ABSTRACT

EFFECT OF THE POWER OF DHUHA ON ANXIETY REDUCTION IN BREAST CANCER PATIENTS AT INTEGRATED ONCOLOGY CLINIC, DR. SOETOMO HOSPITAL, SURABAYA

Anis Ernawati

Breast cancer is one of the most common malignant disease in women and also the cause of death. Patients with breast cancer have a problem in biopsychosocio-spiritual aspects. Changes in body image as a result of physical changes that accompany treatment (chemotherapy) have side effects such as nausea, vomiting, loss of appetite, fatigue, mouth pain, and hair loss that makes the patients experience anxiety. One effort to reduce anxiety is through The Power of Duha. The purpose of this study was to analyze the influence of The Power of Dhuha to anxiety reduction in breast cancer patients at Integrated Oncology Clinic, Dr. Soetomo Hospital, Surabaya. This study was a quasi-experimental study using pretest-posttest control group design. The sample comprised as many as 16 respondents. Treatment group was treated with The Power of Dhuha for 2 weeks, while the control group was not. Data were collected using a questionnaire and analyzed using statistical test of Wilcoxon Signed Rank Test and Mann Whitney Test with p<0.05. Results of Wilcoxon Signed Rank Test on treatment group showed significance (p=0.005), whereas control group showed p=0.317 (not significant). The Mann Whitney Test showed p=0.001, indicating the effect of The Power of Dhuha to decrease anxiety. In conclusion, The Power of Dhuha help patients with breast cancer to always think positively and closer to Allah SWT to reduce anxiety. Future studies are expected to use longer intervening time and the application of Spiritual Nursing Care through The Power of Dhuha to overcome anxiety in patients with breast cancer.

Keywords: breast cancer, anxiety, The Power of Dhuha