

ABSTRAK

Systematic review dan *meta-analysis* ini bertujuan untuk menginvestigasi efektivitas *art therapy* dalam menurunkan kecemasan pada penderita kanker payudara. Penelitian relevan yang dipublikasi sejak 1 Januari 2010 – 31 Juli 2020, dicari melalui database elektronik. Efektivitas *art therapy* untuk menurunkan kecemasan pada penderita kanker payudara diukur dengan menggunakan *standardized mean difference* (SMD). *Systematic review* dan *meta-analysis* melibatkan lima penelitian dengan total partisipan 364 partisipan. Ringkasan SMD terhadap efektivitas *art therapy* untuk menurunkan kecemasan pada penderita kanker payudara adalah -0.95 (95% *confidence interval* (CI), -1.66, -0.24; $p = 0.009$). Hasil *subgroup analysis* jenis *art therapy*, *art therapy* berbasis gambar menunjukkan SMD sebesar -2.48 (95% CI, -3.58, -1.37; $p < 0.0001$). Hasil *subgroup analysis* berdasarkan *treatment* yang dijalani, penderita kanker payudara yang telah selesai menjalani pengobatan menunjukkan SMD sebesar -2.48 (95% CI, -3.58, -1.37; $p < 0.0001$). Hasil *meta-analysis* menunjukkan bahwa *art therapy*, terutama *art therapy* berbasis gambar, memberikan efek positif terhadap kecemasan pada penderita kanker payudara, terutama penderita kanker payudara yang telah selesai menjalani pengobatan. *Art therapy* dapat diberikan kepada penderita kanker payudara yang mengalami kecemasan untuk membantu menurunkan kecemasan. Penderita kanker payudara dengan kemampuan fisik yang memadai dapat diberikan *art therapy* berbasis gambar, sedangkan penderita kanker payudara dengan kendala fisik dapat diberikan *art therapy* berbasis musik, dengan teknik *passive relaxation*. *Art therapy* dapat diberikan selama proses menjalani pengobatan ataupun setelah pengobatan selesai dilakukan. Kemampuan fisik penderita kanker payudara dapat menjadi pertimbangan dalam pemberian jenis *art therapy*.

Kata Kunci: *art therapy*, kecemasan, kanker payudara

ABSTRACT

This systematic review and meta-analysis aimed to investigate the effect of art therapy on anxiety in breast cancer patients. The relevant studies published through January 1st 2010 to July 31st 2020 were searched by electronic databases. The effect of art therapy on anxiety in breast cancer patients were calculated using standandardized mean difference (SMD). The systematic review and meta-analysis included five studies involving a total of 364 participants. The summary SMD of art therapy for anxiety was -0.95 (95% confidence interval (CI), -1.66, -0.24; $p = 0.009$). In the type of art therapy subgroup analysis, the summary SMD of drawing based art therapy was -2.48 (95% CI, -3.58, -1.37; $p < 0.0001$). In the undergoing treatment subgroup analysis, the summary SMD of breast cancer patients who have finished their treatment was -2.48 (95% CI, -3.58, -1.37; $p < 0.00001$). This meta-analysis revealed that art therapy, especially drawing based art therapy, demonstrantes positive effect on anxiety in breast cancer patients, especially patients who have finished their treatment. Art therapy can be given to breast cancer patients to help reduce anxiety. Breast cancer patients with sufficient physical ability can be given drawing based art therapy, while breast cancer patients with physical limitation can be given music based art therapy with passive relaxation technique. Art therapy can be given during treatment or after treatment is complete. The physical ability of breast cancer patients can be considered in providing the type of art therapy.

Keywords: *art therapy, anxiety, breast cancer*