

PSYCHOSOCIAL ADAPTATION IN LUNG CANCER PATIENTS: A LITERATURE REVIEW

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ABSTRACT

Lung cancer is one type of cancer with the highest mortality rate, this is often due to delays in diagnosis and the impact of prognosis which can affect the psychosocial adaptation of lung cancer patients. Analyze psychosocial adaptation problems in lung cancer patients, their impacts, and treatment strategies. Systematic review used the PRISMA protocol and JBI scoring tool to determine eligible articles. Five electronic databases were used (Pubmed; Science Direct and Google Scholar. Inclusion criteria included research on lung cancer published in English in the last ten years (2014-2024). The results showed that 20 articles met the inclusion criteria. The results of the review show several common problems experienced by lung cancer patients, including depression, anxiety, social isolation, stigmatization, mental health problems, and difficulties in adaptation. The impact is a decrease in emotional well-being, a reduction in quality of life, an increase in physical symptoms, and a worsening of the disease prognosis. Several prevention strategies include providing multidisciplinary therapy through supportive and palliative care, improving the quality of psychosocial health services, cognitive behavioral therapy, social support therapy, psycho-education, increasing social support, spiritual treatment, increasing healthy behavior, and using confrontation and stress coping. Psychosocial problems experienced by lung cancer patients are often complex and can include various aspects. Several common issues experienced by lung cancer patients are related to psychosocial problems. The impact of psychosocial problems can worsen the prognosis of lung cancer so several treatment efforts are needed to overcome psychosocial problems in lung cancer patients.

Keywords: Adaptation, Lung Cancer, Literature Review, Psychosocial

INTRODUCTION

Lung cancer is the type of cancer with the highest number of cases worldwide, reaching 11.4% of total cancer cases and causing around 18% of total cancer deaths (Global Burden of Cancer, 2021; World Health Organization, 2020). In Asia, lung cancer accounts for 13.8% of total cases with a mortality rate of around 19.2%, while in Indonesia,

these cases rank third after breast and cervical cancer with a percentage of 8.8% (Global Burden of Cancer, 2021). The high mortality rate is often caused by late detection which causes patients to be at an advanced stage, reducing the effectiveness of treatment and increasing mortality (Mössinger & Kostev, 2023). Apart from that, lung

cancer patients also face psychological impacts such as anxiety, depression, and stress caused by diagnosis, therapy, and physical changes which cause feelings of loss of identity and adjustment (Zhang, 2017).

Psychosocial adaptation refers to an individual's ability to adapt to changes in the life conditions they face, both physically and psychologically. In the context of lung cancer patients, psychosocial adaptation is important because it can influence quality of life, adherence to treatment, and overall prognosis. Factors that influence psychosocial adaptation in lung cancer patients include social support, self-confidence, quality of interpersonal relationships, level of knowledge about the disease, perceptions of cancer and treatment, as well as environmental factors such as access to mental health services and community support (McFadden et al., 2023; Zhu et al., 2022).

Psychosocial problems in lung cancer patients must be overcome by involving the role of the medical team, including doctors, nurses, and counselors, which is very important in helping lung cancer patients. Education, emotional support, psychological therapy, and group support programs are some of the strategies that can help patients deal with the stress, anxiety, and depression they may be experiencing. Understanding the importance of psychosocial adaptation in lung cancer patients can improve holistic care and support patients' overall well-being during their journey against this disease (Howell et al., 2017).

LITERATURE REVIEW

Lung cancer is all malignant diseases in the lungs, including malignancies originating from the lungs themselves (primary) or from outside the lungs. In the clinical sense, what is meant by primary lung cancer is a malignant tumor originating from the bronchial epithelium (bronchial carcinoma = bronchogenic carcinoma) (Fadhillah, 2022).

