

Mekanisme Koping Pada Pasien Kanker Yang Menjalani Kemoterapi Di Rumah Sakit Santa Elisabeth Medan Tahun 2024

Coping Mechanism in Cancer Patients Undergoing Chemotherapy at Santa Elisabeth Hospital Medan in 2024

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Abstrak

Mekanisme koping adalah strategi yang digunakan individu untuk mengatasi tantangan, baik secara kognitif maupun perilaku. Penelitian ini bertujuan untuk mengetahui mekanisme koping yang dilakukan pasien kanker yang menjalani kemoterapi di RS Santa Elisabeth Medan pada tahun 2024. Desain penelitian yang digunakan adalah deskriptif dengan metode Accidental Sampling yang melibatkan 42 responden. Pengumpulan data dilakukan dengan menggunakan kuesioner Ways of Coping. Hasil penelitian menunjukkan bahwa sebagian besar responden (88,1% atau 37 orang) menggunakan mekanisme koping yang maladaptif, sedangkan hanya 11,9% (5 orang) yang menunjukkan strategi koping adaptif. Mekanisme koping maladaptif ditandai dengan tekanan emosional, frustrasi, dan perilaku menghindar, yang berdampak negatif terhadap kesejahteraan psikologis pasien. Sebaliknya, pasien yang menunjukkan mekanisme koping adaptif cenderung menerima kondisinya dan secara aktif melakukan strategi koping positif. Temuan ini menunjukkan bahwa beban emosional dan psikologis akibat kemoterapi secara signifikan mempengaruhi perilaku koping, dimana sebagian besar pasien mengalami kesulitan untuk beradaptasi secara efektif. Hasil ini menekankan perlunya profesional kesehatan untuk memberikan dukungan psikologis dan intervensi yang bertujuan untuk mendorong strategi koping adaptif. Penelitian di masa depan harus mengeksplorasi faktor-faktor yang mempengaruhi mekanisme penanggulangan dan peran perawatan suportif dalam meningkatkan kualitas hidup pasien kanker.

Kata Kunci: Mekanisme Mengatasi; Kanker; Kemoterapi

Abstract

Coping mechanisms are strategies individuals use to address challenges, both cognitively and behaviorally. This study aims to identify the coping mechanisms employed by cancer patients undergoing chemotherapy at Santa Elisabeth Hospital Medan in 2024. A descriptive research design was used with an accidental sampling method, involving 42 respondents. Data collection was conducted using the Ways of Coping questionnaire. The results revealed that the majority of respondents (88.1%, or 37 individuals) utilized maladaptive coping mechanisms, while only 11.9% (5 individuals) demonstrated adaptive coping strategies. Maladaptive coping mechanisms were characterized by emotional distress, frustration, and avoidance behaviors, which negatively impacted patients' psychological well-being. Conversely, patients who exhibited adaptive coping mechanisms tended to accept their condition and actively engage in positive coping strategies. The findings suggest that the emotional and psychological burden of chemotherapy significantly affects coping behaviors, with most patients struggling to adapt effectively. These results emphasize the need for healthcare professionals to provide psychological support and interventions aimed at promoting adaptive coping strategies. Future research should explore factors influencing coping mechanisms and the role of supportive care in enhancing cancer patients' quality of life.

Keywords: Coping Mechanism; Cancer; Chemotherapy

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INTRODUCTION

Cancer is a non-cellular disease characterized by the presence of abnormal cells that can grow without any control and have the ability to spread and move between cells and tissues (Hero, 2020). Cancer can occur in human cells and cells of the elderly, without causing any changes in the body. The initial symptoms of cancer are excessive fatigue, drastic weight loss, nausea, changes in the skin and lumps in the body (Yayasan et al., 2019). Patients who are affected by cancer have both physiological and psychological effects, including fatigue, itching, hair loss, ulcerative colitis, bone spurs, infertility, menstrual and phallic ulcers, infertility, anxiety, fear of the future and death (Rahayu & Suprpti, 2021).

The World Health Organization (WHO) reports that the number of cases reached 19.3 million cases with a death rate of 10 million people. The incidence of cancer in America was 3,792,000 cases, in Elropa 4,230,000 cases and in Asila 8,751,000 cases (Parasian et al., 2024). Data from the Global Bureau of Cancer Studies (Globocan) from the World Health Organization (WHO) recorded a total of 396,914 cancer cases in Indonesia in 2020 and a total of 234,511 deaths (Hayati et al., 2022). Based on data from the Ministry of Health's Office of the Republic of Indonesia, 73 patients underwent cancer treatment from October to December 2023.

