

OVERVIEW OF EMOTIONAL WELL-BEING IN ADVANCED CANCER PATIENTS AT ARIFIN ACHMAD HOSPITAL, RIAU PROVINCE

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ABSTRACT

Introduction: Advanced cancer patients often experience complex emotional challenges due to diagnosis, treatment, and lifestyle changes that must be faced. *Emotional well-being is an important aspect that needs to be considered because it can affect their overall quality of life.* The purpose of this study was to determine the description of emotional well-being in advanced cancer patients. **Method:** This ponder could be a quantitative study with a descriptive inquire about plan employing a cross-sectional approach. The populace of this ponder were cancer patients with progressed cancer who were hospitalized in all cancer inpatient rooms at Arifin Achmad Healing center, Riau Area. The testing procedure utilized was purposive sampling, with 30 tests taken utilizing non-probability testing strategies by considering the incorporation criteria. The measuring instrument utilized was the FACT-G survey which has been approved and solid. The investigation utilized was univariate examination. **Results:** The majority of respondents are 56-65 years old (53.3%), female (21 respondents) (70.0%), married (23 respondents) (76.7%), with elementary school education (12 respondents) (40.0%), they are housewives (16 respondents) (53.3%), and with income <Rp.1,500,000 (16 respondents) (53.3%), cancer types are breast cancer (12 respondents) (40.0%) with the majority of diagnoses >1 year (16 respondents) (53.3%). The results showed that 19 respondents (63.3%) had a high level of emotional well-being. **Conclusion:** Progressed cancer patients involvement a extend of complex feelings, such as fear, uneasiness, and misery, but too illustrate the capacity to acknowledge the circumstance and discover meaning within the circumstance at hand.

Keywords: Advanced cancer, Emotional well-being, FACT-G

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INTRODUCTION

Cancer is one of the biggest causes of death in the world. In 2020, new cancer cases increased to 19.3 million and 10 million deaths. The highest number of cases was lung cancer, with 2.1 million cases (11.6%) and 1.8 million deaths (18.4%). Next is breast cancer, which causes 2.1 million cases and 600,000 deaths (Global Burden of Cancer, 2020). The cancer incidence rate in Indonesia is ranked 8th in Southeast Asia (World Health Organization, 2020).

The prevalence of cancer in Indonesia is 348,809 cases in every 270 million population and 207,210 cases of cancer deaths (WHO, 2020). A total of 26,085 cases of cancer incidence were found in Riau province based on data from RISKESDAS (2018). One of the referral hospitals for cancer in Riau Province is RSUD Arifin Achmad. A preliminary study conducted found that there were

9,729 cancer patients at RSUD Arifin Achmad in Riau Province in 2023. This is an increase from 2022 when there were 2,579 patients (Medical Records of RSUD Arifin Achmad, 2024).

Patients diagnosed with cancer will experience many changes in physical and psychological dimensions that can affect their quality of life (Wang et al., 2018). When cancer has reached stage 3, it is said to be advanced. At this stage, cancer causes major physical or psychological changes. The results of research conducted by Dedi et al (2021), indicators of life satisfaction used in cancer patients with low levels of emotional well-being showed 15 respondents were dissatisfied with themselves, 14 people were disappointed with what happened in their lives, 10 people were not interested in new experiences, 6 people accepted the fact that things like this happened, and always asked for advice on what they should do for it. Low levels of Emotional

well-being are associated with dissatisfaction with life lived.

Cancer patients with high levels of emotional well-being may have a strong desire for healing based on domains related to emotional well-being. In contrast, patients with low levels of emotional well-being are resigned to their condition, preventing them from achieving emotional well-being. Research on emotional well-being in cancer patients is essential to understand the psychological impact of cancer (Sabir et al., 2018). Based on the description of the problem, the explanation, and the lack of research on emotional well-being in cancer patients encouraged researchers to conduct research on 'Overview of Emotional Well-Being in Advanced Cancer Patients at RSUD Arifin Achmad Riau Province'.

