RELATIONSHIP OF HUSBAND SUPPORT WITH SELF-EFFICACY IN PATIENTS BREAST CANCER UNDERGOING CHEMOTHERAPY

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ABSTRACT

Breast cancer is a condition in which cells have lost control of their normal function. Medical cancer cures can be carried out in various ways, including chemotherapy. The use of chemotherapy agents as therapy in cancer has many side effects. The purpose of this study is to determine the relationship between husband support and self-efficacy in breast cancer patients undergoing chemotherapy at dr. Adhyatma, MPH Hospital. This study uses a quantitative approach with an analytical descriptive research method. The research design is Cross Sectional. This research has been approved with No. 067/KEPK. EC/VII/2024, sampling in this study with inclusion criteria. Univariate data analysis used a frequency distribution table and the frequency of each variable, while the bivariate test used a spearman rank test with a total of 32 respondents who underwent chemotherapy at dr. Adhyatma Hospital, MPH Hospital. The results of the spearman rank statistical test obtained a p-value of 0.014 (< 0.05), then Ha was accepted and Ho was rejected, which means that there is a relationship between husband support and self-efficacy in breast cancer patients undergoing chemotherapy at dr. Adhyatma, MPH Hospital. There was a relationship between husband support and self-efficacy with a positive correlation of 0.431 with the medium category. The better the husband's support, the higher the self-efficacy of breast cancer patients undergoing chemotherapy at dr. Adhyatma, MPH Hospital.

Keywords: Husband Support, Self-Efficacy, Breast Cancer, Chemotherapy

BACKGROUND

Breast cancer is a malignant tumor that grows in a person's breast tissue. Carcinoma can begin to grow in the breast glands, can also be in the breast ducts, fat tissue or tissue that binds to the breast (Safma, 2019). According to the World Health Organization (WHO) in 2020, there were 2,3 million women world wide diagnosed with breast cancerdara. In Indonesia, there are 3,404 cases of breast cancer, and breast cancer ranks first in relation to the largestnumber of cancers in Indonesia. Meanwhile, the number of deaths reached more than 22,000 breast cancer cases in Indonesia. Central Java province is the province that has the highest breast cancer prevalence with an incidence of 11,511 people (Kemenkes RI, 2022).

The use of chemotheraphy agents as therapy in cancer has many side effects. Chemotherapy side effects arise because chemotherapy drugs not only destroy cancer cells butattack healthy cells. There are 3 factors that can affect a patient's chemotherapy adherence, namely patient-related factors, treatment, and social support. These social support factors include family support or husband (Wulandari et al., 2019).

The existence of adequate husband or family support has been shown to be related to health status, namely the occurrence of behavioral changes so that mortality decreases and it is easier to recover from illness. Family support is like a tough family so that family members provide emotional, psychological, financial and physical support to family members who are undergoing breast cancer treatment. The role of the husband when the wife has cancer is very important in motivating the wife to bounce back from heart-shaking events so that the husband can do some things as an effort to assist when the wife has cancer. Positive support from the husband is needed, because it can make the patient's self-efficacy increase (Siti Haeriyah et al., 2019).

Self-efficacy is not a form of personality but a form of a person's belief in the ability to carry out certain behaviors in certain situations to achieve goals, expectations or desired results. In line with research conducted by (Sudrajat et al., 2020) the support of a full husband will further increase the motivation of patients in undergoing chemotherapy programs. This self-efficacy theory can be applied so that treatments for breast cancer can be done well with confidence in their abilities so that a person will be better prepared to face difficulties when undergoing chemotherapy.

Based on the results of preliminary studies conducted by research at the hospital dr. Adhyatma, MPH recorded in the last 3 months as many as approximately 35 breast cancer patients undergoing chemotherapy in 2024. The results of interviews researchers with 5 breast cancer patients in the chemotherapy room in get 3 of them revealed that they lack the support of husbands and families. The patient also said that the patient came to the hospital to do chemotherapy only came alone without being accompanied by her husband or family. Patients also said they lack

confidence because they experience side effects such as hair loss and patients are anxious about their recovery because they have been diagnosed with stage IV breast cancer which shows that self-efficacy in patients is low due to lack of confidence in their recovery. While 2 patients came to the hospital accompanied by the husband and the patient's family and get support from the husband when the patient undergoing chemotherapy so that the patient said her believed in his recovery because the support of the husband affected the patient's life.