One of the actions in dealing with cancer is chemotherapy, chemotherapy is a cancer treatment that uses anti-cancer drugs to inhibit malignant cells and uses drugs that work to kill cancer cells, which can be given through injections, pills, or injections or creams that are injected into

the skin. The side effect of chemotherapy occurs because chemotherapy is very effective so that it not only kills cancer cells but also attacks healthy cells, especially cells that are quickly infected. (Silaen, 2019).

Following the treatment carried out by Aryati Andinata 2020, patients undergoing chemotherapy will definitely experience various responses and reactions, which are known as co-coping. 5.2% (5 people) received chemotherapy patients who had maladaptive chemotherapy while 94.8 (91 people) received chemotherapy patients. Meanwhile, in the study (Nulrhilmah, 2021), 65.5% (36 people) obtained 65.5% (36 people) of patients with maladaptive treatment and 34.5% of patients with maladaptive treatment. (19 people).

The side effects that are usually experienced by patients undergoing chemotherapy include fatigue. (Silaen, 2019). In addition to physical symptoms, chemotherapy can also cause psychological symptoms of depression, as well as anxiety (Nuraini & Tobing, 2022). The side effects that are produced include patients feeling uncomfortable, anxious, fearful, lazy and even frustrated or experiencing fatigue in undergoing treatment. So in the healing process in cancer patients undergoing chemotherapy, various support is needed from cancer cells, including family members, as well as from patients undergoing chemotherapy (Andilnata et al., 2020).

Coping mechanisms are used to overcome pressures that may threaten the defenses of the patient (maladaptive) or to resolve problems that will or will be faced by the patient (adaptive). Each person uses coping mechanisms to overcome

anxiety at a mild level, even to a severe level of anxiety. Nasir and Mulhith (2011) stated that there are two types of coping responses, namely adaptive and maladaptive responses. People with adaptive responses will respond to problems in different ways. An individual with disabilities can group various tasks in maintaining a personal concept, maintaining relationships with others, resolving problems with others, seeking social support, providing comfort, doing physical exercises, and other useful activities that can be done. Individuals with an unadaptive coping response will have difficulty in resolving problems that occur as pressure (Nuraini & Tobing, 2022).

There are also things in learning the mind of the mind, including thinking more positively, for example by viewing problems as opportunities to learn and gain new experiences, and trying to stay calm in facing various problems, for example by taking a deep breath and relaxing before finally reaching a conclusion. Based on the results of the initial survey conducted by the researcher through interviews with cancer patients undergoing chemotherapy, several patients said that chemotherapy significantly affected their health and social quality because patients could not perform chemotherapy when they were sick.

So based on the background of the study, the researcher conducted a study on "Coping Therapy for Patients Undergoing Cancer Treatment at the St. Elizabeth Hospital in 2024".

RESEARCH METHODS

The design of the simulation used is a cross-sectional simulation. The cross-sectional simulation is used as a method of simulation to observe, describe and document the symmetries that occur naturally. In this simulation, the simulation is intended to identify the types of simulations that occur in patients undergoing clinical trials at the St. Elizabeth Hospital in 2024.

The population in the survey was 73 patients who underwent chemotherapy at the St. Elizabeth Hospital in Meldan, which was taken during October - December 2023 (Meldan Health Service 2023).

Samples are a part of the accessible population that can be used as a sampling object through sampling. The sampling that will be used Accidental Sampling is a sampling technique based on sampling, namely any patient who is easily obtained with sampling and can be used as a sample. The calculation of the maximum sample size used is the Vincent formula: It was reduced to 42 respondents, so the sample in the final survey was 42 people. The variables in this study are Coping Mechanisms in Cancer Patients Undergoing Chemotherapy at Santa Elisabeth Hospital Medan in 2024.

The questionnaires that can be used are classified into 5 parts, namely bilophilological questionnaires, observations, interviews, questionnaires, and the Nursalam scale (2020). The questionnaires used in the questionnaire:

1. Survey of Demographic Data

The section of the survey is used to obtain survey data from respondents. The data are name (name), gender, gender, religion, and ethnicity.

