

FACTORS THAT INFLUENCE ADHERENCE TO BREAST TUMOR PATIENTS AT SURGICAL CLINIC IN THE BHAYANGKARA BRIMOB HOSPITAL

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ABSTRACT

The impact of pre-operative anxiety is that pre-operative anxiety can cause physical and psychological changes which ultimately activate the sympathetic autonomic nerves, thereby increasing heart rate, blood pressure, respiratory frequency, and generally reducing energy levels in the patient, and ultimately can be detrimental to the patient. itself because it will have an impact on the implementation of operations. To determine the relationship between therapeutic communication and the level of anxiety of primigravida mothers in facing SC delivery at Bhayangkara Brimob Hospital in 2023. The research approach used in this research is cross-sectional. The population in this study was 30 women pre-SC surgery. The sample in this study was 30 people. The sampling technique is total sampling. Researchers used the Chi Square test. The research results showed that the majority's anxiety level was moderate anxiety level at 46.7%. The majority of therapeutic communication is good therapeutic communication as much as 63.3%. From the statistical test results, it was found that P value = 0.002, meaning P value < α (0.05). There is a relationship between therapeutic communication and the level of anxiety of primigravida mothers in facing SC delivery at Bhayangkara Brimob Hospital in 2023. Suggestions for hospitals to create educational classes for pregnant women before delivery regarding the birth process

Keywords: Communication, Anxiety, Sectio Caesarea

INTRODUCTION

A hospital is a place that provides short-term and long-term individual health services with better quality than a community health center. The services provided by hospitals are outpatient services, inpatient services, emergency services, and medical services (Mayanti Mahdarsari and Rachmah, 2021). One of the medical services at home is surgical services in the operating room. The operating room is a special unit in a hospital (RS)

which functions as a place to carry out elective (can be postponed) and emergency surgical procedures (Mayanti Mahdarsari and Rachmah, 2021).

In general, surgery is divided into two, namely major surgery and minor surgery. The term minor surgery is used for minor surgical procedures which are usually carried out under local anesthesia, such as removing benign tumors, cysts on the skin, circumcision, nail

extraction, wound management. Meanwhile, major surgery is a major surgical procedure that uses general anesthesia, which is a form of surgery that is often performed (Sjamsuhidajat and Jong, 2017).

Section caesarea surgery or what is called a caesarean section is a major operation or major surgery on the stomach/major abdominal surgery. Based on 2021 World Health Organization (WHO) statistical data, the use of caesarean sections continues to increase globally, now accounting for more than 1 in 5 (21%) of all deliveries. This number will continue to increase over the next decade, with almost a third (29%) of all births likely to occur via caesarean section (Nislawaty and Meidiana, 2018).

In Indonesia, delivery by caesarean section is not something new, this is proven by the increase in the number of caesarean sections over the last 10 years in Indonesia. Based on survey data on births using the caesarean section method, in Indonesia cases increased from 2002 by 13.7% and in 2012 by 23.1%. Based on the results of Indonesian Basic Health Research (Riskesmas) in 2018, the prevalence of caesarean section in childbirth was 17.6%, the highest in the DKI Jakarta area (31.3%) and (6.7%) in the Papua region (Kemenkes RI, 2018). For the West Java region, caesarean section deliveries reached 15.5% (Nislawaty and Meidiana, 2018).

The caesarean section process is a treatment procedure that can cause psychological disorders, namely anxiety. In the pre-operative stage, anxiety usually arises when the patient anticipates surgery and is followed by anxiety in the post-operative stage, such as pain or discomfort, changes in body image and body function, changes in lifestyle and financial problems (Wahyuningsih and Agustin, 2020).

Anxiety is a normal adaptive response to stress due to surgery. In the preoperative stage, anxiety usually arises when the patient anticipates surgery and is followed by anxiety in the postoperative stage, such as pain or discomfort, changes in body image and body function, changes in lifestyle and financial problems (Hawari, 2018).

Anxiety is a normal accompaniment of growth, of change, of experiencing something new and untried, and of discovering identity and meaning in life. In contrast, pathological anxiety is an inappropriate response to a given stimulus based on its intensity or duration. Anxiety is a natural emotional disorder characterized by deep and continuous feelings of fear or worry, not experiencing disturbances in assessing reality, the personality is still intact or does not experience cracks in the normal personality (Sadock, Benjamin, Sadock, 2019).

