 2009-2023