Lung Cancer Risk Factors. Risk factors that cause lung cancer according to Klamerus et al (2012) include:

- a. Passive smoke or residual cigarette smoking. Passive smoking increases the risk of cancer 2-3 times higher than non-smokers.
- b. Exposed to radon gas (fractional products of uranium and radium), asbestos, and firewood smoke. Certain forms of benign lung disease, such as fibrosis
- c. interstitial disease, asbestosis, and chronic obstructive pulmonary disease (COPD) or COPD.
- d. Genetic Factors
Patients and families are often concerned about genetic risks lung cancer. Although not a single gene has been identified, it exists
- e. There is a slight chance of getting lung cancer if you are a family member others are affected. This risk increases if family members are Lung cancer is diagnosed at a young age or when it is cancer
- f. Lungs affect many family members. Patients with little or no history of smoking. About 1 in 5 women who get lung cancer are not single smokers and 1 in 10 men have never been smokers (Mirnawati, 2018).

RESEARCH METHODOLOGY

This research is a literature review. Inclusion criteria include: 1) English language articles; 2) Publication between 2014-2024 (last 10 years); 3) Is primary research; 4) Relating to psychosocial adaptation in lung cancer. Exclusion criteria include 1) Publication later than 2013; 2) Research that deviates from the topic being studied; and 3) Research that is not specific to pulmonary psychosocial adaptation. Searches using databases include Science Direct, Pubmed, and Google Scholar.

Keywords used include: "lung"; "lung cancer"; "psychosocial" and "psychosocial adaptation". The review was carried out in four stages using the Preferred Reporting Items for Systematic Review and Meta-analysis (PRISMA) flow diagram (Figure 1). The selection process using the Prisma diagram approach and a list of references is presented in Table 1.

RESULTS RESEARCH

This literature review identified twenty articles meeting the inclusion criteria. The results of identifying articles related to psychosocial adaptation in lung cancer patients are presented in Table 1. The results of the analysis show that 11 articles used a cross-sectional research design, 3 articles used qualitative research, 1 longitudinal research article, 1 retrospective research article, 1 cohort research article, 1 experimental article, and 2 literature review articles.

The results of the analysis of articles related to psychosocial adaptation in lung cancer patients produced three aspects including problems, impacts, and psychosocial management strategies in lung cancer patients. Problems arising

from lung cancer include mild to severe psychological burdens (Barnes et al., 2023) such as sadness, anxiety, disappointment, emotional stress and even suicidal thoughts (Bonsu et al., 2014; Damhus et al., 2021; Gudenkauf et al., 2019; Hulbert-Williams et al., 2019; Morrison et al., 2017), and depression (Chambers et al., 2015; Hu et al., 2018; Nakaya, 2014). Social burdens such as experiencing changes in social roles and functions both in the family and society (Berchuck et al., 2020; Bonsu et al., 2014; Looijmans et al., 2018), the existence of negative social stigma (Johnson & Mph, 2014; Lehto, 2022). As well as, economic burdens such as high medical costs and job loss (Berchuck et al., 2020; Bonsu et al., 2014; Gu et al., 2018).

The impact of psychosocial disability in lung cancer patients can cause a decrease in quality of life (Chambers et al., 2015; Gu et al., 2018; Johnson & Mph, 2014; Lehto, 2022; Morrison et al., 2017; van Montfort et al., 2020). Physical aspects such as decreased functional status are characterized by a decline in the patient's physical condition and reduced ability to carry out daily activities (Leung et al., 2019; Looijmans et al., 2018). Non-compliance with treatment (Berchuck et al., 2020; Looijmans et al., 2018).

Strategies for dealing with problems and psychosocial impacts in lung cancer patients include psychological intervention by providing cognitive behavioral therapy (Lehto, 2022), and providing spiritual therapy (Gudenkauf et al., 2019; Liao et al., 2017). Social intervention provides social support from partners, family, health workers, relatives, and spiritual and psycho-educational leaders with positive thoughts (Berchuck et al.,

2020; Bonsu et al., 2014). Providing assistance and supportive and palliative care (Ferrell et al., 2015; Johnson & Mph, 2014; Lehto, 2022; Tian et al., 2021), as well as providing education and empowering patients through health workers

(Bonsu et al., 2014; Chambers et al., 2015). Economic intervention by providing health insurance from the company and no termination of employment (Berchuck et al., 2020).

