



FACTORS RELATED TO QUALITY OF LIFE: CORRELATION STUDY OF CANCER PATIENTS THAT RECEIVED CHEMOTHERAPY

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ABSTRACT

The quality of life of cancer patients undergoing chemotherapy is the view of cancer patients undergoing chemotherapy on their lives holistically including physical, psychosocial, spiritual and environmental conditions that are strongly influenced by changes in life due to the effects of cancer itself and the added effects of chemotherapy which is often a complaint in carrying out daily activities. The purpose of this study was to determine the effect of factors related to the quality of life of cancer patients undergoing chemotherapy at Abdul Wahab Sjahranie Hospital Samarinda. The design of this study was descriptive with analytical design in the form of cross sectional. The population is 124 with a sample of 94 respondents. The instrument used in this study is an anket sheet (questionnaire). Univariate and bivariate data analysis using Chi Square. The results of this study using the chi-square test obtained of p value 0.047 ($p < 0.05$) indicating there is a relationship between physical factors and the quality of life of cancer patients undergoing chemotherapy obtained p value of 0,000 ($p < 0.05$) indicating there was a relationship between psychosocial factors and the quality of life of cancer patients undergoing chemotherapy, obtained of p value of 0.396 ($p > 0.05$) showed no the relationship between environmental factors and the quality of life of cancer patients undergoing chemotherapy, obtained of p value 0.047 ($p < 0.05$) indicating there is a relationship between physical factors and the quality of life of cancer patients undergoing chemotherapy and the p value 0.026 ($p < 0.05$) indicates a relationship among spiritual factors with the quality of life of cancer patients undergoing chemotherapy at Abdul Wahab Hospital Sjahranie Samarinda. Conclusion: There are relationships between three factors : Physical, Social and Spiritual with Quality of life of cancer patients that received chemotherapy but one factor : environmental that no relationship.

Keywords: cancer; factors; physical; psychosocial; environmental; spiritual; quality of life

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INTRODUCTION

Quality of life is a person's perception of one's position in life in line with cultural conditions and the value system he believes in, in which a person lives and is related to the expectations, goals, standards set. Problems that consist of quality of life are very broad and interrelated including problems of physical health, psychological status, level of freedom, social relations, and the environment in which they live. Quality of life is also a very important criterion in determining the medical outcome of chronic disease treatment. Individual views about the effects and satisfaction of the level of health and its limitations become important in the final evaluation of treatment (Reiss, J.G, 2013).

Quality of life is the view of a person as a man and a woman in life seen from the cultural background and value system in which they live, in relation to their life boundaries, goals,

pleasures, and concerns. himself as a whole includes physical, psychosocial, spiritual and environmental influences which greatly affect his life because of the impact of cancer itself and the effects of chemotherapy which are more often complaints of cancer sufferers in carrying out their daily activities (Ladjar, 2015).

Cancer patients who go through chemotherapy often feel various effects as a result of the disease or from the chemotherapy itself. These symptoms have an impact on the patient, both physically and emotionally and furthermore cause a negative impact on treatment, disease incidence and quality of life of the patient (Rulianti, Almasdy. & Murni, 2013).. Sawada et all 2009, were alleged that quality of life is often measured to review clinical trials of chemotherapy. Measurement of quality of life is the best way to determine the patient's tolerance to chemotherapy. Good chemotherapy is determined by keeping in mind two important things, namely the toxic impact on tumor cells, and also the good and bad effects on the patient's quality of life.

