

## **ABSTRACT**

*Stress was a body's respond has no spesific chrarcter to burden and claim that happened to a person. Oral care that did was to reduce negative effect of the chemotherapy on patient's oral so it helped to reduce stress of patient in chempotherapy's treatment. This reseach was to know the degree of stress on patients chemotherapi before and after mouth care.*

*The method of this reseach was descriptive design by sampel of 66 respondent that was taken by total sampling.*

*The result of this reseach showed that before getting oral care the patients was not susceptible enough with stress as many as 7,6 %, the patients that is susceptible enough with stress as many as 60,6 %, the patients that is susceptible with stress as many as 30,3 %, and the patients where has the most susceptible with stress as many as 1,5 %. After obtained oral care the patients was not susceptible enough with stress as many as 53 %, the patients that is susceptible enough with stress as many as 45 %, the patients that is susceptible with stress as many as 1,5 %, and the patients where has the most susceptible with stress as many as 0 %. Factors that increased the stress of cancer patients was the effects arise from chemotherapy treatments such as oral complications. Maintenance of oral hygiene can reduce the severity of oral complications that occur in chemotherapy patients so as to reduce the stress of chemotherapy patients.*

*The conclusion : Oral care could reduce negative effect on the chemoterapy on patient's mouth so it helped to reduce stress of patient in chemotherapy treatment.*

**Key words** : *stress, mouth care, chemotherapi.*

## ABSTRAK

Stres merupakan respon tubuh yang sifatnya non spesifik terhadap tuntutan dan beban yang dialami seseorang. Perawatan rongga mulut yang dilakukan bertujuan mengurangi keluhan klinis pasien sehingga membantu mengurangi stres pasien kanker yang menjalani perawatan kemoterapi. Penelitian ini bertujuan untuk mengetahui tingkat stres pada pasien kemoterapi sebelum dan sesudah dilakukan perawatan rongga mulut.

Metode penelitian ini berjenis *deskriptive* dengan sampel 66 responden yang diambil secara *Total Sampling*.

Hasil penelitian menunjukkan sebelum mendapatkan perawatan rongga mulut pasien yang tidak terlalu rentan stres sebanyak 7,6%, pasien yang cukup rentan stres sebanyak 60,6%, pasien yang rentan stres sebanyak 30,3% dan pasien yang sangat rentan stres sebanyak 1,5%. Setelah mendapatkan perawatan rongga mulut pasien yang tidak terlalu rentan stres sebanyak 53%, pasien yang cukup rentan stres sebanyak 45%, pasien yang rentan stres sebanyak 1,5%, dan pasien yang sangat rentan stres sebanyak 0%. Faktor yang meningkatkan stres pasien kanker salah satunya adalah efek yang timbul dari perawatan kemoterapi berupa komplikasi oral. Pemeliharaan kebersihan rongga mulut dapat mengurangi keparahan komplikasi oral yang terjadi sehingga dapat menurunkan stres pasien kemoterapi.

Kesimpulan : perawatan rongga mulut mengurangi keluhan klinis pasien sehingga membantu mengurangi stres pasien kanker yang menjalani perawatan kemoterapi.

**Kata kunci** : Stres, Perawatan rongga mulut, kemoterapi