2. Coping Mechanisms That Undergo Coping

The coping mechanism that will be used by the researcher is the Ways Of Coping that has been modified by Lita Purnama Sari (2013) which consists of 20 questions. The coping mechanism questionnaire has been tested by Lita Purnama Sari (2013) and declared valid by experts and is suitable for use as an instrument in research. Questions that focus on problems consist of questions (1, 2, 4, 5, 7, 8, 9, 11, 12, 14, 16, 17, 18) while questions that focus on emotions consist of questions (3, 6, 10, 13, 15, 19, 20) using a scale of Agree (Agree) 5, Agree (Agree) 4, Not Agree (Not Sure) 3, Not Agree (Not Sure) 2, Very Not Agree (STS) 1, each labeled with a value of 1 to 5. The scale used in the variable is an ordinal scale where the value uses the rule: Where $P = 40$ class length, 20 cells (high and low cells) and many classes as many as 2 classes (adaptive, maladaptive) obtained class length of 40 cells. By using $P = 40$, the results of the supine melkanilsmel cell length are as follows: Maladaptive = 20-60 Adaptive = 61-100. This research was conducted at Santa Elisabeth Hospital Medan Jl. H. Misbah No.7, Jati Village, Medan Maimun District, Medan City, North Sumatra. The reason the researcher chose the chemotherapy room of Santa Elisabeth Hospital Medan as the research location was because the number of samples and the desired sample criteria were adequate.

Primary data, namely data obtained directly by the researcher from the target, namely patients undergoing treatment at the Santa Elisabeth Medan Hospital. Secondary data, namely data obtained to find out the number of patients undergoing chemotherapy, was obtained

through the HR department of the Santa Elisabeth Meldan Hospital.

The validity test of the instrument is said to be valid by comparing the r value with the r table, with $p = 0.08$ Polit & Belck (2012). The instrument used to measure coping skills is a tool adopted from Saril's (2013) study of 20 statements. Sari (2013) used an expert validity test to assess the validity of the coping instrument which produced a Product Moment Correlation coefficient value (r count) of 0.580. The test findings showed that it was valid for assessing the coping process. Because the questionnaire was declared valid, the researcher did not conduct a validity test because it was nullified by the 2013 National Research Council.

The reliability of the instrument is said to be reliable if the alpha coefficient > 0.80 using the Combach's alpha rule (Polit and Beck, 2012). With the reliability test, the mechanism questionnaire has been tested using the Cronbach alpha coefficient, the results were 0.916 and it was said to be reliable, Lita (2013).

This research has been ethically tested by the Health Research Ethics Commission of the Santa Elisabeth College of Health Sciences Medan with letter numberNo:061/KEPK-SE/PEDT/III/2024.

RESULTS AND DISCUSSION

The results of the study entitled Coping Mechanism for Cancer Patients Undergoing Chemotherapy at Santa Elisabeth Hospital Medan in 2024 with a sample of 42 respondents. Where the researcher uses a table and provides an explanation of the frequency distribution of characteristics based on initial name, age, gender, occupation, education, ethnicity, status, type of cancer, and

chemotherapy to what. This characteristic data was obtained from primary data obtained from respondents. After the data is obtained, it is then processed and the results will be analyzed using univariate analysis

Table 1 Distribution of Frequency and Percentage of Respondents Based on Demographic Data at Santa Elisabeth Hospital Medan in 2024

Characteristic	F	%
Age		
36-45	12	28,6
46-55	14	33,3
56-65	10	23,8
>65	6	14,3
Gender		
Man	11	26,2
Woman	31	73,8
Work		
Teacher	5	11,9
Private Employees	7	16,7
Farmer	10	23,8
Not Working/IRT	17	40,5
Midwife	1	2,4
Pensioner	2	4,8
Last Education		
Junior High School	10	23,8
Senior High School	20	47,6
D3	2	4,8
S1	10	23,8
Tribes		
Batak Toba	26	61,9
Batak Karo	11	26,2
Jawa	3	7,1
Nias	1	2,4
Tionghoa	1	2,4
Status		
Marry	36	85,7
Doubt	4	9,5
Single Mom	1	2,4
Not Married	1	2,4
Types of Cancer		
Ca mamae	27	64,3
Ca lung	6	14,3
Ca Tongue	3	7,1
Ca Intestine	6	14,3

Chemotherapy to		
1	7	16,7
2	6	14,3
3	3	7,1
4	7	16,7
5	4	9,5
6	6	14,3
8	3	7,1
9	3	7,1
10	1	2,4
11	1	2,4
12	1	2,4
Total	42	100,0

Sumber : data primer (diolah tahun 2024)

Table 2 Distribution of Frequency and Percentage of Coping Mechanisms in Cancer Patients Undergoing Chemotherapy at Santa Elisabeth Hospital Medan in 2024

Coping Mechanism	F	%
Maladaptive Coping	37	88,1
Adaptive Coping	5	11,9
Total	42	100

Based on table 3, it was obtained that out of 42 respondents there were 37 respondents (88.1%) with maladaptive coping mechanisms, and 5 respondents (11.9%) with adaptive coping mechanisms.