Physical factors of cancer patients undergoing chemotherapy are whole body aches, fatigue, nausea, vomiting, bitter taste in saliva, weight loss, pain, tingling, sneezing, hair loss, itching, bluish nails, difficulty sleeping, decreased activity, decreased ability to work' (Kolin., Warjiman., & Mahdalena.,2014). According to spiritual factors, experiencing increased closeness to God, having faith in God, by praying and getting closer to God, sufferers feel they have the energy to be able to adapt to complicated situations, have calm, however, cancer sufferers have limitations or obstacles when they want to do things. spiritual activities, this is due to a weak body factor (Rochmawati, D. 2015). Psychosocial factors cancer patients undergoing chemotherapy will experience a lot of emotional stress such as fear, role change, rejection, sadness, shame, a sense of surrender, hopelessness, resignation to death, decreased concentration, impaired body image, confusion, shock, hurt, frustration, not confident, angry, revengeful, lazy to seek treatment and cancer patients get from family, friends, neighbors and health workers. Cancer patients who undergo chemotherapy receive emotional support such as expressions of encouragement, instrumental support such as financial, informational support such as herbal treatment and group support from religious organizations, and from environmental factors, cancer patients undergoing chemotherapy often show conditions that show all cancer patients undergoing chemotherapy. using JKN health cost assistance. (Maharani, S., 2009).

The incidence of cancer cases at this time tends to increase. There were 1,685,210 new cases diagnosed in 2016, and about 595,690 people in America died of cancer, which is 1,630 people dying every day. Cancer is a group of diseases characterized by the uncontrolled spread and increase of abnormal cells. Cancer cells spread quickly and suppress normal body tissues which can affect body functions. Cancer is caused by external factors such as tobacco, infectious organisms, and unhealthy diet, and internal factors such as heredity, hormones and immunity (Dewi, L., 2009). Purpose of this research is to identifying the relationship between physical, spiritual, environmental and psychosocial factors on the quality of life of cancer patients who carry out chemotherapy at Abdul Wahab Sjahranie Hospital, Samarinda.

METHODS

This research is a correlation study. The design of this research is in the form of an analytic study using a cross-sectional study. The group in this research was 123 respondents. The sample in this study used purposive sampling with the Slovin formula, obtained a sample of 94 people. The instrument used in this study is a questionnaire in the form of a checklist using a Likert scale. The questionnaire was tested using validity Pearson Product moment validity

test and Alpha Cronbach reliability tests. Results of validity test in average is $0,608 > 0,371$ and reliability test results is $0,749 > 0,6$, that mean questionnaire valid and reliable. Univariate analysis uses the frequency distribution formula while bivariate analysis uses chi square test.

RESULTS

Table 1.
 Frequency distribution of respondent characteristics based

Categories	f	%
Age :		
36-45 years old	25	26,6
46-55 years old	37	39,4
56-65 years old	19	20,2
≥ 65 years old	13	13,8
Gender :		
Male	30	31,9
Female	64	68,1
Pekerjaan :		
Farmer	23	24,5
Housewife	49	52,1
Private job	3	3,2
Etc	19	20,2
Weights :		
43-47 Kg	10	10,6
48-52 Kg	15	16
53-57 Kg	21	22,3
58-62 Kg	15	16
63-67 Kg	13	13,8
68-72 Kg	16	17
73-77 Kg	4	4,3

Table 2.
 Distribution of physical factors of cancer patients who carry out chemotherapy

Variable	f	%
Psychosocial Factor:		
Good	58	61,7
Not Good	36	38,3
Environment Factor :		
Good	62	66,0
Not Good	32	34,0
Physical Factor :		
Good	61	64,9
Not Good	33	35,1
Faktor Spiritual :		
Good	69	73,4
Not Good	25	26,6
Totally	94	100
Quality Of Life :		
Good	57	60,6
Not Good	37	39,4

Table 3.
 The relationship between these factors and the quality of life of cancer patients undergoing chemotherapy