Health workers have the authority to provide care to patients, which includes prevention, health promotion, disease detection and even first aid needed by the patient. In providing nursing care, nurses also have the authority to provide communication, information and education (KIE) to patients. In this case, what the patient needs is therapeutic communication. Therapeutic communication has a long-term effect, where the patient will feel more comfortable and trust the nurse, the patient will comply with the recommendations given by the nurse so that the patient will recover more quickly and the delivery process will be faster. However, on the other hand, if there is no good interaction between the patient and the nurse, serious problems can occur. Nurses who don't smile, are less friendly and don't provide explanations will have

a negative impact. Patients will also feel uncomfortable and even threatened by the nurse's attitude (Permatasari, 2016).

Therapeutic communication to mothers before giving birth is providing assistance to mothers who are about to give birth by providing guidance on the birth process. Mothers who are about to give birth will definitely have excessive emotions which can cause anxiety, where childbirth is a tense and emotionally arousing time for the mother and her family, it can even be a painful and frightening time for the mother. According to Priyoto (2015), nurses are required to carry out therapeutic communication in nursing actions so that patients and families know the actions that will be taken to the patient through the stages of therapeutic communication. The nurse must not be confused and instead the patient must feel that he is the nurse's main focus during the interaction.

Based on a preliminary study at Bhayangkara Brimob Hospital on primiparous pre-operative Sectio caesarea (SC) patients out of 10 pregnant women who were going to undergo Sectio caesarea (SC) at Bhayangkara Brimob Hospital, the results showed that 4 people experienced severe anxiety, 3 people experienced moderate anxiety and 3 people experience mild anxiety. From the description above, the author is interested in researching the relationship between therapeutic communication and the level of anxiety of primigravida mothers in facing SC deliveries at Bhayangkara Brimob Hospital in 2023.

LITERATURE REVIEW

A tumor is a lump that occurs abnormally as a result of continuous growth. Microscopically and

macroscopically, tumor lumps will not attack the surrounding tissue. In Ahsani & Machmud's research in 2019, a tumor or what can also be called a neoplasm is a lump caused by the growth of abnormal cells in the body (Rahmawati, 2023); (Rahmah, 2024).

Symptoms of Breast Tumors
The occurrence of FAM is influenced by hormones in humans. This can be known based on the size of the fibroadenoma which can change during menstruation or during a person's pregnancy. The hormone that is working is the hormone estrogen. There are symptoms of mammary fibriadenoma or (FAM), including (Saragih, 2019); (Trihapsari, 2022):

1. FAM can be multiple
2. Has a lump with a diameter of 2-3 cm
3. The lump has no effect on the skin of the breast, nor does it cause an inflammatory reaction
4. The lump is lobed
5. Forms and boundaries are clearly visible.

Basically, until now it is not known for certain what causes breast tumors. However, there are several factors that can increase the risk of breast tumors, including:

1. Age
The risk of breast tumors generally increases with age in humans.
2. Genetic
Women who have a family history of tumors or cancer will increase the risk factor for breast tumors.
3. Number of Menstrual Cycles
The hormone that works in women is estrogen. In menstruation that occurs in women when they are still young or when the menopause phase is late, the amount of the hormone estrogen is higher than in women who experience late

menstruation and early menopause (Buana, 2022).

4. Breastfeeding

In breastfeeding mothers there is a small chance of developing breast cancer. However, breastfeeding will only have a small effect (Putra, 2015); (Fitrisia, 2019).

METHODS RESEARCH

Research design is a scientific way to produce data with specific purposes and uses. The research approach used in this research is cross-sectional. What is meant by cross-sectional is an observational (non-experimental) research design, where the researcher only observes and measures variables at a certain time and the research does not have

to be carried out exactly at the same time, but this means that each subject is only subjected to one measurement without monitoring or obstructing measurements (Sugiyono, 2016).

The population in this study was 30 women pre-SC surgery. The sample in this study was 30 people. The sampling technique is total sampling. Total sampling is the entire population sampled. The instrument in this research was to use a questionnaire. The instrument in this research was to use a questionnaire. The research uses univariate analysis to describe each variable studied. Researchers used the Chi Square test with a confidence level of 95% or a significance level of 5%.

RESEARCH RESULT

Table 1. Frequency Distribution of Anxiety Levels of Primigravida Mothers in Facing SC Birth at Bhayangkara Brimob Hospital

No	Anxiety Level	Frequency	%
1.	No Anxiety	2	6,7
2.	Mild Anxiety	9	30,0
3.	Moderate Anxiety	14	46,7
4.	Severe Anxiety	5	16,7
	Total	30	100

Table 1 shows the frequency distribution of anxiety levels of primigravida mothers in facing SC deliveries at Bhayangkara Brimob

Hospital in 2023, namely that the majority of respondents' anxiety levels were moderate, 14 respondents (46.7%).

