

**ABSTRAK**

**EFEKTIVITAS INTERVENSI *COMPLEMENTARY AND ALTERNATIVE MEDICINE* (YOGA, TERAPI SPIRITUAL DAN TERAPI MUSIK) TERHADAP KECEMASAN DAN KUALITAS HIDUP PASIEN KANKER PAYUDARA  
*SYSTEMATIC REVIEW***

Oleh: Irfan Wabula

**Latar Belakang:** Wanita dengan diagnosis kanker payudara mengalami berbagai masalah yang ditunjukkan dalam bentuk kecemasan. Kecemasan yang timbul akibat diagnosa kanker payudara jika tidak tertangani maka akan dapat secara signifikan mengurangi kualitas hidup (QoL) wanita kanker payudara dan mempengaruhi aktivitas kehidupan sehari-hari. Tujuan studi ini adalah menganalisis efektivitas intervensi *complementary and alternative medicine* (yoga, terapi spiritual dan terapi musik) terhadap kecemasan dan kualitas hidup pada pasien kanker payudara. **Metode:** *Systematic review* ini mengakses lima database pencarian artikel, yaitu *Scopus, EBSCO, ProQuest, Pubmed, dan Science Direct*. Penilaian kualitas artikel menggunakan *The Center for review and Dissemination and the Joanna Briggs Institute Guideline*. Petunjuk penyusunan *review* menggunakan *PRISMA checklist*. Judul, abstrak, *full-text* dan metodologi dinilai untuk eligibilitas studi. **Hasil dan Analisis:** Sebanyak 25 artikel dianalisis. Desain artikel bervariasi. 19 artikel menggunakan *Randomized Controlled Trial*, 3 artikel *Quasy Experimental*, 3 artikel *Pilot study*. Intervensi yoga dan terapi spiritual efektif dilakukan secara berkelompok selama 60 menit setiap sesi dalam 6 minggu dengan dipandu oleh instruktur yang berkualifikasi. Intervensi terapi musik secara efektif dilakukan secara individual dengan mendengarkan musik yang telah dipilih selama 20-40 menit selama 2 kali sehari pada jam 6 pagi dan jam 9 malam selama 5 minggu. **Diskusi dan Kesimpulan:** Terdapat 3 intervensi *complementary and alternative medicine* (CAM) yang dapat dijadikan alternatif dalam menurunkan kecemasan serta meningkatkan kualitas hidup pada pasien kanker payudara yaitu yoga, terapi spiritual dan terapi musik. Intervensi CAM sangat penting menurunkan kecemasan serta meningkatkan kualitas hidup.

**Kata Kunci :** *Yoga, Spiritual therapy, Music therapy, Anxiety, Quality of life, Breast cancer.*

**ABSTRACT**

***THE EFFECTIVENESS OF COMPLEMENTARY AND ALTERNATIVE  
MEDICINE INTERVENTION (YOGA, SPIRITUAL THERAPY AND  
MUSIC THERAPY) FOR ANXIETY AND QUALITY OF LIFE  
ON BREAST CANCER PATIENTS  
SYSTEMATIC REVIEW***

By: Irfan Wabula

**Background:** Women with a diagnosis of breast cancer experienced various problems which manifest themselves in the form of anxiety. If left untreated, anxiety arising from breast cancer would significantly reduce the quality of life (QoL) of breast cancer women and affect the activities of daily life. The aim of this study was to analyze the effectiveness of complementary and alternative medicine interventions (yoga, spiritual therapy and music therapy) for anxiety and quality of life on breast cancer patients. **Methods:** This systematic review accessed five article search databases, namely Scopus, EBSCO, ProQuest, Pubmed, and Science Direct. Assessment of the quality of articles used The Center for Review and Dissemination and The Joanna Briggs Institute Guideline. Guidelines for preparing reviews used the PRISMA checklist. Title, abstract, full-text and methodology were assessed for study eligibility. **Results and Analysis:** A total of 25 articles were analyzed. Article designs varied. 19 articles used Randomized Controlled Trial, 3 articles used Quasy Experimental, 3 articles used Pilot study. Yoga and spiritual therapy interventions were effectively conducted in groups of 60 minutes each session for 6 weeks guided by a qualified instructor. Music therapy intervention was effectively carried out individually by listening to selected music for 20-40 minutes for 2 times a day at 6 am and 9 pm for 5 weeks. **Discussion and Conclusions:** There are 3 complementary and alternative medicine (CAM) interventions that can be used as alternatives to reduce anxiety, depression and improve quality of life in breast cancer patients, namely yoga, spiritual therapy and music therapy. CAM interventions are essential to reduce anxiety and improve quality of life.

**Keywords:** Yoga, Spiritual therapy, Music therapy, Anxiety, Quality of life, Breast cancer.