

**PROGRAM STUDI ILMU KEPERAWATAN  
FAKULTAS ILMU KEPERAWATAN  
UNIVERSITAS ISLAM SULTAN AGUNG SEMARANG  
Skripsi, Januari 2021**

**ABSTRAK**

Muhammad Husni Imron

**GAMBARAN TINGKAT KECEMASAN PASIEN *CARCINOMA MAMMAE* YANG  
SEDANG MENJALANI KEMOTERAPI DI MASA PANDEMI COVID-19**

90 halaman + 1 tabel + 2 gambar + III + 7 lampiran

**Latar Belakang:** Pandemi COVID-19 membawa perubahan disemua lini kehidupan termasuk dalam tatanan pelayanan kesehatan. Pasien *carcinoma mammae* merupakan salah satu kelompok yang rentan terpapar virus COVID-19, terutama mereka yang harus berkunjung ke rumah sakit secara rutin untuk kemoterapi. Hal ini menyebabkan pasien mengalami dampak psikologis diantaranya kecemasan, rasa nyeri, gangguan tidur, mual dan muntah. Efek kecemasan pada pasien kanker yang tidak diatasi dapat mengganggu aktifitas sehari-hari, depresi dan penurunan kualitas hidup. Gejala tersebut biasanya terjadi akibat aksitasi cabang simpatik dari sistem saraf otonom yang merupakan reaksi sebagian orang karena rasa takut menjalani terapi akibat menerima kabar mengenai COVID-19. Untuk mencegah kecemasan pada saat kemoterapi diperlukan adanya edukasi mengenai protokol kesehatan saat menjalankan terapi.

**Tujuan:** Penelitian ini untuk mengetahui tingkat kecemasan pasien *carcinoma mammae* yang sedang menjalani kemoterapi di masa pandemi covid-19

**Metode:** Penelitian ini menggunakan metode deskriptif analitik, sampel diambil dengan teknik *purposive sampling* total sampel ada 80 responden yang memenuhi kriteria inklusi (responden yang kooperatif, bersedia menjadi responden dengan menandatangani lembar persetujuan penelitian *informed consent*), kriteria eksklusi (pasien yang tidak mengalami gangguan kejiwaan misalnya depresi berat, gangguan kognitif, pasien yang tidak mengalami penurunan kesadaran, pasien yang menolak menjadi responden)

**Hasil:** Hasil wawancara dari 80 reponden menunjukkan usia minimum 32 th dan usia maksimum 70th, dengan tingkat pendidikan paling dominan yaitu sekolah dasar sebanyak 34 orang (42,5%), hasil frekuensi responden yang menjalani kemoterapi selama 3 minggu menunjukkan nilai minimum 1 kali dan nilai maksimum 25 kali, pada riwayat keluarga sebanyak 72 orang (90.0%) tidak mempunyai riwayat keluarga *carcinoma mammae*, dengan didapatkan hasil paling banyak pasien terdiagnosa *carcinoma mammae* selama < 24 bulan sebanyak 55 orang (68.8%). Hasil distribusi frekuensi tingkat kecemasan pasien yang menjalani kemoterapi paling banyak mengalami tingkat kecemasan ringan dengan frekuensi 36 orang (36,3%)

**Kesimpulan:** Dari hasil penelitian dapat disimpulkan bahwa pasien *carcinoma mammae* di RSI Sultan Agung Semarang menunjukkan tingkat kecemasan ringan saat menjalani kemoterapi di masa pandemic COVID-19

**Kata Kunci** : *Carcinoma Mammae*, Tingkat Kecemasan, Kemoterapi, COVID-19

**Daftar Pustaka** : 57 (2012-2020)

**NURSING SCIENCE STUDY PROGRAM  
FACULTY OF NURSING SCIENCE  
ISLAMIC UNIVERSITY OF SULTAN AGUNG SEMARANG  
Thesis, January 2021**

**ABSTRACT**

Muhammad Husni Imron

**DESCRIPTION OF ANXIETY LEVEL IN CARCINOMA MAMMAE PATIENTS  
WHO UNDERGOING CHEMOTHERAPY IN COVID-19 PANDEMIC**

90 halaman + 1 tabel + 2 gambar + III + 7 lampiran

**Background:** The COVID-19 pandemic has brought changes in all lines of life, including in health services. Patients with carcinoma mammae are one of the groups that susceptible to exposure the COVID-19 virus, especially those who have to visit the hospital regularly for chemotherapy. This causes the patient to experience cycological effects including anxiety, pain, sleep deprivation, nausea and vomiting. Anxiety effects on cancer patients can interfere with daily activities, depression and decrease quality of life. These symptoms usually occur as a result of the activation in sympathetic branch from autonomic nervous system and reaction of fear by some people because of doing therapy and receiving news about Coronvirus at the same time. To prevent anxiety during chemotherapy, education is needed about health protocols while carrying out therapy.

**Objective:** This study was to determine the level of anxiety in patients with breast carcinoma who are undergoing chemotherapy during the Covid-19 pandemic.

**Methods:** This study used a descriptive analytic method, the sample was taken with a purposive sampling technique, a total sample of the research are 80 respondents. Inclusion criteria (cooperative respondent, willing to be respondent by signing informed consent research), exclusion criteria (patients without psychiatric disorders such as major depression, cognitive impairment, patients who do not experience a decrease in consciousness, patients who refuse to be respondents)

**Results:** The results of the interviews from 80 respondents showed a minimum age of 32 years and a maximum age of 70 years, with the most dominant education level primary schools as many as 34 people (42.5%), the results of the frequency of respondents who underwent chemotherapy for 3 weeks showed a minimum value of 1 time and the maximum value is 25 times, in the family history as many as 72 people (90.0%,) do not have a family history of breast carcinoma, with the result that the most patients diagnosed with breast carcinoma for <24 months were 55 people (68.8%). The results of the mean frequency distribution patient's anxiety level who underwent chemotherapy had the most mild incidence rate with a frequency of 36 people (36.3%)

**Conclusion:** From the results of the study it can be concluded that breast cancer patients at RSI Sultan Agung Semarang showed a mild level of anxiety while undergoing chemotherapy during the COVID-19 pandemic.

**Keywords** : Mammae Carcinoma, Anxiety Level, Chemotherapy, COVID-19  
**Daftar Pustaka** : 57 (2012-2020)