

ABSTRAK

POLITEKNIK KESEHATAN TANJUNGPINANG
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**HUBUNGAN DUKUNGAN KELUARGA DAN SELF CONCEPT
TERHADAP KUALITAS HIDUP PADA PASIEN POST MASTECTOMI
DI RSUD JENDERAL AHMAD YANI KOTA METRO TAHUN 2025**
(XV + 58 halaman + 2 gambar + 8 tabel + 9 lampiran)

ABSTRAK

Pada tahun 2020 terdapat 2,3 juta perempuan di seluruh dunia yang didiagnosis menderita kanker payudara, jumlah total kematian di seluruh dunia adalah 685.000. Kanker payudara adalah kanker yang paling umum di kalangan wanita di 173 dari 183 negara 95%. Pada tahun 2024 selama bulan Desember – April terdapat 100 pasien post mastektomi dan post kemoterapi. Penelitian ini bertujuan untuk mengetahui hubungan dukungan keluarga dan self concept terhadap kualitas hidup pada pasien post mastektomi di RSUD Jenderal Ahmad Yani Kota Metro. Desain *deskriptif* menggunakan pendekatan *cross-sectional*. Populasi pada penelitian ini Pasien Post Mastektomi di RSUD Jenderal Ahmad Yani Kota Metro sebanyak 100, Dihitung menggunakan rumus *lameshow* didapatkan sampel terdiri dari 50 responden yang dipilih secara *purposive sampling*. Pengumpulan data dilakukan pada 31 Mei- 13 Juni 2025. Instrumen penelitian berupa kuesioner kualitas hidup, kuesioner dukungan keluarga, dan kuesioner self concept. Hasil penelitian ini bahwa sebagian besar responden perempuan berusia 36-45 tahun sebanyak 18 (36,0%). Dengan keluarga yang baik, sebanyak 40 responden (80,0%), memiliki self concept baik sebanyak 35 responden (70,0%), dan memiliki kualitas hidup yang baik sebanyak 35 responden (70,0%). Kesimpulannya, bahwa dukungan keluarga dan self concept yang baik berhubungan positif dengan kualitas hidup pasien post mastektomi. Saran penelitian ini perlu ditingkatkan peran keluarga dan tenaga kesehatan dalam memberikan semangat, membuat pasien merasa dihargai dan membangun self concept yang positif bagi pasien.

Kata Kunci: Dukungan keluarga, kanker payudara, kualitas hidup
Pustaka: (2019 – 2024)

ABSTRACT

**TANJUNGKARANG POLYTECHNIC OF HEALTH
DEPARTEMENT OF NURSING
APPLIED NURSING STUDY PROGRAM**

Script, Juli 2025

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**THE RELATIONSHIP BETWEEN FAMILY SUPPORT AND SELF-
CONCEPT ON QUALITY OF LIFE IN POST MASTECTOMY IN RSUD
JENDERAL AHMAD YANI METRO CITY IN 2025**

(XV + 58 pages + 2 figures + 8 tables + 9 appendices)

ABSTRACT

In 2020, there were 2.3 million women worldwide diagnosed with breast cancer, with a total of 685,000 deaths globally. Breast cancer is the most common cancer among women in 173 out of 183 countries (95%). In 2024, during the months of December to April, there were 100 post-mastectomy and post-chemotherapy patients. This study aims to determine the relationship between family support and self-concept on the quality of life of post-mastectomy patients at RSUD Jenderal Ahmad Yani Kota Metro. The study uses a descriptive design with a cross-sectional approach. The population consisted of 100 post-mastectomy patients at RSUD Jenderal Ahmad Yani Kota Metro. Using the Lameshow formula, a sample of 50 respondents was selected through purposive sampling. Data collection was conducted from May 31 to June 13, 2025. The research instruments included a quality of life questionnaire, a family support questionnaire, and a self-concept questionnaire. The results showed that most respondents were women aged 36–45 years, totaling 18 (36.0%). Those with good family support were 40 respondents (80.0%), those with a good self-concept were 35 respondents (70.0%), and those with a good quality of life were 35 respondents (70.0%). The conclusion is that good family support and a positive self-concept are positively related to the quality of life of post-mastectomy patients. The study recommends increasing the role of families and healthcare providers in offering encouragement, making patients feel valued, and fostering a positive self-concept in patients.

Keywords: Family support, Breast cancer, Quality of life

References: (2019–2024)