

**POLITEKNIK KESEHATAN TANJUNGPURWATI
JURUSAN KEPERAWATAN
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**HUBUNGAN MEKANISME KOPING DENGAN KUALITAS HIDUP
PADA PASIEN KANKER PAYUDARA PASCA MASTEKTOMI DI RSUD
JENDERAL AHMAD YANI METRO TAHUN 2025**

xvi+ 56 halaman, 8 tabel, 2 gambar dan 11 lampiran

ABSTRAK

Kanker payudara merupakan salah satu jenis kanker yang memiliki jumlah kasus tertinggi di Indonesia dengan jumlah kasus baru yaitu 65.858 kasus atau 16,6% dari total 396.914 kasus kanker (Globacon, 2020). Salah satu penatalaksanaan kanker payudara adalah mastektomi yang dapat menimbulkan dampak fisik dan psikologis. Data di ruang rawat inap bedah RSUD Jenderal Ahmad Yani Metro menunjukkan bahwa 70% pasien pasca mastektomi mengalami stres, 30% merasa putus asa, dan 75% mengalami penurunan kepercayaan diri akibat perubahan fisik. Data ini menunjukkan beberapa pasien mampu beradaptasi dengan baik melalui dukungan sosial dan strategi koping yang efektif, sementara yang lain mengalami kesulitan dalam menyesuaikan diri yang berdampak pada kesejahteraan fisik dan mental pasien. Tujuan penelitian untuk mengetahui hubungan mekanisme koping dengan kualitas hidup pada pasien kanker payudara pasca mastektomi di RSUD Jenderal Ahmad Yani Metro Lampung tahun 2025. Penelitian ini menggunakan desain analitik dengan pendekatan *cross sectional*. Populasi penelitian yaitu pasien post mastektomi, teknik pengambilan sampel menggunakan *purposive sampling* jumlah sampel 45 responden. Metode analisa data dengan cara analisis univariat dan bivariat dengan uji *chi square*. Hasil penelitian menunjukkan dari 45 responden yang memiliki mekanisme koping adaptif sebanyak 16 responden (35,6%) dan mekanisme koping maladaptif sebanyak 29 responden (64,4%). Sedangkan yang memiliki kualitas hidup baik sebanyak 20 responden (44,4%) dan yang memiliki kualitas hidup kurang baik sebanyak 25 responden (55,6%). Hasil uji statistik terdapat hubungan yang signifikan antara mekanisme koping dengan kualitas hidup pasien kanker payudara pasca mastektomi di RSUD Jenderal Ahmad Yani Metro Lampung tahun 2025 dengan nilai *p-value* 0,000 ($p > 0,05$). Diharapkan tenaga kesehatan dapat memberikan dukungan psikologis dan edukasi kepada pasien untuk meningkatkan mekanisme koping adaptif sehingga kualitas hidup pasien dapat lebih baik.

Kata Kunci : Mekanisme koping, Kualitas hidup, Post Operasi Mastektomi
Puataka : 33 (2016-2024)

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THE RELATIONSHIP BETWEEN COPING MECHANISMS AND QUALITY OF LIFE IN POST-MASTECTOMY BREAST CANCER PATIENTS AT RSUD JENDERAL AHMAD YANI METRO IN 2025

xvi+ 56 Pages, 8 Tables, 2 images, 11 attachments

ABSTRACT

Breast cancer is one type of cancer that has the highest number of cases in Indonesia with 65,858 new cases or 16.6% of the total 396,914 cancer cases (Globacon, 2020). One of the treatments for breast cancer is mastectomy surgery which can have physical and psychological impacts. Data in the surgical inpatient room of RSUD Jenderal Ahmad Yani Metro shows that 70% of post-mastectomy patients experience stress, 30% feel hopeless, and 75% experience decreased self-confidence due to physical changes. This data shows that some patients are able to adapt well through social support and effective coping strategies, while others have difficulty in adjusting which has an impact on the physical and mental well-being of patients. The purpose of the study was to determine the relationship between coping mechanisms and quality of life in post-mastectomy breast cancer patients at General Ahmad Yani Metro Lampung Hospital in 2025. This study used an analytic design with a cross sectional approach. The population of this study were postoperative mastectomy patients, the sampling technique used purposive sampling, the number of samples was 45 respondents. Data analysis method by means of univariate and bivariate analysis with chi square test. The results showed that out of 45 respondents who had adaptive coping mechanisms as many as 16 respondents (35.6%) and maladaptive coping mechanisms as many as 29 respondents (64.4%). While those who had good quality of life were 20 respondents (44.4%) and those who had poor quality of life were 25 respondents (55.6%). The results of the statistical test showed a significant relationship between coping mechanisms and the quality of life of breast cancer patients after mastectomy at the General Ahmad Yani Metro Lampung Hospital in 2025 with a p-value of 0.000 ($p > 0.05$). It is expected that health workers can provide psychological support and education to patients to improve adaptive coping mechanisms so that patients' quality of life can be better.

*Keywords : Coping mechanism, Quality of Life, Post Mastectomy Operation
Reference : 33 (2016-2024)*