

## The Correlation Of Self-Conception Of The Women Affected By Breast Cancer Experiencing Anxiety Due To Chemotherapy Treatment In Dr. Pirngadi Regional General Hospital, Medan

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**Abstract**—Based on the medical records in RSUD (Regional General Hospital) Dr. Pirngadi, Medan, it is found out that there are 839 cancer patients, and 607 of them (73.4%) are affected by breast cancer. One the method in curing breast cancer is by using chemotherapy. The problem is that there are many breast cancer patients who experiencing anxiety due to chemotherapy treatments; it is probably because of their self-conception. The research was conducted in RSUD Dr. Pirngadi, Medan with 607 samples of respondents. Data analysis was performed using univariate, bivariate analysis using Chi-square test. The research showed that the breast cancer patients who experiencing anxiety due to chemotherapy treatments in RSUD Dr. Pirngadi, Medan, was in the moderate category (62.2%). There was also the influence of the self-conception of the breast cancer patients on the level of experiencing anxiety due to chemotherapy in RSUD Dr. Pirngadi, Medan ( $p=0.0001 < 0.05$ ). It is recommended that the health workers in RSUD Dr. Pirngadi, Medan, should provide counseling and support to the breast cancer patients in order to decrease their anxiety in using chemotherapy.

Keywords: *Self-Conception, Anxiety, Breast Cancer*

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### INTRODUCTION

Breast cancer is the most common cancer for women. Nowadays breast cancer is the first dangerous cancer than other cancer. Based on WHO in 2006 world cancer proportional mortality rate is 13% (WHO, 2006). Based on Kesehatan Rumah Tangga (SKRT) proportional mortality rate in Indonesia is 4,8% in 1992 and increase become 5% in 1995 and increase again become 6% in 2001 (DEPKES RI, 2005). Based on global cancer number there is 28 cases per 100.000 population of lung cancer kanker, 26 cases per 100.000 population of breast cancer, colorectum cancer, 23 cases per 100.000 population, cervics cancer 16 per population, and liver cancer 13 cases per 100.000 population (WHO, 2006).

In 2004 in Indonesia, there are 6.511 patient whom visited hospital with outpatient proportion 16,47% and inpatient proportion 16,47%. Moreover more than 70% of cases are in

advanced stage (DEPKES RI, 2005). Based on Dinas Kesehatan Provinsi report the number of cancer patient in Sumatera Utara in 2000 are 548 cases, and in 2001, 683 cases. Based on medical record of RSUD Dr. Pirngadi Medan in 2007 there are 445 cases, and it increase become 525 cases in 2008, increase again in 2009 become 567 and in 2010 593 cases, and increase again in 2011 become 607 cases. High rate of breast cancer in Indonesia happen because this disease does not have symptom and low awareness from women to getting health checkup even though actually this disease can be cured if the treatment is going well and continuously so it could reduce mortality rates (WHO, 2014).

Until now direct causing of cancer is still unknown, but in result of Simanjuntak research found that there is so many risk factor causing breast cancer such as >25 old years women, unmarried women, women who had first kid in >35 years old, women with first

menstruation in aged below of 12 years old, woman with experienced in radiologi treatment/radiation and also women with late menopause in more than 55 years old and there is others risk factor which could causing breast cancer (Hawari, 2004).

Half of women with breast cancer will experiences metastasis . These women will need systemic approach in their medication, which chemotherapy will be the first available option for now .Chemoterapy is a kind of cancer medication using sitostatica which this substance has function as slow down poliferation of cancer cels. The goals of chemotherapy intervention on cancer patient are: medication, to reduce tumour mass besides doing surgery or radiation and upgrading quality of life (Suzanne, 2002).

This medical intervention has side effects such as :vomit and nausea, myelosuppression, exhausted,hair fall, and sprue. Side effect could happend because of chemotherapy medicine is not only kill cancer cells but also kill normal cells too like digestion cells, skins, hair, and sperm. Commonly, patient would feel woory especially for the patient who will do chemotherapy for first time. It commonly happend because of changes of self conception, body image, pain, and dead (Cancer Research UK, 2015).

