



The Effect of Family Support on the Quality of Life of Breast Cancer Patients Undergoing Chemotherapy at Aloei Saboe Hospital

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ABSTRACT

Family support is a form of interpersonal relationship that includes attitudes, actions and acceptance of family members, so that family members feel that someone cares. Results from interviews with breast cancer patients show that patients who have poor family support have a poor quality of life. The method used in this research is a quantitative method, using observation sheets. The sample in this study was the entire population undergoing chemotherapy at Aloei Saboe Hospital, totaling 53 patients. Data analysis uses the Simple Linear Regression test. This study showed results where there were 19 patients with good family support (35.8%), 9 patients (17%), and 25 patients (47.2%) who had good family support. The results of the analysis regarding the influence of family support on the patient's quality of life show that the p-value is (0.000). For the patient's family to provide more attention and support to other family members affected by breast cancer, for educational institutions, it is hoped that it can add journal references regarding quality of life and family support, future researchers should be able to add research variables so they can dig deeper into the quality of life of breast cancer patients with family support and for hospitals to establish policies or SOPs regarding the implementation of health education to patients and families regarding quality of life and the motivation that families must provide to patients.

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1. INTRODUCTION

Family support is a form of interpersonal relationship that includes attitudes, actions and acceptance of family members, so that family members feel that someone cares (1). The more support the family provides to the patient, the more it will help the patient's treatment process, especially in ensuring that the patient feels calmer and more comfortable during treatment. Family support is a condition that is obtained from other people and provides benefits to someone, in the form of trust, attention and mutual respect, as well as love within the circle of peer relationships. In patients this is in the form of behavior, treatment and the generosity of the family towards patients who suffer from a disease. illness, and always provide help when needed (2). With motivation and support from other people, someone who has problems feels that they are not alone in facing these problems. someone with cancer needs attention from their family, the family is a strength for those who are weak, the family can provide assistance emotionally, psychologically, materially and as a source of information for the patient (3). The greater the support a cancer sufferer gets, the higher their quality of life after diagnosis. Social support can reduce the negative effects of cancer diagnosis and treatment (4).

Gorontalo Province is one of the three provinces with the highest incidence of breast cancer, after Yogyakarta and West Sumatra provinces. The highest cancer prevalence is in the Special Region of Yogyakarta, amounting to 4.86 per 1,000 population. Furthermore, West Sumatra is in second place with a

prevalence of 2.47 per 1,000 population, while Gorontalo is in third place with a figure of 2.44 per 1,000 population (5).

A person who has been diagnosed with breast cancer will undergo chemotherapy regularly and gradually over a certain period of time. Chemotherapy is a medical procedure that uses antineoplastic agents to kill cancer cells by interfering with their ability to divide. Revealing that the presence of diseases that affect a person's physical health is one of the factors that contributes to their quality of life (6).

Quality of Life refers to an individual's view of their ability to live life, which is influenced by the values of a person's ability to live life in their environment. A person's quality of life refers to how capable they are of the life they currently have, considering their surroundings and their ability to live a normal life with purpose and care where they are. The quality of life of people in Indonesia lags behind significantly when compared to other countries throughout the world, especially in the Southeast Asia region (2).

2. METHODOLOGY

The method in this research is a quantitative method, with a simple linear regression statistical test design, namely measurements carried out by examining the influence of family support on the quality of life of breast cancer patients undergoing chemotherapy. This research took place at the Aloe Saboe Hospital, Gorontalo City in October-November 2023. The sampling technique used was total sampling, totaling 53 patients. Data collection was carried out using observation sheets and interviews with breast cancer patients undergoing chemotherapy at Aloe Saboe Hospital, Gorontalo City.

3. RESULTS

Table 1. Distribution of Respondents Based on Patient Characteristics

Variable	Category	n	%
Age	36-40	5	9,4
	41-50	22	41,5
	51-60	5	32,1
	61-70	9	17,0
Cancer stage	Early	29	54,7
	Advanced	24	45,3

Table 2. Distribution of Respondents Based on Family Support and Quality Of Life

Variable	Category	n	%
Family Support	Good	19	35,8
	Adequate	9	17,0
	Poor	25	47,2
Patient Quality of Life	Good	20	37,7
	Adequate	6	11,3
	Poor	27	51,0