Based on the above phenomenon, it attracted the attention of researchers to conduct a deeper assessment related to "relationship of husband's support with self-efficacy in breast cancer patients undergoing chemotherapy at dr. Adhyatma, MPH hospital" with the purpose to find out whether there is a relationship of husband support with self-efficacy in breast cancer patients undergoing chemotherapy, being able to know the characteristics of patients, knowing the support of husbands in patients, knowing the self-efficacy of breast cancer patients undergoing chemotherapy at dr. Adhyatma, MPH hospital.

METHOD

This type of research is quantitative by using descriptive analytical research methods. The approach used in this study dith *cross sectional design.* This research was conducted in the dahlia room of dr. Adhyatma, MPH hospital period 12-20 August 2024 with 32 respondents. Sampling technique of this study using purposive sampling. The sample criteria were all breast cancer patients undergoing chemotherapy at dr. Adhyatma, MPH hospital and willing to be a respondent, have a husband, able to read and write and awareness of compos mentis. The exclusion criteria in this study were patients with a decreased state of consciousness that did not allow them to fill out the questionnaire. The instruments used in this study were structured instruments, the husband support questionnaire adopted from the research of (Lestari, 2022) and the questionnaire self-efficacy SMSES-BC (Symptom Management Self-Efficacy Scale Breast Cancer). Data analysis using spearman rank statistical test to see the relationship of two independent variables, namely husband's support with variabel dependenthe dependent variable, self-efficacy.

RESULT AND DISCUSSION

1. Characteristics In Breast Cancer Patients

The results of the study on the characteristics of respondents based on age, education, employment, family history of cancer, cancer stage and length of breast cancer diagnosis areer breast displayed in a frequency distribution table.

Table 1. Frequency Distribution Characteristics Of Respondents

Characteristics	Frequency characteristics	percentage (%)
Age		
36-45 year	12	37,5
46-55 year	10	31,3
56-65 year	8	25
> 56-65 year	2	6,2
> 65 year	**32**	**100%**
Total		
Education		
No School	1	3,1
Elementary	8	25
Junior	8	25
High School	12	37,5
College	3	9,4
Total	**32**	**100%**
Employment		
PNS	2	6,3
Traders	3	9,4
Housewife	27	84,3
Total	**32**	**100%**

Family History of Cancer		
Yes	8	25
or No	24	75
Family history of cancer		
Total	**32**	**100%**
Cancer Stage		
II	14	43,7
III	18	56,3
Total	**32**	**100%**
Length of Breast Cancer Diagnosis		
< 1 Year	12	37,5
> 1 year	20	62,5
Total	**32**	**100%**

Based on Table 1, the results obtained age respondents at dr. Adhyatma hospital, the highest MPH is 36-45 years as many as 12 respondents (37,5%), education level the highest level of education at dr. Adhyatma, MPH hospital is high school as many as 12 respondents (37,5%), employement the most work pe is as a housewife as many as 27 respondents (84,3%), most of the respondents do not have a family history of cancer as many as 24 respondents (75%), the most cancer stage in patients is Stage III with 18 respondents (56,3%), and most of the respondents who had been diagnosed with cancer for > 1 year with 20 respondents (62,5%).

a.   Age.

The results research showed that respondents based on the age of most breast cancer patients at dr. Adhyatma, MPH hospital is in the majority of the age group range 36-45 years has 12 respondents (37,5%). This research is in line with (Kemenkes, 2022), 80% women aged 30-50 years early detected breast cancer. In research by (Elmika & Adi, 2020) the results showed patients with diagnosed breast cancer, with an average age of 45-65 years who are middle-aged or elderly, the risk of breast cancer increases with age due to the potential for genetic damage or mutations are higher (Sagita, 2020).

b.   Education

The results researchers showed that respondents based on the level of education of most breast cancer patients at dr. Adhyatma MPH hospital, has a high school level of education as many as 12 respondents (37,5%). The results of this study showed that most breast cancer patients undergoing chemotherapy have a fairly high educational background. Education can affect the learning process, the higher a person's education, the easier it is for the person to receive and manage information. This research is in line with (Sulviana & Kurniasari, 2021) the highest number of respondents is at the level of equivalent high school education, amounting to 140 people (64.8%) and the lowest number is in the category of not attending school, namely 1 person (0,5%). The level of education and knowledge of patients is one of the factors that greatly affect patient compliance in undergoing chemotherapy. Increasingly to the high level of education of a person, the higher the level of behavior patterns, but the lower the level of education of a person, it can be ascertained that the level of behavior patterns are also low, including behaving in a healthy life in order to supportthe healing case (Iskandar et al., 2023).

