ABSTRACT

THE EFFECT OF *MINDFULNESS* BASED STRESS REDUCTION WITH *EXPERIENTIAL LEARNING* METHODS ON COPING MECHANISMS, CORTISOL LEVELS AND RESILIENCE OF BREAST CANCER PATIENTS

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Introduction: In addition to physical attacks, breast cancer also provides psychological disturbances due to side effects of the treatment program that is undertaken, so that efforts are needed to improve coping and resilience mechanisms. Mindfulness based stress reduction with experiential learning method is a combination of training to realize the conditions experienced by the body, mind, feelings, current situation and conscious mind to create feelings or calm situations by learning to integrate experiences. The purpose of this study was to determine the effect of MBSR with experiential learning methods on coping mechanisms, cortisol levels and resilience in breast cancer patients. **Method:** this study was a single Blanded RCT with a sample size of 70 using simple random sampling and divided into 2 groups. The intervention group got MBSR intervention with 8 sessions of experiential learning method. Test analysis used Wilcoxon Sign Rank Test and Mann Whitney. **Results:** the results of this study showed an increase in coping mechanisms, resilience and decreased cortisol levels as indicated by the statistical results in the pre and post intervention groups in the measurement with significance ($p < 0.001$). Test differences between the intervention group and the control group also showed a significance value ($p < 0.001$) **Conclusion:** There is an effect of providing mindfulness based stress reduction therapy with experiential learning methods for constructive coping mechanisms, high resilience and decreased cortisol levels so it is hoped that this intervention combination will become a complementary therapy that supports medical therapy in breast cancer patients undergoing chemotherapy or radiation

Keywords: Mindfulness based stress reduction, experiential learning, breast cancer, coping mechanisms, cortisol, and resilience