GAMBARAN KEBERMAKNAAN HIDUP PADA PASIEN KANKER PAYUDARA DI KOTA LHOKSEUMAWE

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ABSTRAK

Penelitian ini bertujuan untuk melihat gambaran kebermaknaan hidup pada penderita kanker payudara di Kota Lhokseumawe. Penelitian menggunakan metode kuantitatif deskriptif dan teknik pengambilan sampel yaitu *simple random sampling.* Hasil penelitian ini menunjukkan bahwa pasien yang mengalami kanker payudara di Kota Lhokseumawe mempunyai gambaran kebermaknaan hidup yang tinggi. Individu yang memiliki gambaran kebermaknaan hidup yang tinggi mampu menemukan makna hidupnya hal ini dapat dilihat dari mereka yang dapat berfikir positif atas apa yang sedang mereka alami, dapat menjalani semua proses pengobatan dengan penuh gairah dan semangat hal ini dapat berpengaruh pada kesembuhan diri mereka sendiri.

Kata Kunci: *Kebermaknaan Hidup, Kanker Payudara, Lhokseumawe*

AN OVERVIEW THE MEANING OF LIFE IN BREAST CANCER PATIENTS IN THE CITY OF LHOKSEUMAWE

ABSTRACT

This study aims to describe the meaning of life in breast cancer patients in Lhokseumawe City. The study used descriptive quantitative methods and the sampling technique was simple random sampling. The results of this study indicate that patients with breast cancer in Lhokseumawe City have a high meaning of life. Individuals who have a high meaning of life are able to find the meaning of their lives, this can be seen from those who can think positively about what they are experiencing, can undergo all treatment processes with passion and enthusiasm, this can affect their own healing.

Keywords: *The Meaning of Life, Breast Cancer, Lhokseumawe*

Introduction

Non-communicable diseases (NCD) are also referred to as chronic diseases that can cause death and attack anyone regardless of age (Purdiyani, 2016). There are four main types of non-communicable diseases, including cardiovascular, diabetes, chronic respiratory diseases, and cancer (Warganegara & Nur, 2016). The high mortality rate in patients with breast cancer also occurs in several cities in Indonesia, one of which is Aceh. According to the Head of Disease Control and Environmental Health Services (DCEHS) Department of Health Lhokseumawe, Dr. Helizar stated that the highest number of patients breast cancer is in Lhokseumawe, which is 153 people with breast cancer at various ages from 23 years to 60 years (Department of Health Lhokseumawe, 2019).

The society estimates breast cancer as a terrible disease because of it is devastating effects on patients both psychically and psychologically. Physical problems that patients with breast cancer experience are loss of function and form in breast, pain, dependence on daily activities, sleep disorders, loss of appetite, dry mouth, difficulty swallowing food (dysphagia), and fatigue (Toulasik, Kusumaningrum, & Pradanie, 2019). One of the treatments for breast cancer is chemotherapy. Chemotherapy also causes the impact of physical disorders such as nausea and vomiting, dry skin, hair loss, headache, bone pain due to neuropathy peripheral or numbness and tingling. Whereas the impact of psychological disorders is shock, disappointment, anger, rejection, stress, anxiety, and fear of death. Those conditions cause the meaning of life in breast cancer patients to decrease (Lestari, Budiyarti, & Ilmi, 2020).

The survey results suggest that breast cancer patients experience problems regarding meaning life. Individuals who fail to find and fulfill the meaning of their lives, usually bring existential frustration, where the individual feels incapable to solve personal problems. Then efficiently, feel empty, unenergetic, and no longer have a purpose in life, apathy, and despair (Frankl, 2011). Usually, individuals diagnosed with a life-threatening disease will rethink the meaning and purpose of their lives (Fitri Rahmah & Listiyanti Widuri, 2011). The meaning of life is the quality of appreciation to their existence, which contains things that are considered to be true and can give meaning to the life that is the individual purpose (Bukhori, 2006). Chronic diseases such as cancer can encourage individuals to find out the meaning of life since cancer is one serious disease, even in some cases, can cause death (Taylor,

2003). Based on the phenomena above, researchers are interested in research regarding the meaning of the life of breast cancer patients.