METHOD

This study used a cross-sectional quantitative descriptive approach and was conducted in June 2024 at RSUD Arifin Achmad Riau Province. The population used was cancer patients with advanced cancer patients who were treated in all cancer inpatient units at RSUD Arifin Achmad Riau Province with a sample size of 30 respondents. The sampling technique used was purposive sampling. During data collection, the selection of research samples involved respondents directly with advanced cancer aged over 18 years. The variable used is emotional well-being. The data collection technique used the FACT-G (*Functional Assessment of Cancer Therapy*) questionnaire. This study uses univariate analysis.

RESULTS

Table 1 Frequency Distribution Based on Respondents' Characteristics

Characteristics of Respondents	Frequency (F)	Percentage (%)
Age		
Late adolescence	1	3,3
Early adulthood	3	10,0
Late adult	7	23,3
Early elderly	3	10,0
Late elderly	16	53,3
Gender		

Characteristics of Respondents	Frequency (F)	Percentage (%)
Male	9	30,0
Female	21	70,0
Marital status		
Married	23	76,7
Not married	4	13,3
Widow/widower	3	10,0
Last education		
SD	12	40,0
SMP	10	33,3
SMA	8	26,7
PT	0	0
Employment status		
Housewife	16	53,3
Labourer/farmer	8	26,7
Entrepreneur	6	20,0
Teacher	0	0
Income		
<Rp.1.500.000	16	53,3
Rp.1.500.000-	12	40,0
Rp.2.500.000	2	6,7
Rp.2.500.000-	0	0
Rp.3.500.000		
>Rp.3.500.000		
Type of cancer		
Breast Cancer	12	40,0
Head & neck	3	10,0
cancer	1	3,3
Carcinoma Cancer	7	23,3
Lung Cancer	3	10,0
Skin Cancer	1	3,3
Mouth Cancer	1	3,3
Colorectal Cancer	2	6,7
Thyroid Cancer		
Duration of diagnosis		
<1 years	14	46,7
>1 years	16	53,3
Total	30	100

Table 1 shows that out of 30 respondents, the majority of respondents' age category is in the age range of 56-65 years, namely 16 respondents (53.3%), female namely 21 respondents (70.0%), marital status is married 23 respondents (76.7%), with elementary school education level is 12 respondents (40.0%), working status is housewife, namely 16 respondents (53.3%), with income <Rp.1 500,000 as many as 16 respondents (53.3%), with the type of breast cancer as many as 12 respondents (40.0%), and the majority with a length

of diagnosis > 1 year as many as 16 respondents (53.3%).

Table 2 Frequency Distribution of Respondents' Emotional Well-Being

Level of Emotional Well-Being	Number (N=56)	Percentage (%)
Low	7	23,3
Medium	4	13,3
High	19	63,3
Total	30	100

Based on table 2, the results showed that out of 30 respondents, the majority had a high level of emotional well-being as many as 19 respondents (63.3%).

Table 3 Frequency Distribution of Respondents' Emotional Well-Being Based on Question Indicator

P	Indica tor	Not at all		A little		Some		Quite often		Very often	
		n	%	n	%	n	%	n	%	n	%
1	I feel sad	4	13,3	4	13,3	5	16,7	9	30,0	8	26,7
2	I feel satisfied with the way I cope with my illness	0	0	7	23,3	3	10,0	12	40,0	8	26,7
3	I feel I have lost hope in struggling to fight my illness	20	66,7	6	20,0	3	10,0	1	3,3	0	0
4	I feel restless	4	13,3	3	10,0	3	10,0	12	40,0	8	26,7
5	I worry about death	4	13,3	7	23,3	1	3,3	13	43,3	5	16,7

P	Indica tor	Not at all		A little		Some		Quite often		Very often	
		n	%	n	%	n	%	n	%	n	%
6	I am worried that my condition will worsen	4	13,3	5	16,7	5	16,7	12	40,0	4	13,3

