

POLITEKNIK KESEHATAN TANJUNGPINANG
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HUBUNGAN BERPIKIR POSITIF TERHADAP *BODY IMAGE* PADA PASIEN POST OPERASI MASTEKTOMI DI RSUD JENDERAL AHMAD YANI KOTA METRO TAHUN 2025.

xvi + 45 halaman + 8 tabel, 2 gambar, 13 lampiran

ABSTRAK

Kanker payudara menempati urutan pertama jumlah kasus kanker di Indonesia yaitu sebanyak 65.858 kasus baru (16,6%) dari total 396.914 kasus kanker pada tahun 2020 dan menempati urutan pertama penyebab kematian di Indonesia dengan tingkat mortalitas sebesar 15,3 kasus per 100.000 penduduk. Tujuan penelitian diketahui hubungan berpikir positif terhadap *body image* pada pasien *post operasi mastektomi* di RSUD Jenderal Ahmad Yani Kota Metro tahun 2025. Penelitian ini adalah penelitian kuantitatif dengan pendekatan *crosssectional*, tempat penelitian di RSUD Jenderal Ahmad Yani Kota Metro. Analisis data dalam penelitian menggunakan *chi-square*. Instrumen yang digunakan berupa kuisioner berpikir positif dan kuisioner *body image*. Sampel penelitian berjumlah 48 responden. Waktu penelitian 21 April – 21 Mei 2025. Hasil penelitian didapatkan responden dengan *body image* baik berjumlah 40 responden (83,3%), *body image* buruk berjumlah 8 responden (16,7%) dan responden dengan berpikir positif yaitu berjumlah 40 responden (83,3%), tidak berpikir positif berjumlah 8 responden (16,7%). Dapat disimpulkan bahwa ada hubungan berpikir positif terhadap *body image* pada pasien *post operasi mastektomi* di RSUD Jenderal Ahmad Yani Kota Metro dengan $p\text{-value} = 0,018$ ($p\text{-value} < 0,05$) OR 9.000 95% CI 1.598-50.691. Peneliti mengharapkan dapat menjadi masukan bagi tenaga kesehatan untuk memperhatikan kondisi psikologis pasien dan senantiasa memberikan edukasi akan pentingnya berpikir positif agar tidak terjadi hal-hal yang tidak diinginkan.

Kata Kunci : Berpikir Positif, *Body Image*, *Mastektomi*
Referensi : 28 (2017-2024)

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**THE RELATIONSHIP OF POSITIVE THINKING TO BODY IMAGE IN
POST-MASTECTOMY PATIENTS AT GENERAL AHMAD YANI
REGIONAL HOSPITAL, METRO CITY IN 2025.**

xvi + 45 page + 8 tables, 2 figures, 13 attachments

ABSTRACT

Breast cancer ranks first in the number of cancer cases in Indonesia, namely 65,858 new cases (16.6%) of the total 396,914 cancer cases in 2020 and ranks first as a cause of death in Indonesia with a mortality rate of 15.3 cases per 100,000 population. The purpose of the study was to determine the relationship between positive thinking and body image in post-mastectomy patients at the General Ahmad Yani Hospital, Metro City in 2025. This study is a quantitative study with a cross-sectional approach, the research location at the General Ahmad Yani Hospital, Metro City. Data analysis in the study used chi-square. The instruments used were a positive thinking questionnaire and a body image questionnaire. The research sample consisted of 48 respondents. The research period was April 21 to May 21, 2025. The results of the study showed that respondents with good body image were 40 respondents (83.3%), bad body image were 8 respondents (16.7%) and respondents with positive thinking were 40 respondents (83.3%), not thinking positively were 8 respondents (16.7%). It can be concluded that there is a relationship between positive thinking and body image in post-mastectomy patients at General Ahmad Yani Hospital Metro City with a p-value = 0.018 (p-value < 0.05) OR 9,000 98% CI 1,598-50,691. Researchers hope that it can be input for health workers to pay attention to the psychological condition of patients and always provide education on the importance of positive thinking so that unwanted things do not happen.

Keywords : Positive Thinking, Body Image, Mastectomy
References : 28 (2017-2024)