

ABSTRACT

THE EFFECT OF HEALTH COUNSELING ON COPING OF PATIENT'S NASOPHARYNX CANCER WITH CEMOTHERAPY

Quasy-experimental study in Dr. Soetomo Hospital of Surabaya.

By :Nazirathul Khoiriyah

Health counseling is an activity aimed to assist individual to reach optimal health. One of them by increasing individual coping. Especially at ferocity disease. it was the same as patient's nasopharynx cancer with chemotherapy. Its usually make a patient depresion. Depresion is problem mental health main problem. Besides reduce the quality of life, depresion would delay physical disease recovery, lengthen of stay in hospital and increase the death rate. The objective of this study was to analyze the effect of health counselling on coping of patient's nasopharynx cancer with cemotherapy in the Dr Soetomo Hospital of Surabaya.

Design was used in this study was *quasy-experiment design*. The population were patient's nasopharynx cancer with cemotherapy in the Dr Soetomo Hospital of Surabaya. Sampling technique was *consecutive non probability sampling*. Total samples were 18 respondents, consist of 9 respondents as control group and 9 respondents as treatment group. The independent variable was effect of health couselling. The dependent variables were coping of patient's nasopharynx cancer with cemotherapy. Dependent variables were measured by questionnaire. Data were collected will be analyzed using SPSS in windows programme, *Wilcoxon Signed Rank Test*, *Mann Whietney and spearman rho test* with level of significance 0,05.

Result of *Wilcoxon Signed Rank Test*, *Mann Whietney and spearman rho test* showed that there was changed of coping at group of treatment before and after giving health counseling. It was showed that changed of patient's coping before and after health counseling ($p=0.003$). changing of knowledge ($p=0.02$), family support ($p=0.02$). Who would have been significant if the significant level had been less than 0.05. It could be conclude that health counselling had been significant on coping of patient's nasopharynx cancer with cemotherapy.

Health counseling and family support would helpful the patient in increasing the quality of life concerning with stress reduction of the patient. So that the progressivism of the cancer nasopharynx diseases could be delayed and the longer life hope of the patient.

Keywords: *Health Counseling, nasopharynx cancer, coping.*