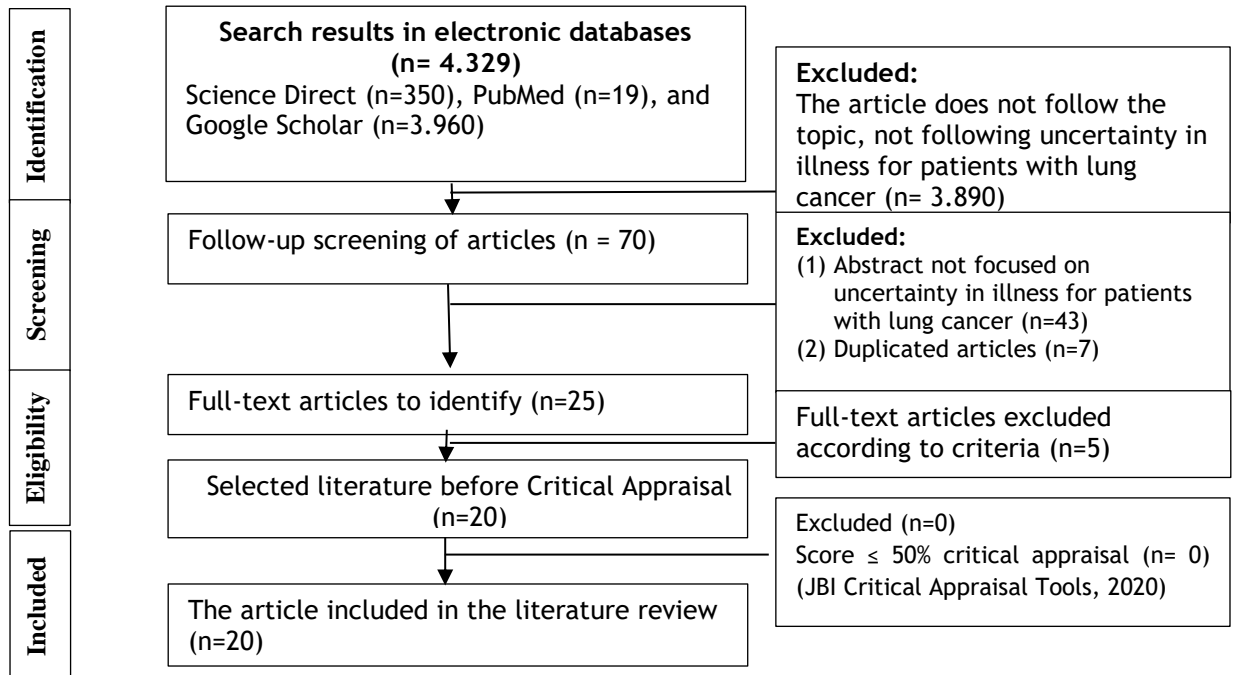


Figure 1. Selection Of Articles Based On The PRISMA Flow Diagram

DISCUSSION

Lung cancer is a disease that has a significant impact on the psychosocial adaptation of sufferers. After receiving a diagnosis of lung cancer, a person often experiences psychosocial problems. The results of the literature analysis of 20 articles that have been reviewed show that 3 aspects influence psychosocial adaptation, including problems or complaints that often arise, the impact on lung cancer sufferers, and strategies that can be carried out by lung cancer sufferers (Pirl et al., 2019).

Problems in psychosocial adaptation in lung cancer patients include psychological burdens including feelings of sadness,

anxiety, disappointment, and depression resulting from the diagnosis of a serious disease that can be life-threatening, uncertainty about prognosis, transition to significant lifestyle changes, and intensive treatment (Bonsu et al., 2014; Chambers et al., 2015; Damhus et al., 2021; Gudenkauf et al., 2019; Hu et al., 2018; Hulbert-williams et al., 2019; Morrison et al., 2017; Nakaya, 2014).

