

## ABSTRAK

Phebe Illenia S., S.Psi., 111141011, Penerapan *Problem Solving Therapy* untuk Mereduksi Stres Emosional pada Pasien Kanker yang Menjalani Kemoterapi, *Tesis*, Fakultas Psikologi Universitas Airlangga Surabaya, 2013.  
xvi + 70 halaman, 8 lampiran.

*Penelitian ini bertujuan untuk mengukur apakah problem solving therapy efektif untuk mereduksi stres emosional pada pasien kanker yang menjalani kemoterapi. Penelitian ini menggunakan pendekatan kuantitatif dengan metode eksperimen yaitu pre-experimental. Penelitian ini dilakukan pada tiga pasien kanker yang menjalani kemoterapi di salah satu rumah sakit di Surabaya. Penggalan data dilakukan dengan skala PEDI dan tes grafis. Data yang diperoleh dianalisis menggunakan SPSS 17.0 for windows dengan teknik statistik Paired Sample T-Test. Hasil analisa data menunjukkan bahwa ada perbedaan signifikan pada tingkat stres emosional pasien kanker yang menjalani kemoterapi sebelum dan sesudah pemberian problem solving therapy.*

**Kata kunci:** *problem solving therapy, stres emosional, pasien kanker yang menjalani kemoterapi.*

Daftar Pustaka, 39 (1981-2013)

## SUMMARY

Phebe Illenia S., S.Psi., 111141011, *Problem Solving Therapy to Reduce Emotional Distress on Cancer Patients Who Undergoing Chemotherapy*, Thesis, Faculty of Psychology Airlangga University Surabaya, 2013.  
xvi + 70 pages, 8 attachments.

*This research was aimed to evaluate effectiveness of problem solving therapy to reduce emotional distress on cancer patients who were undergoing chemotherapy. This research used quantitative approach with pre-experimental method. This research was conducted on three cancer patients who were undergoing chemotherapy at hospital in Surabaya. The researcher carried out PEDI scale and graphic test as data collecting techniques. Data were analyzed by SPSS 17.0 for windows with Paired Sample T-Test statistic technique. Result showed that there was significant reduction in level of emotional distress on cancer patients who were undergoing chemotherapy from pre- to posttest.*

**Keywords:** *problem solving therapy, emotional distress, cancer patients who undergoing chemotherapy.*

References, 39 (1981-2013)