

**HUBUNGAN REGIMEN KEMOTERAPI DAN KARAKTERISTIK
PASIEN TERHADAP KUALITAS HIDUP PASIEN KANKER PAYUDARA
DI SALAH SATU RUMAH SAKIT DI CIMAHI**

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ABSTRAK

Kualitas hidup merupakan indikator penting untuk menilai efektivitas suatu regimen kemoterapi dan dampaknya terhadap kesejahteraan pasien. Regimen kemoterapi dan karakteristik pasien menjadi faktor yang dapat memengaruhi kualitas hidup pasien kanker payudara secara keseluruhan. Penelitian ini bertujuan untuk mengetahui karakteristik pasien, regimen, kualitas hidup pasien kanker payudara, dan hubungan antara regimen kemoterapi dan karakteristik pasien terhadap kualitas hidup pasien kanker payudara. Jenis penelitiannya adalah survei analitik dengan pendekatan *cross-sectional*. Teknik pengambilan sampel menggunakan metode *purposive sampling* dengan melibatkan 55 pasien kanker payudara yang menjalani kemoterapi rawat jalan di RSUD Cibabat periode April-Mei 2024. Pengukuran kualitas hidup dilakukan dengan menggunakan kuesioner *The European Organization for Research and Treatment of Cancer Quality of Life Core Questionnaire C-30* (EORTC QLQ C-30). Analisis hubungan menggunakan uji *Rank Spearman* dan koefisien kontingensi. Hasil analisis hubungan regimen kemoterapi dan karakteristik pasien (usia, pekerjaan, pendapatan, pendidikan, dan siklus kemoterapi) diperoleh nilai p -value masing-masing 0,251; 0,946; 0,681; -0,156; 0,085; 0,663 hasil tersebut menunjukkan bahwa tidak terdapat hubungan ($p > 0,05$). Sedangkan pada karakteristik pendapatan terdapat hubungan yang bermakna terhadap kualitas hidup pasien kanker payudara ($p = 0,028 < 0,05$). Kesimpulan pada penelitian ini adalah mayoritas responden berusia 46 – 55 tahun (lansia awal), tingkat pendidikan SMA, pendapatan per bulan $\leq$ Rp. 1.500.000, sedang menjalani kemoterapi siklus ke 2, dan regimen kemoterapi terbanyak yang diberikan kepada pasien adalah kemoterapi kombinasi AC (Doxorubicin + Cyclophosphamide). Skor kualitas hidup pasien kanker payudara dikategorikan “sedang” dengan skor rata-rata sebesar 59,53. Analisis hubungan antara regimen kemoterapi dan karakteristik pasien (usia, pekerjaan, Pendidikan, siklus kemoterapi) tidak terdapat hubungan yang bermakna ($p > 0,05$). Sedangkan pada karakteristik pendapatan terdapat hubungan yang bermakna ($p < 0,05$).

Kata Kunci : kanker payudara, regimen kemoterapi, kualitas hidup

**THE RELATIONSHIP BETWEEN CHEMOTHERAPY REGIMENS AND
PATIENT CHARACTERISTICS ON THE QUALITY OF LIFE OF BREAST
CANCER PATIENTS IN ONE OF THE HOSPITALS IN CIMAHI**

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ABSTRACT

Quality of life is an important indicator to assess the effectiveness of a chemotherapy regimen and its impact on patient well-being. Chemotherapy regimens and patient characteristics are factors that can affect the overall quality of life of breast cancer patients. This study aims to determine patient characteristics, regimens, quality of life of breast cancer patients, and the relationship between chemotherapy regimens and patient characteristics on the quality of life of breast cancer patients. The type of research is an analytic survey with a cross-sectional approach. The sampling technique used purposive sampling method involving 55 breast cancer patients undergoing outpatient chemotherapy at Cibabat Hospital in the April-May 2024 period. Measurement of quality of life was carried out using The European Organization for Research and Treatment of Cancer Quality of Life Core Questionnaire C-30 (EORTC QLQ C-30). The results of the analysis used the Spearman Rank test. The results of the analysis of the relationship between chemotherapy regimens and patient characteristics (age, occupation, income, education, and chemotherapy cycle) obtained a p -value of 0.251; 0.946; 0.681; -0.156; 0.085; 0.663 these results indicate that there is no relationship ($p > 0.05$). While in the characteristics of income there is a significant relationship to the quality of life of breast cancer patients ($p = 0.028 < 0.05$). The conclusion of this study is that the majority of respondents aged 46 - 55 years (early elderly), high school education level, monthly income $\leq$ Rp. 1,500,000, are undergoing chemotherapy cycle 2, and the most chemotherapy regimen given to patients is AC combination chemotherapy (Doxorubicin + Cyclophosphamide). The quality of life score of breast cancer patients was categorized as "moderate" with an average score of 59.53. Analysis of the relationship between chemotherapy regimens and patient characteristics (age, occupation, education, chemotherapy cycle) did not have a significant relationship ($p > 0.05$). While in income characteristics there is a significant relationship ($p < 0.05$).

Keywords : breast cancer, chemotherapy regimen, quality of life