Table 3. Distribution of the Effect of family support on patient quality of life

Family Support	Patient Quality of Life						Total		<i>p-value</i>
	Good		Adequate		Poor		n	%	
	n	%	n	%	n	%			
Good	15	75	3	50	1	3,7	19	35,8	0,000
Adequate	5	25	2	33,3	2	7,4	9	17,0	
Poor	0	0	1	16,7	24	88,9	25	47,2	
Total	20	100	6	100	27	100	53	100,0	

Based on the results of Univariate Analysis, it shows that the age group with the highest percentage of breast cancer sufferers is 41–50 years, with 22 respondents (41.5%), while the age group with the lowest percentage, 36–40 years, only has 5 respondents (9.4%). This is due to the fact that breast cancer cases, especially in the city of Gorontalo, are most commonly found in this age group. Based on table 2, it can be seen that the patients who were the most respondents had less support from the family with a total of 25 people (47.2%), while the fewest were patients who had enough family support with a total of 9 people (17%), while the patients with good family support amounting to 19 people (35.8%). This shows that most breast cancer sufferers who are undergoing chemotherapy at Aloe Saboe Hospital, Gorontalo City, have insufficient family support. Based on the patient's quality of life, it was found that 27 patients had a poor quality of life

(51%), while the fewest were patients who had a moderate quality of life with a total of 6 people (11.3%), then patients who had a good quality of life were 6 people (11.3%). 20 people (37.7%).

Based on bivariate analysis (Table 3), there were breast cancer patients who had the most lack of family support, namely 25 patients (47.2%) consisting of 1 patient with moderate quality of life, and 24 patients with poor quality of life, while the least number of patients had support. There were enough families for 9 patients (17%) consisting of 5 patients with good quality of life, 2 patients with moderate quality of life, and 2 patients with poor quality of life. The results of the analysis regarding the influence of family support on the patient's quality of life show that the p -value = 0.000, which is smaller than the significance level $\alpha = 0.05$. Therefore, family support has a significant effect on the quality of life of breast cancer patients undergoing chemotherapy at Aloei Saboe Hospital, Gorontalo City.

4. DISCUSSION

Family support is really needed by patients ± patients who are facing chronic illnesses or patients with terminal conditions such as patients with breast cancer, because the family can provide positive support to the patient and know the patient's condition and hopes (7). This is in accordance with what was found during research, where cancer patients who were not well supported by their families could only express what they felt on a questionnaire sheet, by providing a statement regarding what they received from their families when they underwent chemotherapy, with poor family support conditions. makes patients not have the enthusiasm to fight their disease because of a lack of attention to them. Family involvement during patient treatment therapy plays a very important role because by involving the family the patient feels comfortable during the therapy or treatment process, and the patient can also be cooperative during treatment therapy (8).

Cancer sufferers face the threat of suicide, depression and excessive anxiety. Social support, in this case the family, will build interactions that start with communication. This interaction is able to create an empathetic relationship whose aim is to make sufferers feel safer, more confident, and have a group that can help with important tasks. By talking or telling stories to other people, sufferers can overcome the situation of being completely helpless and gain a sense of comfort. As social humans, a sense of having a place to share is a basic need like the need for food, they need people to hang themselves, emotions and overcome painful events (9).

Poor family support function will provide poor conditions for the patient's psychology where the patient will be more depressed and anxious, thus causing the patient to have a poor cognitive condition which will result in the quality of life also worsening (10). Research shows that patients who receive good family support tend to have a high quality of life, while patients who receive less family support tend to have a poor quality of life. Therefore, one of the key factors for the quality of life of breast cancer patients is family support. At the time of the study, it was found that 1 patient had good family support, but had a poor quality of life, this was because the patient's condition had entered the invasive or advanced stage of breast cancer, so that with adequate family support, the patient's condition still experienced a decline in capacity. physical during the treatment period.

5. CONCLUSION

Family support has a significant effect on the quality of life of breast cancer patients undergoing chemotherapy at Aloei Saboe Hospital, Gorontalo City, with the statistical test value obtained p -value=0.000 < α =0.05%.

6. RECOMMENDATION

For the patient's family to provide more attention and support to other family members affected by breast cancer.

For educational institutions, it is hoped that it can add journal references regarding quality of life and family support.

Future researchers should be able to add research variables so they can dig deeper into the quality of life of breast cancer patients with family support.

For hospitals to establish policies or SOPs regarding the implementation of health education to patients and families regarding quality of life and the motivation that families must provide to patients.

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