

KEBERSYUKURAN PADA PASIEN KANKER PAYUDARA

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ABSTRAK

Penelitian ini bertujuan untuk mengetahui betapa pentingnya memiliki rasa syukur pada pasien kanker payudara. Hal-hal positif akan membuat seseorang bersyukur sehingga mereka memiliki rasa syukur yang lebih kuat daripada seseorang yang tidak memiliki rasa syukur. Metode dalam penelitian ini menggunakan penelitian kepustakaan (library research) dengan metode pengumpulan data melalui beberapa karya ilmiah seperti jurnal, buku teks, dan berbagai dokumen yang relevan. Subjek pada penelitian ini ialah pasien perempuan kanker payudara yang ada di Indonesia. Subjek didapatkan di beberapa rumah sakit yang terdapat pasien kanker payudara. Pada beberapa penelitian hasil penelitian yang dilakukan menunjukkan bahwa terdapat hubungan yang signifikan antara rasa syukur pada pasien kanker payudara. Kemudian didapatkan hasil bahwa rasa syukur dapat meningkatkan perasaan-perasaan positif pada pasien kanker payudara. Individu yang memiliki pola pikir yang positif akan memunculkan rasa syukur pada diri sendiri. Semakin tinggi rasa syukur yang dimiliki oleh pasien kanker payudara maka akan semakin banyak hal-hal positif yang didapatkan.

ABSTRACT

This research aims to find out how important it is to have gratitude for breast cancer patients. Positive things will make someone grateful so that they have a stronger sense of gratitude than someone who does not have a sense of gratitude. The method in this research uses library research with data collection methods through several scientific works such as journals, textbooks and various relevant documents. The subjects in this study were female breast cancer patients in Indonesia. Subjects were obtained from several hospitals with breast cancer patients. In several studies, the results of research conducted show that there is a significant relationship between gratitude in breast cancer patients. Then the results were obtained that gratitude can increase positive feelings in breast cancer patients. Individuals who have a positive mindset will create a sense of gratitude towards themselves. The higher the level of gratitude a breast cancer patient has, the more positive things they will get.

Keywords: *gratitude, breast cancer patients.*

Breast cancer is cancer that originates from a gland, duct, and supporting tissue, excluding breast skin (Kemenkes, 2020). Breast cancer ranks first in relation to the highest number of cancers in Indonesia and is one of the contributors to deaths caused by cancer. Data submitted by the Global Burden of Cancer Study (globocan) in 2020, breast cancer reached 68,858 cases (16.6%) of a total of 396,914 cancer cases in Indonesia and the number of deaths reached more than 22 thousand people (kemkes.go.id/ 2022). The World Health Organization (WHO) and the International Cancer Control Union (UICC) will think that there will be a continuous increase until 2030. There are factors that cause people to develop cancer, namely biological factors such as genetics or having a biological family who has had cancer before, and psychological factors such as unhealthy lifestyles (Ministry of Health, 2015). Individuals who do not carry out an unhealthy lifestyle will result in decreased physical and psychological conditions such as lack of confidence when meeting people, decreased self-acceptance, and staying at home (Pratiwi, 2016). If the individual has difficulties in his life, coping is a mechanism to make the individual comfortable, one of the coping mechanisms is gratitude (Lai, 2014).

McCullough et al. (2002) defines gratitude as a person's tendency to respond and acknowledge something with feelings of gratitude for the generosity given by others and the positive things received. Grateful people tend to attribute the positive things they receive to the efforts of others but also don't neglect their own efforts. One of the aspects of gratitude is intensity, the positive thing that makes one grateful is expected to make someone have a stronger gratitude compared to someone who has a tendency not to be grateful. McCullough et al. (2002) suggested three factors that influence gratitude, namely: first, positive emotions and well-being, the tendency to be grateful comes from the basic tendency of someone who experiences positive emotions and well-being. second, prosocial gratitude can be influenced by prosocial actions because it is a response to beneficial actions carried out by others in one's life. third, religiosity, when faced with something positive that cannot be associated with human power, someone who is religious will be able to relate it to the power of God.

