

ABSTRAK

Reanita Anggis Deraya

HUBUNGAN KECEMASAN DAN DEPRESI TERHADAP KELELAHAN PENDERITA KANKER PAYUDARA YANG MENJALANI KEMOTERAPI DI RSUD K.R.M.T WONGSONEGORO KOTA SEMARANG

Latar Belakang: Kelelahan merupakan gejala yang sering muncul pada pasien kanker yang menjalani kemoterapi. Awalnya pasien merasakan rasa takut, cemas, depresi, sedih, dan gelisah terus menerus yang akhirnya mengakibatkan kelelahan pada pasien yang menjalani kemoterapi. Penelitian ini bertujuan untuk mengetahui hubungan kecemasan dan depresi terhadap kelelahan penderita kanker payudara yang menjalani kemoterapi.

Metode: Penelitian ini menggunakan pendekatan kuantitatif korelasional dengan *cross sectional* dan telah mendapatkan persetujuan etik dengan nomor 068/Kom.EtikRSWN/VI/2024. Analisis data menggunakan *uji rank spearman*. Sampel diambil sebanyak 55 responden dengan teknik *purposive sampling*.

Hasil: Mayoritas responden mengalami kecemasan sedang sebanyak 20 responden (36.4%), mengalami depresi berat sebanyak 21 responden (38.2%) dan mengalami kelelahan berat sebanyak 16 responden (29.1%).

Kesimpulan: Hipotesa yang diambil yaitu H_a diterima, artinya adanya Hubungan Kecemasan dan Depresi terhadap Kelelahan Penderita Kanker Payudara Yang Menjalani Kemoterapi Di RSUD K.R.M.T Wongsonegoro Kota Semarang. Didapatkan nilai ($\rho = 0,785$ dan $0,744$) yang memiliki makna tingkat hubungan kuat dengan arah positif artinya semakin tinggi pasien mengalami kecemasan dan depresi maka semakin tinggi kelelahan yang dialami pasien kemoterapi.

Kata Kunci: Depresi, Kecemasan, Kelelahan, Kemoterapi, Kanker Payudara

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ABSTRACT

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***THE RELATIONSHIP BETWEEN ANXIETY AND DEPRESSION ON FATIGUE
IN BREAST CANCER PATIENTS UNDERGOING CHEMOTHERAPY AT RSUD
K.R.M.T WONGSONEGORO SEMARANG CITY***

Background: Fatigue is a common symptom that often appears in cancer patients undergoing chemotherapy. Initially, patients experience constant feelings of fear, anxiety, depression, sadness, and restlessness, which ultimately result in fatigue for those undergoing chemotherapy. This study aims to determine the relationship between anxiety and depression on the fatigue of breast cancer patients undergoing chemotherapy.

Research Method: This study uses a correlational quantitative approach with a cross-sectional design and has received ethical approval with the number 068/Kom.EtikRSWN/VI/2024. Data analysis used the Spearman rank test. The sample was taken from 55 respondents using purposive sampling technique.

Results: The majority of respondents experienced moderate anxiety, with 20 respondents (36.4%), severe depression with 21 respondents (38.2%), and severe fatigue with 16 respondents (29.1%).

Conclusion: The hypothesis taken is H_a accepted, meaning there is a relationship between Anxiety and Depression towards Fatigue in Breast Cancer Patients Undergoing Chemotherapy at RSUD K.R.M.T Wongsonegoro Semarang City. The values obtained ($\rho = 0.785$ and 0.744) indicate a strong positive correlation, meaning that the higher the levels of anxiety and depression experienced by the patients, the higher the fatigue experienced by chemotherapy patients.

Keywords: Anxiety, Breast Cancer, Chemotherapy, Depression, Fatigue.

Bibliography: 51 (2018-2024)