Table 2. Frequency Distribution of Therapeutic Communication in Dealing with SC Birth at Bhayangkara Brimob Hospital

No	Therapeutic Communication	Frequency	%
1.	Good	19	63,3
2.	Just	9	30,0
3.	Less	2	6,7
	Total	30	100

Table 2 shows the distribution of the frequency of therapeutic

communication in dealing with cesarean delivery at Bhayangkara

Brimob Hospital in 2023, namely that the majority of Therapeutic

Communication was good, 19 respondents (63.3%).

Table 3. The Relationship between Therapeutic Communication and the Level of Anxiety of Primigravida Mothers in Facing SC Birth at Bhayangkara Brimob Hospital

Therapeutic Communication	Anxiety Levels								Total N	P value	
	None		Mild		Moderate		Severe				
	n	%	n	%	n	%	n	%			
Good	2	10,5	9	47,7	8	42,7	0	0	19	100	0,002
Just	0	0	0	0	6	66,7	3	33,3	9	100	
Less	0	0	0	0	0	0	2	100	2	100	
Total	2	6,7	9	30	14	46,7	5	16,7	30	100	

From table 3, it is found that there is a relationship between therapeutic communication and the level of anxiety of primigravida mothers in facing SC delivery at Bhayangkara Brimob Hospital in 2023. It is known that respondents who received good therapeutic communication had more mild levels of anxiety, namely 9 out of 19 people or 47.7% of respondents. Those who received adequate therapeutic communication had more moderate levels of anxiety, namely 6 out of 9

people or 66.7%, while respondents who received less good therapeutic communication had more levels of severe anxiety, namely 2 out of 2 people or 100%. From the statistical test results, it was found that the P value = 0.002, meaning P value < α (0.05), so it can be concluded that there is a relationship between therapeutic communication and the level of anxiety of primigravida mothers in facing SC deliveries at Bhayangkara Brimob Hospital in 2023.

DISCUSSION

Anxiety of Primigravida Mothers in Facing SC Birth at Bhayangkara Brimob Hospital

Based on the research results, it shows the frequency distribution of anxiety levels of primigravida mothers in facing SC deliveries at Bhayangkara Brimob Hospital in 2023, namely that the majority of respondents' anxiety levels are moderate, 14 respondents (46.7%).

In line with Sri Norlina's research in 2021, it was found that the majority of women giving birth were anxious with a moderate level of anxiety, namely 21 people or 50%. This is also in line with research by Hamranani (2013), showing that prolongation of the first stage can occur at various levels of anxiety,

namely mild anxiety 6.25%, moderate anxiety 81.25% and severe anxiety 12.5%.

In theory, according to Hawari, anxiety is a natural emotional disorder characterized by deep and persistent feelings of fear or anxiety, there is no disturbance in the assessment of reality, the personality remains intact or there are no gaps in the normal personality (Sadock, Benjamin, Sadock, 2019). Anxiety in prenatal pregnant women is something that is very important to be aware of because if anxiety continues without resolution it will cause anxiety to increase and increase the risk of injury. For example, a mother who experiences anxiety before giving birth has an

impact on her body and makes her hypotonic (Maryunani, 2016).

According to researchers' assumptions, maternal anxiety before childbirth is moderate anxiety, this is because many mothers feel afraid and the lack of therapeutic communication from health workers can cause maternal anxiety before childbirth. The anxiety experienced by mothers at the beginning of labor is related to various factors related to the birth process. The main reasons that mothers worry about when facing childbirth are pain during childbirth, whether the mother will give birth naturally or by CS, whether the baby will be born safely or not, whether the mother will survive or not, and the costs after giving birth. For mothers approaching SC delivery, the thing that must be prepared so that they do not experience anxiety is the role of the nurse in providing information and emotional support to explain that SC delivery is safe and there is no need to worry.

Therapeutic Communication in Facing SC Birth at Bhayangkara Brimob Hospital

Based on the research results, it shows that the frequency distribution of therapeutic communication in dealing with vaginal birth at Bhayangkara Brimob Hospital in 2023 is that the majority of Therapeutic Communication is good, 19 respondents (63.3%).

In line with Erien Luthfia & Nur Azizah in 2015, the results showed that of the 57 respondents in the therapeutic communication of midwives in the obstetrics and delivery room, the majority were in the good category, numbering 30 people (52.6%) and in the poor category, there were 27 people (47.4%). In theory, according to research by Sutrisno (2015), therapeutic communication is one

way for nurses to build mutual trust and can increase patient satisfaction so that it can improve the good image of health workers, especially nurses.

