

Efektivitas Intervensi Spiritual terhadap Kecemasan, Depresi, Koping dan Kesejahteraan Spiritual pada Pasien Kanker Ginekologi = Effectiveness of Spiritual Interventions on Anxiety, Depression, Coping and Spiritual Wellbeing in Gynecological Cancer Patients

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Abstrak

ABSTRAK

Kecemasan dan depresi merupakan distress psikologis yang sering terjadi pada pasien kanker ginekologi. Hal tersebut disebabkan oleh koping yang maladaptif dan gangguan pada kesejahteraan spiritual pasien kanker ginekologi. Intervensi spiritual merupakan salah satu alternatif dalam meningkatkan koping dan kesejahteraan spiritual pasien kanker ginekologi guna menurunkan kecemasan dan depresi pada pasien kanker ginekologi. Tujuan penelitian ini untuk mengetahui efektivitas intervensi spiritual terhadap kecemasan, depresi, koping dan kesejahteraan spiritual pada pasien kanker ginekologi. Desain penelitian ini adalah *quasi experimental pre and post test design with control group* pada 108 orang pasien di satu rumah sakit rujukan di Bandung, Jawa Barat. Metode sampling yang digunakan adalah *consecutive sampling*. Instrumen yang digunakan dalam penelitian ini adalah *Hospital Anxiety and Depression Scale* (HADS), *Brief Cope* dan *Functional Assessment Chronic Illness Therapy Spiritual Well Being* (FACIT Sp). Hasil penelitian menunjukkan terdapat perubahan rerata skor kecemasan dan depresi pada kelompok intervensi setelah mendapatkan intervensi spiritual ($p=0,001$). Terdapat perbedaan rerata skor kecemasan dan depresi antara kelompok intervensi dan non intervensi ($p=0,001$). Perubahan rerata skor koping pada kelompok intervensi baik pada subskala *problem focused coping* ($p=0,013$) dan subskala *emotion focused coping* ($p=0,001$). Perubahan rerata kesejahteraan spiritual pada kelompok intervensi meliputi subskala *meaning* ($p=0,031$), *faith* ($p=0,036$) dan subskala *peace* ($p=0,006$) pada kelompok intervensi setelah mendapatkan intervensi spiritual. Penelitian juga menunjukkan bahwa setelah intervensi spiritual terdapat perbedaan rerata skor koping ($p=0,004$) dan kesejahteraan spiritual ($p=0,001$) antara kelompok intervensi dan non intervensi. Implikasi dari penelitian ini adalah dilakukannya intervensi spiritual sebagai bagian dari asuhan keperawatan holistik bagi pasien kanker khususnya kanker ginekologi.

ABSTRACT

Anxiety and depression are psychological distress that often occurs in gynecological cancer patients. This is caused by maladaptive coping and disruption to the spiritual well-being. Spiritual intervention is one alternative in improving coping and spiritual well-being of gynecological cancer patients to reduce anxiety and depression in gynecological cancer patients. The purpose of this study was to determine the effectiveness of spiritual interventions on anxiety, depression, coping and spiritual well-being in gynecological cancer patients. Design of this study was quasi experimental pre and post test design with a control group at 108 patients in a referral hospital in Bandung, West Java. Sampling methods was consecutive sampling. The instruments used in this study were the Hospital Anxiety and Depression Scale (HADS), Brief Cope and Functional Assessment Chronic Illness Therapy Spiritual Well Being (FACIT Sp). Results showed that there was a

change in the mean score of anxiety and depression in the intervention group after getting a spiritual intervention ($p = 0.001$). There were differences in mean scores for anxiety and depression between the intervention and non-intervention groups ($p = 0.001$). The average change in coping scores in the intervention group both on the problem focused coping subscale ($p = 0.013$) and the emotion focused coping subscale ($p = 0.001$). The mean changes in spiritual well-being in the intervention group included the subscale meaning ($p = 0.031$), faith ($p = 0.036$) and the peace subscale ($p = 0.006$) in the intervention group after receiving spiritual intervention. Research also shows that after spiritual intervention there are differences in mean coping scores ($p = 0.004$) and spiritual well-being ($p = 0.001$) between the intervention and nonintervention groups. The implication of this research is that spiritual intervention is part of holistic nursing care for cancer patients, especially gynecological cancer.