Table 3 shows that out of 30 respondents, the results obtained based on six indicators of the level of emotional well-being, namely the first 'I feel sad' there is the most frequent category is quite often, totalling 9 respondents (30.0%). Second indicator 'I feel satisfied with the way I cope with my illness' there is the most frequent category which is quite often, totalling 12 respondents (40.0%). The third indicator 'I feel I have lost hope in fighting to fight my illness' there was the most categories were not at all 20 respondents (66.7%). The fourth indicator 'I feel restless' had the most frequent category of 12 respondents (40.0%). Fifth indicator 'I worry about death' there was the most frequent category of 13 respondents (43.3%). And the sixth indicator 'I am worried that my condition will worsen' had the most frequent category of 12 respondents (40.0%).

DISCUSSION

The results of research show that emotional well-being in advanced cancer patients in this study has a high category. Based on the research results on the question 'I feel sad', it was found that the majority of 9 respondents felt sad quite often in the past week. This condition can be caused by having to leave the family and feeling guilty because they cannot overcome their illness. Feelings of sadness were also common, as respondents struggled to accept their diagnosis and its impact on their lives.

In the second question 'I feel satisfied with how I am coping with my illness' 12 respondents quite often felt satisfied with how they were coping with their illness over the past week. Emotional well-being makes a person calm when facing problems, making them feel better and feel calm inside. This is very helpful in coping with stress in cancer patients, because negative emotions will be reduced and

replaced by positive emotions from emotional well-being. Therefore, individuals will consider their problems calmly and think clearly (Dedi et al, 2021).

Based on the results of the study on the question 'I feel I have lost hope in fighting to fight my illness' most of the 20 respondents said they had not lost hope at all, the respondents still had great hope and were enthusiastic in fighting to fight the disease in order to recover soon. This condition is also influenced by the support of the people around so as to increase life expectancy and quality of life. A high level of emotional well-being also indicates a high level of spiritual well-being and psychological well-being in respondents (Chloe et al, 2017).

On the question 'I feel restless', 12 respondents felt restless quite often in the past week. Restlessness can appear as a sign of holding back the pain that arises. This is proven by research conducted by Sofia & Tahlil (2018), which says psychological responses can occur due to physical changes felt by patients. Discomfort in all bodies or muscles, mucositis, and nausea and vomiting that can make patients afraid, anxious, and anxious about their condition (Indah Iswanti et al., 2023).

On the question 'I worry about death' 13 respondents quite often felt worried about death. They worry about an uncertain future and losing everything they love. This condition makes patients feel scared about how their family and loved ones will survive without them. When a disease or treatment is inconsistent, inappropriate, and unpredictable, it will lead to conditions of uncertainty and anxiety about the development of cancer which can cause death, if anxiety is not handled properly (Hidayat & Ati, 2019).

In the last question, namely 'I am worried that my condition will worsen', 12 respondents quite often felt worried that their condition would worsen, whether it was caused by the diagnosis and stage experienced or caused by the treatment being undertaken. A cancer diagnosis for people with cancer can increase psychological distress. They worry about the possibility of death especially when symptoms such as pain, fatigue and sleep disturbances worsen. However, others say they have started to make peace with the situation and accept their condition (Iswanti et al., 2018).

Cancer is a chronic disease that can have

a significant impact on the physical and psychological health of patients. One impact that often occurs is a decrease in emotional well-being. Advanced cancer patients often experience complex emotional challenges as a result of diagnosis, treatment and lifestyle changes. In this study, there were limitations in unstable health conditions, discomfort, or concerns related to privacy and emotional burden that arose resulting in patients not being willing to become respondents and reducing the number of respondents participating in the study.

CONCLUSION

The level of emotional well-being of advanced cancer patients is in the high category. The results of this study can be used as a reference and comparison for further research related to the description of emotional well-being in advanced cancer patients, it is recommended to take a larger sample.

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