Factors	Quality of life cancer patients				Total		P-value
	Good		Not good		f	%	
	f	%	f	%			
Psychosocial Factor:							
Good	46	48,9	12	12,8%	58	61,7%	0,000
Not good	11	11,7	25	26,6%	36	38,3%	
Environment Factor:							
Good	40	42,6%	22	23,4%	62	66,0%	0,396
Not good	17	18,1%	15	16,0%	32	34,0%	
Physical Factor:							
Good	32	34,0%	29	30,9%	61	64,9%	0,047
Not good	25	26,6%	8	8,5%	33	35,1%	
Spiritual Factor:							
Good	47	50,0%	22	23,4%	69	73,4%	0,026
Not good	10	10,6%	15	16,0%	25	26,6%	

The results of this study using the chi-square test obtained a p value of 0.047 ($p < 0.05$) indicating that there is a relationship between physical factors and the quality of life of cancer patients undergoing chemotherapy at Abdul Wahab Sjahranie Hospital, Samarinda. The value of this study using the chi-square test obtained p value of 0.026 ($p < 0.05$) indicating that there is a relationship between spiritual factors on the quality of life of cancer patients undergoing chemotherapy at Abdul Wahab Sjahranie Hospital, Samarinda. The results of the chi-square test obtained p value 0.026 ($p < 0.05$) indicating that there is a relationship between psychosocial factors on the quality of life of cancer patients undergoing chemotherapy at Abdul Wahab Sjahranie Hospital, Samarinda. The results of the chi-square test obtained p value 0.396 ($p > 0.05$) indicating that there is no relationship between environmental factors on the quality of life of cancer patients undergoing chemotherapy at Abdul Wahab Sjahranie Hospital, Samarinda.

DISCUSSION

The relationship between psychosocial factors with quality of life of cancer patients undergoing chemotherapy at abdul wahab sjahranie hospital samarinda.

From the results of statistical tests, it was found that the good psychosocial factors with a good level of quality of life were 46 people (48.9%) while the level of poor quality of life was 11 people (11.7%), and psychosocial factors were not good with the level of 12 people with good quality of life (12.8%) have a good quality of life as many as 25 people (26.6%). (Table 3) According to the results of the chi-square test, p value of 0.000 < 0.05 showed that there was a relationship between psychosocial factors and the quality of life of cancer patients undergoing chemotherapy at Abdul Wahab Sjahranie Hospital, Samarinda. This study is in line with research (Rohmah, Anis, 2012). which states that there is a significant relationship because the average client cannot cope with psychosocial problems and requires the help of health workers, family support and motivation.

According to research (Rohmah, Anis, 2012)., it states that quality of life is an individual's perception of life according to the cultural context and value system. Researchers assume that the psychosocial condition of cancer patients undergoing chemotherapy will experience

various kinds of disorders where later a person will experience disturbances in their quality of life when their psychosocial factors are disturbed, therefore everyone should not feel anxious, stressed, depressed, role conflicts, changes in social roles. and social isolation.

The relationship between environmental factors with quality of life of cancer patients undergoing chemotherapy at Abdul Wahab Sjahranie Hospital Samarinda

Good environmental factors with a good level of quality of life are 40 people (42.6%) while the level of poor quality of life is 22 people (23.4%), and environmental factors are not good with a good quality of life are 17 people (18.1%) while the level of quality of life is not good as many as 15 people (16.0%). Based on the chi-square test, the p value of $0.396 > 0.05$ indicates that there is no relationship between environmental factors and the quality of life of cancer patients undergoing chemotherapy at Abdul Wahab Sjahranie Hospital, Samarinda. The results of this study are supported by research by Rohmah (2012) which states that there is no relationship between environmental factors and quality of life. From the description above, the researcher assumes that environmental factors occur because of financing problems and cancer health care, but in the research area most respondents experience good environmental factors where respondents in financing problems are partially assisted by BPJS and care is carried out according to schedule.