Profession Therapeutic communication is a relationship between nurses and patients which aims to achieve therapeutic goals to achieve an optimal and effective level of healing, with the hope that the patient's treatment period will be shorter (Muhith & Siyoto, 2018). According to Priyoto (2015), nurses are required to have therapeutic communication in nursing work so that patients and their relatives know what procedures are being carried out on patients through the stages of therapeutic communication. The nurse should not be confused, but the patient should feel that he is the nurse's main focus during the interaction

According to the researcher's assumption, therapeutic communication activities for mothers in labor are guidance activities to help mothers in labor during the birthing process. Pregnant women definitely have overwhelming emotions that cause anxiety, making childbirth an exciting and emotional time for the mother and her family, even a painful and scary time for the mother.

Analisis Bivariat

Based on the results of research on the relationship between therapeutic communication and the level of anxiety of primigravida mothers in facing SC delivery at Bhayangkara Brimob Hospital in 2023, it is known that respondents who received good therapeutic communication had more mild levels of anxiety, namely 9 out of 19 people or 47.7%, respondents who who received sufficient therapeutic

communication, there were more people with moderate levels of anxiety, namely 6 out of 9 people or 66.7%, while respondents who received less good therapeutic communication had more severe levels of anxiety, namely 2 out of 2 people or 100%. From the statistical test results, it was found that the P value = 0.002, meaning P value < α (0.05), so it can be concluded that there is a relationship between therapeutic communication and the level of anxiety of primigravida mothers in facing SC deliveries at Bhayangkara Brimob Hospital in 2023.

In line with research by Rossi Septina (2024), the anxiety level of primigravida mothers in facing childbirth was the majority of respondents' anxiety level, 43.3%. From the results of statistical tests, the P value = 0.000 (Septina, 2024). Also in line with Sri Norlina's research in 2021, it is known that the correlation test results show a p value of 0.0006 < 0.05, so it is concluded that there is a relationship between therapeutic communication and maternal anxiety.

In theory, the way to reduce maternal anxiety is as follows: Health workers provide information and train mothers to understand clear fears, build cooperative relationships with their partners, become good listeners, be affectionate, helpful and communicative with expectant mothers. One of the efforts to reduce this anxiety is to apply maternal loving care which is carried out through therapeutic communication techniques (Septina, 2024).

According to the researchers' assumption, anxiety is a very important thing that pregnant women who are about to give birth must be aware of, because if anxiety

continues without a solution, it will increase anxiety and increase the risk. What a shame. One effort to reduce this anxiety is to apply maternal loving care using therapeutic communication techniques.

A supporting factor in efforts to reduce anxiety in pre-SC surgery patients is good support from health workers. Health workers have the authority to provide care to patients.

Therapeutic communication has a long-term effect, where the patient will feel more comfortable and trust the health worker, the patient will comply with the recommendations given by the health worker so that the patient will recover more quickly and the birth process will be faster.

The inhibiting factor or obstacle that occurs in efforts to reduce anxiety in pre-SC surgery patients is the lack of good education for patients. Health workers do not spend enough time with patients to explain the safety procedures for SC delivery. For this reason, it is necessary to create educational classes for pregnant women before delivery regarding the birthing process.

Implication And Limitations

The questionnaire is filled out by the respondent himself so that there could be (information bias), namely the information conveyed by the respondent is subjective. The results of the respondent's answers depend on the respondent's honesty. Questionnaires with closed questions so that information cannot be explored in depth.

CONCLUSIONS

From the results of research regarding the relationship between therapeutic communication and the anxiety level of primigravida

mothers in facing SC deliveries at Bhayangkara Brimob Hospital in 2023, it can be concluded that: The majority's anxiety level is moderate anxiety level at 46.7%. The majority of therapeutic communication is good therapeutic communication as much as 63.3% and there is a relationship between therapeutic communication and the level of anxiety of primigravida mothers in facing SC delivery at Bhayangkara Brimob Hospital in 2023 with a P value = 0.002.

Suggestions

It is hoped that Bhayangkara Brimob Hospital will improve health services for mothers in labor by managing the implementation of therapeutic communication by health workers in providing care to mothers during labor.

Author Contribution

Author 1 and Author 2 contributed to the design and implementation of the research, to the analysis of the results and to the writing of the manuscript.

Conflict Of Interest

The results of this research can be used as an additional literature for the development of nursing science, and to meet the requirements of obtaining Bachelor of Nursing Degree

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