

# Hubungan Kesejahteraan Spiritual dengan Kenyamanan Pasien Kanker Payudara di Rumah Sakit Kanker Dharmais = The Relationship between Spiritual Well-Being and the Comfort of Breast Cancer Patients at Dharmais Cancer Hospital

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## Abstrak

Ketidaknyamanan seringkali dirasakan pasien kanker payudara seiring perjalanan penyakit dan efek samping pengobatan. Kesejahteraan spiritual dianggap dapat menjadi mekanisme koping dalam menghadapi situasi sulit sehingga dapat membantu meningkatkan kenyamanan. Penelitian ini bertujuan untuk mengidentifikasi hubungan antara kesejahteraan spiritual dengan kenyamanan. Desain penelitian berupa analitik korelasi dengan pendekatan cross-sectional, melibatkan 92 responden yang dipilih dengan teknik consecutive sampling. Studi ini menggunakan kuesioner SWBQ (Spiritual Well-Being Questionnaire) dan PKKP (Pengkajian Kenyamanan Kanker Payudara). Hasil penelitian menunjukkan 52,2% responden memiliki kesejahteraan spiritual tinggi serta terdapat proporsi yangimbang antara responden yang merasa nyaman dan yang tidak nyaman. Hasil uji chi-square didapatkan adanya hubungan antara kesejahteraan spiritual dengan kenyamanan pasien kanker payudara dengan p-value 0,007 ( $p < 0,05$ ). Dapat disimpulkan bahwa kesejahteraan spiritual menjadi aspek penting dalam asuhan keperawatan untuk meningkatkan kenyamanan pasien kanker payudara.

.....Discomfort is often felt by breast cancer patients along with the course of the disease and the side effects of the treatment. Spiritual well-being is considered to be a coping mechanism in dealing with difficult situations so that it can help increase comfort. This study aims to identify the relationship between spiritual well-being and comfort. The research design is analytic correlation with a cross-sectional approach, involving 92 respondents selected by consecutive sampling technique. This study used the instrument of SWBQ (Spiritual Well-Being Questionnaire) and PKKP (Breast Cancer Convenience Assessment) questionnaires. The results showed that 52.2% of respondents had high spiritual well-being and there was an even proportion of respondents who felt comfortable and those who were uncomfortable. The results of the chi-square test found that there was a relationship between spiritual well-being and the comfort of breast cancer patients with a p-value of 0.007 ( $p < 0.05$ ). It can be concluded that spiritual well-being is an important aspect of nursing care to increase the comfort of breast cancer patients.