

ABSTRAK

Pengobatan kemoterapi diperuntukkan mengurangi masa sel kanker, memulihkan, menaikkan kualitas hidup, mengurangi komplikasi penyakit kanker akibat metastasis. Dampak fisik menyebabkan mengalami mual muntah, rontok, keletihan, nafsu makan kurang. Dampak psikologis menyebabkan cemas, stres, depresi, konflik peran juga isolasi sosial. Kecemasan rasa khawatir tidakjelas, perasaan tidakpasti juga ketidakberdayaan. Efek cemas tersebut dibutuhkan dukungan keluarga, sebagai sikap tindakan penerimaan anggota keluarganya yang diberikan dalam bentuk dukungan informasi, penilaian, instrumental, juga emosional. Tujuan untuk mengetahui hubungan dukungan keluarga dengan tingkat kecemasan pada pasien kemoterapi.

Jenis penelitian *literature review* dengan pendekatan *narrative review*. Teknik sampling yang digunakan purposive sampling dengan menetapkan kriteria inklusi terhadap jurnal nasional maupun internasional pencarian penelitian melalui *Google Scholar*, *PubMed* dan *Microsoft Academic*, Instrumen dengan menggunakan *Joanna Brigs Institute JBI Critical Appraisal tools Checklist for Analytical Crosssectional Studies*. Selanjutnya menentukan score dengan rekomendasi JBI disesuaikan dengan skala FAME juga dibuat *summary of findings table*.

Hasil analisis dari 5 jurnal yang menjadi sample penelitian berkategori grade A. Bahwa dukungan keluarga sangat berpengaruh terhadap penurunan tingkat kecemasan pasien kemoterapi. Kesimpulan dari beberapa jurnal yang telah dianalisis terdapat hubungan antara dukungan keluarga dengan tingkat kecemasan pada pasien kemoterapi melalui studi *literature*. Sehingga diharapkan keluarga dapat memberikan dukungan seoptimal mungkin pada pasien kemoterapi agar mempercepat proses penyembuhan.

Kata Kunci : Dukungan Keluarga, Tingkat Kecemasan, Kemoterapi.

Daftar Pustaka : Jurnal : 46 jurnal (2011-2021)

Buku : 11 buku (2011-2021)

Web : 3 situs web (2011-2021)

ABSTRACT

Chemotherapy treatment is intended to reduce cancer cell mass, recover, improve quality of life, and reduces complications due to metastasis. The physical impact of the treatment causes nausea, vomiting, hair loss, fatigue, and lack of appetite while the psychological impact causes anxiety, stress, depression, role conflict as well as social isolation. Anxiety is a feeling of worry, uncertainty and helplessness. The effect of anxiety requires family support, as an attitude of acceptance of family members who are given in the form of informational, appraisal, instrumental, and emotional support. The purpose of this study was to find out the relationship between family support and anxiety levels in chemotherapy patients.

The type of research was a literature review with a narrative review approach. The technique used was purposive sampling by setting inclusion criteria for national and international journals. Searches engine used was Google School, PubMed and Microsoft Academic, Instruments using the Joanna Brigs Institute JBI Critical Appraisal Tools Checklist for Analytical Cross-sectional Studies. Furthermore, to determine the score with JBI recommendations that adjusted to the FAME scale and continue to make a summary of findings table.

The results of the journals analysis which became the sample were categorized as grade A. It is showed that the family support was very influential in reducing the anxiety level of chemotherapy patients. The conclusion of the analysis is that there is a relationship between family support and anxiety levels in chemotherapy patients through a literature study. It is expected that the family can provide optimal support for chemotherapy patients in order to the process of speed up the healing.

Keywords : Family Support, Anxiety Level, Chemotherapy.

Bibliography : Journals : 46 journals (2011-2021)

Books : 11 books (2011-2021)

Web : 3 websites (2011-2021)