The relationship between physical factors and quality of life of cancer patients undergoing chemotherapy at Abdul Wahab Sjahranie Hospital Samarinda

After conducting an assessment in the Chemotherapy Room at Abdul Wahab Sjahranie Hospital, Samarinda, it was obtained data that good physical factors with a good level of quality of life were 32 patients (34.0%) while the level of poor quality of life was 29 people (30.9%), and physical factors that are not good with a good level of quality of life as many as 25 patients (26.6%) while the level of poor quality of life is 8 people (8.5%). The value of this study using the chi-square test, the results obtained p value of 0.047 ($p < 0.05$) indicating that there is a relationship between physical factors and the quality of life of cancer patients undergoing chemotherapy at Abdul Wahab Sjahranie Hospital, Samarinda.

This research is in accordance with the study conducted by Sandjaya in his research which states that there is an influence between physical factors and quality of life, with p value of $0.001 < 0.05$ (Sanjaya, Jacob, 2018). Physical health, including daily activities, attachment to medication, energy and fatigue, mobility, pain and discomfort, sleep/rest, and work limitations. Quality of life related to physical health leads to signs related to disease and therapy carried out. Researchers assume that the physical condition of cancer patients undergoing chemotherapy will experience disturbances if the patient cannot take care of themselves and can't get a picture of a healthy lifestyle. It is hoped that the respondents can improve their quality of life by controlling their illness more often and staying in touch with those around them often and being able to control their emotions so they don't give up.

The relationship between spiritual factors and quality of life of cancer patients undergoing chemotherapy at Abdul Wahab Sjahranie Hospital Samarinda

After a study was carried out in the Chemotherapy Room of Abdul Wahab Sjahranie Hospital Samarinda, data was obtained that good spiritual factors with a good level of quality of life were 47 respondents (50.0%) while the level of poor quality of life was 22 respondents (23.4%), and spiritual factors that are not good with a good level of quality of life are 10 respondents (10.6%) while the level of quality of life is not good are 15 respondents (16.0%).

The value of this study using the chi-square test obtained p value of 0.026 ($p < 0.05$) indicating that there is a relationship between spiritual factors and the quality of life of cancer patients undergoing chemotherapy at Abdul Wahab Sjahranie Hospital, Samarinda.

This is in line with the research conducted by Dewi, in her research that there is a relationship between spiritual factors and quality of life, obtained p value $0.012 < 0.05$ (Dewi, L., 2009). Spiritual is a form of nature from the word spirit (equivalent to soul) meaning something that lives without a physical body that has reason and feelings or spirit, while soul means the inner part of the human being (Anggraeni, D. M. 2018). According to Putri, an individual is said to have good spirituality if the individual has full hope, is optimistic, and thinks positively (Putri, RH, 2015).

The researcher assumes that spiritual factors will be disturbed if the patient has no hope, does not think optimistically and gives up on his situation and blames everything on God. From the data obtained the results of good spiritual factors with a good level of quality of life as many as 47 people. However, researchers hope that respondents can improve their quality of life by improving themselves and thinking positively about the disease they are suffering from, researchers also hope that their families and people around the respondent will provide positive input and encouragement so that respondents do not feel alone in fighting their illness.

CONCLUSIONS

The results of this study using the chi-square test obtained p value $0.000 < 0.05$ indicating there is a relationship between psychosocial factors and the quality of life of cancer patients undergoing chemotherapy at Abdul Wahab Sjahranie Hospital Samarinda. The results of this study using the chi-square test obtained p value $0.396 > 0.05$ indicating there is no relationship between environmental factors and the quality of life of cancer patients undergoing chemotherapy at Abdul Wahab Sjahranie Hospital, Samarinda. The results of this study using the chi-square test obtained p value of 0.047 ($p < 0.05$) indicating that there is a relationship between physical factors and the quality of life of cancer patients who undergo chemotherapy at Abdul Wahab Sjahranie Hospital, Samarinda. The value of this study using the chi-square test obtained p value of 0.026 ($p < 0.05$) indicating that there is a relationship between spiritual factors and the quality of life of cancer patients undergoing chemotherapy at Abdul Wahab Sjahranie Hospital, Samarinda.

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