Social burdens such as social stigma or negative assessments from other people about lung cancer are often associated with perceptions of unhealthy lifestyles, one of which is smoking, so patients often limit their ability to participate in social

activities and interactions with other people (Johnson & Mph, 2014; Lehto, 2022). Another social burden is changes in social roles and functions due to illness and treatment which affect the sufferer's ability to work and play a role in the family and society (Berchuck et al., 2020; Bonsu et al., 2014; Looijmans et al., 2018).

The economic burden is related to high medical costs and job loss, causing a psychosocial burden on patients and families (Berchuck et al., 2020; Bonsu et al., 2014; Gu et al., 2018).

The impact of psychosocial maladaptation in lung cancer patients includes a decrease in quality of life due to feeling isolated and lack of support, which affects life satisfaction, ability to enjoy daily activities, and negative perceptions of their health condition. (Ferrell et al., 2015; Johnson & Mph, 2014; Lehto, 2022). Psychological burdens such as depression, psychological pressure, and suicidal thoughts due to perceived illness and lack of social support lead to non-compliance with treatment schedules (Berchuck et al., 2020; Looijmans et al., 2018).

In addition, they often face adaptation difficulties related to necessary lifestyle changes such as changes in diet, increased physical activity, and changes in smoking habits (Damhus et al., 2021). The social burden caused by low social support includes a decrease in emotional well-being, such as feeling lonely, anxious, and depressed if you don't get support from people around you, even at the risk of increasing mental health problems (Berchuck et al., 2020; Tian et al., 2021).

Higher levels of stress contribute to increased physical symptoms, and lower immunity and further worsen the disease prognosis (Ferrell et al., 2015; Morrison et al.,

2017). Psychosocial problems can worsen physical conditions and reduce the ability to carry out daily activities, causing a decrease in functional status (Leung et al., 2019; Looijmans et al., 2018). In addition, psychosocial stress can affect family relationships and cause tension and conflict so that family dynamics are disrupted (Berchuck et al., 2020).

Lung cancer causes problems and psychosocial impacts, therefore there is a need for treatment strategies. Anxiety and depression can be treated by providing psychological interventions such as cognitive behavioral therapy, and psycho-education with positive thoughts (Lehto, 2022).

Social interventions such as increasing social support from family, friends, and support groups can help lung cancer patients increase support networks, improve the quality of interpersonal relationships, learn how to ask for and accept help from others and help reduce feelings of isolation, and improve emotional well-being (Barnes et al., 2023). Also, spiritual therapy functions to get closer to God and be more accepting of the illness you are suffering from (Gudenkauf et al., 2019; Liao et al., 2017).

Providing multidisciplinary therapy through supportive and palliative care therapy can increase fighting spirit, control physical complaints such as pain, and symptom burden, and improve quality of life (Ferrell et al., 2015; Johnson & Mph, 2014; Lehto, 2022). Economic support interventions such as assistance or health insurance programs provided by the employer and not terminating work can reduce the economic burden caused by illness and treatment (Berchuck et al., 2020). Also, you can use confrontation coping to overcome

stress problems in lung cancer patients (Tian et al., 2021).

CONCLUSION

The psychosocial problems experienced by lung cancer patients are often complex and can include various aspects. Several common issues experienced by lung cancer patients are related to psychosocial issues. The impact of psychosocial problems can worsen the prognosis of lung cancer.

Suggestion

Nurses can use several alternatives to overcome psychosocial issues in lung cancer patients. It is hoped that the results of this literature review can become reference material for education and health agencies regarding the problem of psychosocial adaptation in lung cancer patients as well as improving quality psychosocial health services to overcome the mental problems of lung cancer patients.

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