Based on the description above, it can be concluded that there is a need for further research regarding gratitude in breast cancer patients in Indonesia using experimental tests. Aspects of gratitude that need to be owned by someone with breast cancer such as positive things that make gratitude are expected to make someone have a stronger gratitude (Intensity), someone with a tendency to be grateful will often feel grateful every day and many times (frequency), the range of gratitude refers to the many aspects of life that make a person grateful (span), refers to the number of people who have an impact on every positive event in one's life (Density), so the purpose of this study is to find out how important it is to have a sense of gratitude in breast cancer patients.

Methods

In this study the method to be used is library research. Literature study is an activity of writing and reading with the aim of collecting data, then the data collected is made into material for research

(Zed, 2003). There are four characteristics of the method in literature study according to Zed, namely: first, researchers will take data from text or writing, not from the field. Second, because the researcher uses data from open field texts, it means that the library data is "ready to use". Third, data obtained from second hand, not from field data or secondary library data. Fourth, there is no time limit for the data obtained because library data is obtained at any time.

The data collection method in this study was by reading several scientific works, namely text books, journals and various types of reading materials (documents) that are considered relevant. After the data can be then reviewed, analyzed, and compared so that conclusions can be drawn and written in scientific writing.

The subjects in this study were women with breast cancer in Indonesia. The subjects in this study were in several hospitals in Indonesia.

Result

After collecting journals with the keyword gratitude in Indonesia, 5 journals were obtained and identified in the table as follows.

No	Author(year)	Title	Method	Subject	Result
1.	Shidqi, dkk (2022)	Factors of Delayed Cancer Diagnosis in Breast Cancer Patients: Systematic Review	This study used the PRISMA (Preferred Reporting Items for Systematic Reviews and Meta-analysis) method without meta-analysis. Article searches were conducted using the ScienceDirect, PubMed, EBSCOhost,	Women who have breast cancer	Based on the results of the article analysis, the factors that influence patient delays are education level, the factors that affect system delays are residence in urban areas, and factors that affect delays in

			and Google Scholar databases.		diagnosis are residence in rural areas.
2.	Saputro & Sulistyarini, (2018)	The Effect of Gratitude Training on Resilience in Breast Cancer Patients	The data analysis method used in this research is descriptive analysis. Quantitative descriptive analysis was used to see changes in the resilience score after being given an intervention in the form of gratitude training through the gained score. Qualitative descriptive analysis, according to Nasution (Rahmat, 2009) is used to obtain existing themes or patterns to	The subjects in this study were two women with breast cancer aged over 22 years, Muslim and had undergone a mastectomy.	Based on the results of the study, it can be concluded that the intervention in the form of gratitude training can increase resilience in breast cancer patients. The aspects of gratitude used in interventions can have a positive influence on the aspects of resilience that researchers use in research.

			draw inductive conclusions.		
3.	Sulistyarini, dkk 2022	Implementation of Spiritual Guided Imagery (Sig) Intervention on Anxiety in Breast Cancer Patients Undergoing Chemotherapy: Case Studies and Literature Studies	This type of research is a case study supplemented by a literature study.	two breast cancer patients undergoing chemotherapy	SIG can overcome moderate anxiety in breast cancer patients. SIG can be carried out as an independent nursing intervention in reducing symptoms of anxiety felt by cancer patients, especially those who are undergoing chemotherapy treatment.
4.	Algoe, S. B., & Stanton, A. L (2012)	Gratitude When It Is Needed Most: Social Functions of Gratitude in Women With Metastatic Breast Cancer	Methods in this study. There are 2 measurements in this study, namely by questionnaire.	Participants were 54 women diagnosed with metastatic breast.	The results show that positive emotions are carried out every day to be a strong factor to make patients survive during stress.

					Individuals feel a feeling of gratitude after receiving the benefits of social support.
5.	Otto, A. K. Dkk (2016)	Effects of a Randomized Gratitude Intervention on Death-Related Fear of Recurrence in Breast Cancer Survivors	In this study using intervention for six weeks. Results will be assessed after 1 – 3 months after the end of treatment.	67 women with breast cancer at an early stage.	The results showed that patients who underwent the gratitude intervention had a significant reduction in mortality compared to the control condition.