c.   Employment

The results showed that respondents based on the work of most breast cancer patients at dr. Adhyatma MPH hospital has the most jobs as a housewife with 27 people (84,3%). According to researchers, socially housewives often face psychological challenges because they feel less productive and depend on their families and husbands for finances. This can lead to feelings of inferiority and help lessness, especially when compared to individuals of higher social status. The results of this study are in line with (Wijayanti & Ladesvita, 2023) the majority of respondents in this study did not work or as a housewife as many as 21 (63,6%). The results of this study are in line with (Duri et al., 2023) the most work of breast cancer patients is Housewives, namely 47 patients (47%), one of the causes of the high incidence of significant work of housewives is the lack of knowledge of patients about breast cancer.

d.   Family history of cancer

The results showed that respondents based on family cancer history of most breast cancer patients at dr. Adhyatma MPH hospital no family history of cancer as many as 24 people (75%). according to WHO (World Health Organization) that a family history of breast cancer increases the risk of breast cancer, but most women diagnosed with breast cancer have no known family history of the disease (WHO, 2022). These results are in line with research conducted (Narisuari & Manuaba, 2020) in oncology Polyclinic Sanglah Bali hospital, where the results obtained from

a total of 64 respondents, as many as 54 people (84,37%) breast cancer patients who do not have a family history of cancer in breast cancer patients.

e.   Cancer stage

The results showed that respondents based on the stage of breast cancer most patients at dr. Adhyatma MPH hospital, the most are Stage II and III, with Stage II with 14 people (43,7%), and Stage III with 18 people (56,3%). Breast cancer is a scary disease for women, because breast cancer is often found at an advanced stage (Nurrohmah et al., (2022). This research is in line with (Umiyati, 2021) obtained stage of breast cancer is Stage 2 as many as 30 (27,3%), stage 3 as many as 67 (60,9%). The results are in line with research (Wahyuni et al., (2021) that the most common cancer stage is found in Stage III as many as 26 people. According to research (Nurrohmah et al., (2022) the higher the stage, the more complaints experienced by the patient and cause increased anxiety.

f.   Long diagnosed with breast cancer

The results showed that respondents based on respondents with long diagnosed breast cancer at dr. Adhyatma MPH hospital can be known respondents who long diagnosed breast cancer < 1 year with 12 people (37,5%), and > 1 year with 20 people (62,5%). According to the researchers, the longer the patient is diagnosed with breast cancer, the more accustomed to the treatment conditions and side effects felt by the patient. This study is in line with research (Rahmiwati et al., 2022) long diagnosed breast cancer there are mostly 23 people (76,7%) respondents with a long diagnosed > 2 years. This study is also in line with research (Swastika 2023) which shows that the characteristics of respondents based on the long-term diagnosis of breast cancer 6-12 months is (100%) respondents.

2.   Husband Support

Table 2. Frequency Distribution Of Husband Support For Breast Cancer Patients

Husband Support	Frequency	Percentage (%)
Very Good	17	53.1
Good	15	46.9
Total	**32**	**100%**

Based on Table 2, it was found that of the 32 respondents who get the support of a husband with a very good category of 17 respondents (53,1%), and a good category of 15 respondents (46,9%).

The results showed that the majority of respondents get the support of a husband with a very good category as many as 17 respondents (53,1%). This shows the majority of breast cancer patients at dr. Adhyatma MPH hospital has received excellent support from her husband in the form of empathy, care and attention in undergoing breast cancer chemotherapy. This study is also in line with research (Agnes, 2019) where the majority of respondents (50,7%) received the support of a good husband and family, especially in respondents who experienced breast cancer. Support from the husband for women who experience breast cancer undergoing chemotherapy programs is a very important factor. The husband is part of the woman's soul, the husband who accepts the condition of his partner well will encourage the woman to do the best thing including undergoing chemotherapy even though it is very difficultto become a woman (Sudrajat et al., (2020). Husband's full support to the patient is to help alleviate the disorders experienced by patients during chemotherapy both physically and psychologically, husband's support for cancer patients is needed to lift the mental and spirit of life of breast cancer patients. Because the husband's support can cause inner peace and feelings of pleasure in his wife, as well as being able to face problems and can motivate the patient's wife to undergomotherapy (Ginting et al., (2022). According to researchers, husband support is a very important support because this is the number one person she loves very much and therefore husband support is of great value compared to from within herself or her knowledge.