Method

The research method used in this research is the descriptive quantitative method. The descriptive method is research conducted on the variable independently, without making comparisons or connecting with other variables that aim to describe a state or a phenomenon. This research just wants to know related things to a circumstance. (Sugiyono, 2016). The sampling technique in this research used a probability sampling technique with the type of simple random sampling technique which is a technique that is used to take a sample from the population at random regardless of the strata that exist in the population. The determination of the number of samples in this research used the Isaac and Michael table, the results from the sample of patients breast cancer obtained 100 respondents (Sugiyono, 2018).

As for the research subjects used are women with breast cancer, totaling 100 people with stages 1, 2, 3, to 4, and living in Lhokseumawe City. Data collection procedure in this research used gauges of questionnaires compiled based on theory meaningful of life. Measuring instruments of meaning life use Likert's Rating Scale comprising four categories of choices. The alternative answers choices from the questionnaire are Very Appropriate (VA), Appropriate (A), Not Appropriate (NA), Very Not Appropriate (VNA). In addition, this measuring instrument is consists of favorable and unfavorable items. The data analysis method used is the descriptive method percentage used to expose the data. Data analysis in this research is univariate analysis, univariate analysis is a technique of one variable independently, each variable analyzed without being administered with other variables. The variables to be in analysis in this research are the meaning of life in breast cancer patients. This variable will be analyzed using SPSS.

Results

Description of Research Subject

This research was conducted on women with breast cancer in Lhokseumawe City with diverse severity various from stages 1, 2, 3, to 4. The following is a table of age categories and the severity of breast cancer patients in Lhokseumawe City.

Table 1. Data Research Subject

Data of Breast Cancer Patients			
Stage	Early Adulthud	Elderly	Total
1	-	-	0
2	0	34	34
3	0	41	41
4	1	29	30
Total	1	104	105

According to the tbale above, stage 1 breast cancer has a total of 0, which means no breast cancer with stage 1 early adulthood or elderly in stage 2, the number of breast cancer patients with early adulthood amounts to 0, while on elderly have 34 breast cancer patients. Same as early adulthood breast cancer patients in stage 3 are 0, while on elderly amounts to 41 breast cancer patients. At stage 4, there is 1 early adulthood with breast cancer and 29 elderly with breast cancer.

Categorization

Calculation of categorization is taken to see the extent of the meaning of life in breast cancer patients in Lhokseumawe City, as for the category is high and low.

Table 2. Categorization by Age

Categorization	Total		Percentage	
	Early Adulthood	Middle Adulthood	Early Adulthood	Middle Adulthood
Low	8	14	7%	12%
High	34	49	31%	48%
Total	42	63	39%	61%

According to the category table of the meaning of life in 105 respondents, early adulthood with breast cancer patients in Lhokseumawe City is in a low category amounts to 8 people with 14% percentage and the high category amounts to 34 people with 31% percentage. Then, in middle adulthood

for the high category amounts to 14 people with 12% percentage and the low category amounts to 49 people with 48% percentage.

Tabel 3. Categorization The Meaning of Life by Stage

Categor ization	Total			Percentage		
	Stage2	Stage 3	Stage 4	Stage 2	Stage 3	Stage 4
Positive	7	5	5	6.7%	4.8%	4.8%
Negative	27	36	25	25.8%	34.1%	23.8%
Total	**34**	**41**	**30**	**32.5%**	**38.%**	**28.6%**

According to the stage it can be seen that, in stage 2 amounts to 7 people with 6.7% percentage in the low category, high category amounts to 27 people with 25.8% percentage. Then, at stage 3, the low category amounts to 5 people with a 4.8% percentage, in the high category has a total of 36 people with 34.1% percentage. Furthermore, in stage 4, the low category is 5 people with 4.8% percentage and the high category are 25 people with 23.8% percentage.