The researchers' assumption is that patients who use maladaptive coping mechanisms can often cry, scold those around them, feel uncomfortable with their physical changes due to chemotherapy side effects. This is based on the content of questionnaire number 3 "Venting problems on others" as many as 30 respondents (71.4%) answered yes. The content of questionnaire number 15 "Anger and blame others for this problem"

as many as 32 respondents (76.2%) answered yes.

Psychological problems felt by cancer patients during chemotherapy are in the form of trauma to chemotherapy, feelings of depression due to current conditions, and thinking about dying. Not only psychological problems experienced by respondents when undergoing chemotherapy, other things such as side effects from chemotherapy also had an impact on the physical condition of respondents. The side effects of chemotherapy that were felt also caused respondents to have maladaptive coping mechanisms.

Cancer respondents who undergo chemotherapy still use the maladaptive coping mechanism, which is the adaptation process carried out by the individual to overcome problems, adjust to changes and not cause a health problem, but if the coping mechanism fails, it means that the individual fails to adapt which can cause stress.

Patients with an adaptive coping mechanism in cancer patients are cancer patients who have had experience while undergoing chemotherapy for an indeterminate period of time and are at the resolution stage so that they are used to and begin to accept reality and can apply adaptive coping, according to the demographic data in this study patients who have undergone chemotherapy for the 9th time, 10, 11,12, have adaptive coping mechanisms

The researcher's assumption is supported by a study (Romaningsih et al., 2022) which shows a maladaptive coping mechanism of 21 respondents (60%) while an adaptive mechanism of 14 respondents (40%) based on the results of

the study obtained that the majority of respondents undergoing chemotherapy use maladaptive coping mechanisms. Cancer patients who undergo chemotherapy for the first time have more worry because they have no experience of the side effects that will arise and how long chemotherapy will last. This can affect psychological conditions because anxiety arises, to anger that is not expressed, resulting in a sense of hopelessness that results in cancer patients undergoing chemotherapy using maladaptive coping mechanisms

In a study (Andinata et al., 2020), which showed that 91 respondents (94.8%) had a negative coping mechanism, while 5 respondents (5.2%) in this study said that this negative coping mechanism was influenced by various levels of knowledge from the respondents and also the chemotherapy experience carried out by the respondents. Properly utilized coping resources such as the existence of family and family support can help patients develop a positive coping mechanism.

This study is in line with research (Parasian et al., 2024) showing that in breast cancer patients who are maladaptive to chemotherapy side effects, most of them have poor quality of life (64.6%). Meanwhile, in adaptive breast cancer patients, there are only 29.1% of breast cancer patients who have a poor quality of life. The results of the study illustrate that cancer patients with poor quality of life are more likely to be maladaptive to chemotherapy side effects. The problem of cancer patients undergoing chemotherapy is a psychological mental problem of patients who can experience a dramatic decrease

due to the side effects of chemotherapy. Side effects of chemotherapy are usually related to body image, where the majority of cancer patients are women who attach great importance to appearance and body image, if cancer patients fail to adapt as a result of which patients will experience depression and worsen their quality of life.

It is different in the study (Zsa Zsa Korompot, Faradilla M. Suranata, 2020) patients with maladaptive coping mechanisms as many as 8 (17.8%) respondents while patients with adaptive coping mechanisms as many as 37 (82.2%) respondents. In this study, it was found that the high self-efficacy factor in patients caused an adaptive coping mechanism, this is because patients feel that self-efficacy or self-confidence in chemotherapy treatment will reduce and even kill cancer cells thereby prolonging life expectancy and survival. In this study, it was also found that the high family support factor caused an adaptive coping mechanism, patients undergoing chemotherapy were always escorted and accompanied by their families, and families also always waited and accompanied until chemotherapy was completed.

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