3.   Self-Efficacy

Table 3. Distribusi Frequency Distribution Of Breast Cancer Patient Self-Efficacy

Self-Efficacy	Frequency	Percentage (%)
High	32	100
Total	**32**	**100%**

Based on Table 3, shows the majority of respondents have self-efficacy with a high category of 32 respondents (100%). In the study of self-efficacy of respondents, it is known that most patients are in the high category of 32 respondents (100%). This shows that most breast cancer patients at dr. Adhyatma MPH hospital has high self-efficacy. The results are in line with research (Nisa, 2024) respondents mostly with self-efficacy in the high category as many

as 39 respondents (92,9%). Researchers emphasize that individuals with high self-efficacy are better able to organize circumstances to accept and resolve the problems at hand, including acceptance of the disease and motivation to heal during the cancer treatment process. Individuals who have a high self-efficacy that is able to handle the problems they face effectively, confident of healing the disease, believe in their abilities and quickly rise from anxiety and despair to a disease (Dariska et al., 2023).

4. The relationship of husband support with Self-Efficacy

Table 4. The Relationship Of Husband Support With Breast Cancer Patient Self-Efficacy

Husband Support	Self-Efficacy								Sig	Rho
	Low		Medium		High		Total			
	N	%	N	%	N	%	N	%		
Very Good	0	0	0	0	17	53,1	17	53,1	0,014	0,431
Good	0	0	0	0	15	46.9	15	46.9		
Enough	0	0	0	0	0	0	0	0		
Less	0	0	0	0	0	0	0	0		
Total	0	0	0	0	32	100	32	100		

Based on Table 4, spearman rank test results obtained p - value of 0.014 (< 0.05), with a positive correlation of 0.431 with the medium category. The results of p-value 0.014 (<0.05) showed a correlation between the variables of husband's support with self-efficacy so it can be concluded that the results of this study Ha accepted and Ho rejected which means there is a relationship of husband's support with self-efficacy in breast cancer patients undergoing chemotherapy at dr. Adhyatma, MPH hospital. The better the husband's support the higher the self-efficacy in patients.

The results of this study showed that there is a relationship between husband's support with self-efficacy in breast cancer patients undergoing chemotherapy at dr. Adhyatma MPH hospital respondents get excellent support from their husbands and have high self-efficacy in undergoing chemotherapy. This is evidenced by the p-value of 0.014 (< 0.05), with a positive correlation of 0.431 with the medium category. The result of p-value 0.014 (<0.05) showed a correlation between husband support variable and self-efficacy which means the better the husband support the higher the self-efficacy in patients. This research is in line with (Dwi Cahyono et al., 2023) with spearman rank test results obtained p-value 0.00 (< 0.05) there is a significant relationship between husband support and self-efficacy in the quality of life of breast cancer patients undergoing chemotherapy. Support from the husband has a great influence on the regularity of treatment of breast cancer patients undergoing chemotherapy in addition, the support of the husband obtained in patients in the form of informational support, assessment support, instumental support, and emotional support of this support is the most influential emotional support that makes the patient have confidence that he feels loved, valued, felt comfortable, and cared for so that patients feel calm in dealing with unpleasant circumstances, including in the process of chemotherapy treatment (Rahmawati, 2021). Individuals who have high self-efficacy will achieve something better because these individuals have strong motivation, clear goals, stable emotions and the ability to perform activities or behaviors successfully (Sutinah, 2020). Research conducted by (Ujung, 2020) mention the existence of a significant relationship between self-efficacy with quality of life in breast cancer patients from the support of husbands who provide full support to patients who will help alleviate the disorders experienced by patients during chemotherapy both physically and psychologically. From the conclusion above, the support of a very good husband is not only in the form of assessment or award support, but the wife also needs instrumental and emotional support such as taking the time to deliver and accompany the wife and reminding her to check back and participate in seeing the results (Utami & Hidayati, 2023).

CONCLUSION AND SUGGESTION

Husband support in breast cancer patients undergoing chemotherapy showed most breast cancer patients in hospitals dr. Adhyatma, MPH has received good support from husbands with a very good category as many as 17 respondents (53.1%). Self-efficacy in breast cancer patients undergoing chemotherapy at dr. Adhyatma, MPH hospital showed that most breast cancer patients had good self-efficacy with a high category of 32 respondents (100%). The existence of high self-efficacy can motivate patients to undergoing chemotherapy. The results obtained a relationship of husband support with increased self-efficacy. The better the husband's support the higher the self-efficacy. It is expected that the health services, especially nurses, to always provide understanding to the family, especially the husband, in order to improve the patient's self-efficacy during chemotherapy.

In this study there are still many shortcomings because the scope of the study only examined the relationship of husband support with self-efficacy in breast cancer patients undergoing chemotherapy. Preferably the next researcher can use qualitative methods to make it easier to retrieve the data.

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