Categorization Aspects The Meaning of Life

Tabel 4. Aspects The Meaning of Life

Aspect	Categorization		Percentage		
	High	Low	High	Low	Total
Freedom of will	88	17	83.8%	16.2%	100%
The Will to meaning	88	17	83.8%	16.2%	100%
The Meaning of life	89	16	84.8%	15.2%	100%

According to the table above, it can be seen that the meaning of life has three aspects: freedom of will, the will to meaning, the meaning of life. The three aspects are divided into two categories, high and low. The first aspect, freedom of will amounts to 88 people in the high category and 17 people in the

low category. The second aspect, the will to meaning amounts to 88 people in the high category and 17 people in the low category. Then, the third aspect, the meaning of life has a total of 89 people in the high category and 16 people in the low category.

Discussion

This research aims to describe the meaning of life in breast cancer patients. The results of this research show that people with the highest meaning of life in the majority middle adulthood with a total 48% percentage. Individuals who have a high meaning of life has able to find meaning in their lives. It can be seen from them who can think positively about what they were experiencing, can undergo all the treatment processed with passion and enthusiasm. It can affect their healing, furthermore individual acceptance their disease sincerely and resignedly because they assume that the disease they were suffering current is a form of test and trial from God so that eventually they understand the meaning of life and better able to interpret life (Pratiwi & Budiani, 2014).

Baron and Byrne (2005) stated, that individuals with a high meaning of life can be seen from those who get support from family, siblings, children, relatives, colleagues, friends, and medical staff caring for breast cancer patients. Support provided can be in the form of attention, such as accompanying breast cancer patients to go to the hospital for chemotherapy, can provide peace of mind when sad or anxious faced a perceived bad situation, besides those who have a high meaning of life can be seen from those who often gather, interact, and engage in activities with people around. It can provide a sense of calm physical and psychological.

Seyedrasooly et al., (2014) stated that another factor that causes the high meaning of life is the high spirituality possessed by individuals with breast cancer because spirituality is the most important source for breast cancer patients to cope with surrendering to God for their disease. This can make them calm, this is also supported by research conducted by Nelson (2009) which states that surrender to God has a relationship with spiritual well-being so that individuals can face the bad situation they feel. The Individuals with older age demonstrate higher levels of spirituality, generally, individuals with breast cancer have an older age than individuals in rehabilitation. Santrock (2012) stated that middle adulthood to the elderly has decreased body function and is susceptible to diseases such as cancer.

Harlyanty and Ediati (2016) stated that individuals with breast cancer when they are optimistic and able to interpret their lives well regardless of the pain they feel can make themselves the satisfaction of

life so that they can find the meaning of their lives and can adapt to the disease they experience and can adapt to new activities they must live and can live well and positively.

Research conducted by Kleftaras and Psarra (2012) indicates that individuals with a high meaning in life have low symptoms of depression and have better psychological. This enables them to live meaningful lives. One of the factors that affect the meaning of life an individual becomes positive, which is the individual has been able to accept themselves well. Self-acceptance is defined as a preliminary stage so that an individual can develop from a meaningless life to being a meaningful one (Dumaris and Rahayu, 2019).

According to the categorization of aspects the meaning of life, aspect the meaning of life has the high category with 84.8% percentage. Ernawati (2014) revealed that individual with chronic disease wants to feel free from anxiety and sadness. In addition, an individual also wants to be brown all conditions with resignation without burden caused by the disease they suffer. It was this feeling that gave rise to an individual's willingness to live a meaningful life (Frankl, 1976).

Individuals with meaningful life will have the motivation to do daily activities to make their lives precious, useful, fun, and vast (Frankl, 2017). So the individual can take the hymn of the bad events they feel, which is caused by the disease they feel (Guttmaun, 1996). If the individual has a pretension to a meaningful life, it will be easier to find happiness in life to achieve meaningful life (Lyke, 2014).

Conclussion

According to the explanation, it can be concluded that the meaning of life in breast cancer patients in Lhokseumawe City was very high. Individuals with a high meaning of life, having been able to find meaning in their lives. It can be seen from those who can think positively of what they are going through, undergo all the treatment processes with passion and enthusiasm this can affect their healing.

In addition, the individual can accept the disease with ikhlas and resign because they assume that the disease they suffer today is in the form of exams and trials of God so that in the end they become understandable the meaning of life and is more able to live in life.

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