Cancer patients who have a positive conception will accept their condition and that mean they have positive pride. Cancer patient will think how precious they are and more loving theirself and accepted their condition as it is. In other hands, cancer patient with negative self concept will think in negative thought. Cancer patient will feel like a less valuable person and it will make them become hate theirself (Potter, 2005). Self conception could influences individuals health, because good individuals concept would balancing life (Salbiah, 2003).

Anxiety on breast cancer patient could happend because of process of chemotherapy. this anxiety showed phisiology, behavioral,cognitive and affective respond ; phisiology reaction such as sweaty hands, feeling cold, fast heart beat, tight and pale face,loss of appetite, clumsy movement. Behavioral reaction; nervous, introvert, and others. Cognitive reaction; fear of death and injury.

Meanwhile affective reaction ; impatient, always nervous and always fear (American Cancer Society, 2016). Dr. Pirngadi Medan Hospital is one of hospital in Medan where has complete facilities and medical treatment for patient who need chemotherapy treatment . Based on Dr. Pringadi medical record in 2011 showed frequency of cancer cases are 839 cases and breast cancer is the highest number of all cancer 607 cases (73,4%).

## METHOD RESEARCH

This study using explanatory survey (*explanatory research*). Located in Dr. Pirngadi Medan Hospital , on Prof. H. Muhammad Yamin, SH street No. 47 Medan.This location is choosen because there are 839 cancer cases in this hospital with highest case that is breast cancer 607 cases (73,4%) in 2011. This research is taken on May until June 2012.Population in this study is all women who surferer from breast cancer in Dr. Pringadi Hospital Medan with total population 607 women. Total of sample is 37 women taken by *purposive sampling* and analyzed by Chi-Square test.

## RESULT AND DISCUSSION

### A. Respondent Characteristics Distribution

Total samples is 37 respondent .Respondent characteristic included age, education, marriage status, religion, occupation, and women who had breast cancer This study result showed majority of respondent are in age >40 years is about 19 respondent (51,4%). Majority of respondent are senior high school graduated about 20 respondent (54,1%) and majority of respondent are in unmarried status 16 respondent (43,2%). This result showed majority of respondent are in Islam religion about 18 respondent (48,6%) and majority of respondent are housewives about 17 respondent (45,9%) last, there are 11 respondent (29,7%) with breast cancer in last 10 month.

**Table 1 Respondent Characteristics Distribution**

Respondent Characteristics	n	%
<b>age (years)</b>		
<20	1	2,7
21-30	4	10,8
31-40	13	35,1
>40	19	51,4
<b>Education</b>		
Elementary	5	13,5
Junior High School	9	24,3
Senior High School	20	54,1
College	3	8,1
<b>Marriage Status</b>		
Married	13	35,2
Unmarried	16	43,2
Widow	8	21,6
<b>Religion</b>		
Islam	18	48,6
Protestant	17	45,9
Hindu	2	5,4
<b>Occupation</b>		
Housewives	17	45,9
Farmer	8	21,6
Entrepreneur	7	18,9
Employee	4	10,8
Goverment Employees	1	2,7
<b>Medical History</b>		
6 month	9	24,3
8 month	8	21,6
10 month	11	29,7
12 month	9	24,3

## B. Variable Frequency Distribution

This study result showed there is 37,8% respondent who experiencing mild anxiety and serious anxiety 62,2% due chemotherapy. It is suitable with Lutfa and Maliya research in 2008 which focus on influence factor of anxiety patient in chemotherapy treatment in dr. Moewardi Surakarta hospital showed that level of anxiety of cancer patient is increasing 50% in chemotherapy treatment due.

