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Relationship of Individual Characteristics and Family Support with Distress on Breast Cancer Patients in Indonesia

Kep Leni Merdawati*, Rika Fatmadona, M. Kep and Intan Nia Soleha S. Kep
Andalas University, Indonesia

Breast cancer causes the patient to experience various problems related to physical, and psychological aspects of distress. Distress in breast cancer patients occurs due to disease prognosis, changes in body image, role change and long-term repetitive therapy. The effects of prolonged distress can cause anxiety, fear, stress, and depression. This can be influenced by individual characteristics and family support. Family support is an important factor for breast cancer patient and motivate the patient that will reduce the distress when the patient will undergoing. The purpose of this study was to identify individual characteristic, family support and the relationship with breast cancer distress. This study used descriptive analytic design with cross sectional study approach and purposive sampling sampling with 100 breast cancer patients. Data analysis using chi-square. The results showed that there was a family support relationship ($p = 0.029$) with distress. There was no correlation between age ($p = 0,191$), marital status ($0,129$), stadium ($p = 0,739$), duration of diagnosed cancer ($p = 0,159$), treatment ($p = 0,085$) and duration of cancer therapy ($p = 0,064$) with distress. The results of this study are expected to health care workers to provide counseling in patients with chronic illness who undergo treatment (surgery, chemotherapy or radiotherapy) in order to minimize the level of distress. In addition, it is expected in family members to further increase support for sick family members, in order to have a support for life in performing various treatments as early as possible.