Discussion

Based on the results in the previous table, it can be seen that there is some literature and research that describes gratitude in breast cancer. From the table above, there is a lot of literature showing results regarding the factors of late cancer diagnosis in breast cancer patients. There is also the effect of gratitude training on resilience in breast cancer patients. Subsequent research discusses SGI (Spiritual Guided Imagery) interventions that can reduce anxiety in breast cancer who are undergoing chemotherapy. Then research on cancer patients really needs gratitude for oneself, and gratitude can reduce fear in breast cancer patients.

Gratitude is a person's tendency to respond and acknowledge something with feelings of gratitude for the generosity given by others and the positive things received. Literature review shows that there is a lot of literature that discusses gratitude such as a literature study from Utami, D.D (2019) that gratitude can make cancer patients behave more positively, besides that patients can interpret their lives easily. The positive attitude that is obtained is like individuals who can better respond and respond to all conditions that exist in

their life (Cahyono, 2014). With the positive things felt by the patient, the patient can have confidence in himself, not compare himself with other people, and the patient can also increase the spirituality that is in him. In addition to a positive attitude, there are other positive influences that are obtained by cancer patients such as having positive emotions that make the patient's life more meaningful (Fredickson, 2001).

There is research from Saputro. I & Sulawaryini R.I. (2016). the results of his research show that interventions in the form of gratitude training can increase resilience in breast cancer patients. Aspects of gratitude used in interventions can have a positive influence on the aspects of resilience that researchers use in research such as gratitude with the heart, gratitude with speech, and gratitude with deeds. This is in line with research conducted by Antari, et.al (2023) that the higher the resilience in breast cancer patients, the lower the anxiety experienced. This explains that increasing resilience is very important for breast cancer patients in various ways, so that the level of anxiety in patients will decrease.

Furthermore, there is research which says that gratitude can reduce anxiety in breast cancer patients (Sulistyarini, et al 2022). SGI (Spiritual Guided Imagery) can overcome moderate anxiety in breast cancer patients. SGI (Spiritual Guided Imagery) can be carried out as an independent nursing intervention in reducing symptoms of anxiety felt by cancer patients, especially those who are undergoing chemotherapy treatment. During chemotherapy, patients with cancer will feel low self-esteem, feel afraid of losing someone, frustrated, anxious and depressed (Pragasari, 2021). Anxiety felt by cancer patients can be treated with SGI (Spiritual Guided Imagery) interventions that can overcome anxiety, sleep disturbances, overcome mood and other health problems (Nuwa, 2018).

There is also research from Algoe, S. B., and Stanton, A. L. (2012) entitled *Gratitude When It Is Needed Most: Social Functions of Gratitude in Women With Metastatic Breast Cancer*. strong to make patients survive during stress, individuals feel feelings of gratitude after receiving the benefits of social support. Then, there was a study entitled *Effects of a Randomized Gratitude Intervention on Death-Related Fear of Recurrence in Breast Cancer Survivors*. The results showed that patients who underwent gratitude interventions experienced a significant reduction in mortality compared to condition controls (Otto, A. K. et al., 2016).

From some of the descriptions above, it is explained that the gratitude found in breast cancer patients is something that is important and has a positive effect on someone who has breast cancer. In addition, there are differences and similarities in the research that will be carried out by researchers, the similarities are like using the same subject, namely breast cancer patients, both early and late stages. The difference is in the variables to be studied and the experimental test method.

Conclusion

The purpose of this study was to review gratitude in breast cancer patients. Gratitude in breast cancer patients is something that is important and has a positive effect on someone who has breast cancer. The results of a literature

review show that individuals who are grateful will lead to a positive direction. There are even research results which say that gratitude can reduce mortality in California in patients with breast cancer. The results of the study in this study have not found research on gratitude in breast cancer in Indonesia, so this study recommends conducting research on gratitude in breast cancer in Indonesia.

Sugession

The gratitude literature system has a high influence, so future research might be able to do an experimental test. And also this variable can be a reference for psychology study programs that aim to increase gratitude in individuals.

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