Anxiety is a common happen after cancer has been diagnosed. Based on interview which Utami and Hasanat did in 1998 Lubis and Hasnida book showed when patient know their ill, their psychology conditions will be shock, anxiety, fear, confuse, sad, panic, alone,

and they will feel alone because of fear of death. Anxiety will increase when patient try to imagine their live will change in the future caused of this disease and curing process. Sometimes cancer treatment giving high pressure for the patient and make it become worst. For example, long time radiation and medication process will kill normal cells. In Many patient this treatment is potential to decrease body's function and sometimes this process causing pain , anxiety, sexual dysfunction, and very long time treatment in hospital.

Self concept measuring result are; positive self concept (40,5%) dan negative concept (59,5%).

Table 2 Frequency Distribution

	Variabel	N	%
<b>Dependent Variable's</b>			
1	Anxiety		
	Low	14	37,8
	High	23	62,2
<b>Independent Variable's</b>			
2	Self Conception		
	Positive	15	40,5
	Negative	22	59,5

## C. Correlation of Self Conception with Anxiety

Study result using *Chi-Square test* showed, there is a correlation between self conception with breast cancer patient anxiety whom doing chemotherapy with p-value <0,0001. This result found a negative self conception would make patients experience high anxiety in treatment process, while

patients with positive conception would experiences low anxiety due chemotherapy treatment. This result could happen because of negative patient's self images, pride self's role, and low self's identity. If this situation with patient age status, majority of patient are in age >40 years and still unmarried (51%) and there are 35,1 % unmarried patient in age 31-40 years (35,1%).

**Table 3 Correlation of Self Conception on Breast Cancer Patient Anxiety whom doing Chemotherapy**

Self Concep pt	Anxiety				Total		P	
	Low		High		n	%		
	n	%	n	%				
Positive	12	80,0	3	20,0	15	100	0,00 01	
Negative	2	9,1	20	90,9	22	100		
Total	14	37,8	23	62,2	37	100		

These characteristics showed those patients feeling hopeless because of possibility of loosing their part of body (breast). This situation would make them feel uncomplete and it will be a problem if they want to get marry in future and become worst if there is no one who support them. Surroundings peoples have to give their best support to make the patient keep survive and happy as a complete woman.

Self conception is a mindset, belief and way of think of someone. This concept makes people knows who they are and it would influences how people interact with others (Stuart dan Sundeen, 2005). A positive conception's person would have a better way to make a problem or threat perception, and have a better way to make a decision for herself and it is really good to decrease anxiety in complicated situation.

Positive thinking would turn down level of anxiety in other hand, negative thinking would turn down the capability person's anxiety control and increasing level of anxiety of patient. Positive self conception would turn down level of anxiety's person in

threat or complicated situation (Trismiati, 2004).

In this study, majority of respondent had not enough knowledge and negative self conception in facing their disease so it made them become more anxiety to doing their medication. Knowledge and self conception is depend on several factors such as; social culture, mind set, experience, kind of disease and stressor. Respondent in this study are women with breast cancer and will experience chemotherapy for the first time so it makes level of anxiety higher. Low knowledge and negative self conception is a great factor to make patient experiencing high anxiety. Meanwhile, a high knowledgeable and positive conception's patient would tend to experience low anxiety.<sup>[13]</sup> This theory is proven by this result study which showed respondent with low knowledge and negative self conception are more possible to get high anxiety due chemotherapy with percentage 98,47%, otherwise low knowledge and negative conceptions patients would experience high anxiety in due chemotherapy with percentage 6,04%.

## CONCLUSION

Breast cancer patient's anxiety in facing chemotherapy in RSUD Dr Pirngadi Medan are majority in high anxiety level about (62,2%). It is happened because the

patients are new patient and doing chemotherapy for the first time. Based on *Chi-Square* test, self conception variable's on breast cancer patient are significant correlate with level of anxiety in facing chemotherapy treatment in RSUD Dr. Pirngadi Medan with p value 0,000.

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