The Relationship Of Family Support With The Quality Of Life Of Breast Cancer Patients

Elly Setyo Renggoningsih[1], Anita Dyah Listyarini[2*], Yayuk Fatmawati[3]

[1-3]Institut Teknologi Kesehatan Cendekia Utama Kudus, Indonesia

*Corresponding Author: anitadyahlistyarini@gmail.com

Abstract. Breast cancer is the most common disease in women and is a disease that has a chronic course. The length of treatment undertaken and the impact of the treatment causes physical and psychological changes, which have an impact on reducing the patient's quality of life. Quality of life is an important thing that must be improved in breast cancer patients through providing social support. This study aims to determine the relationship between family support and the quality of life of breast cancer patients at Mardi Rahayu Kudus Hospital. Method of research was Analytical correlational research type with cross sectional design. The research population was breast cancer sufferers at Mardi Rahayu Hospital using an accidental sampling technique, so the sample size was 31 respondents. Statistical data analysis using the Spearman Rank test. Result got family support was mostly in the good category (54.8%), quality of life was mostly in the good category (58.1%), Spearman rank analysis found a p value of $0.000 < 0.05$. There is a very strong relationship between family support and the quality of life of breast cancer patients at Mardi Rahayu Kudus Hospital because the p value (0.021) <0.05 at the 5% significance level.

Key words: Family Support, Quality of Life, Breast Cancer

INTRODUCTION

Cancer (*Carsinoma*) is a malignant neoplasmic disease that has a very broad and complex spectrum. Almost no cancer resolves spontaneously (López-Lázaro 2020). Cancer is the result of a developmental process in the form of deviations in the cell life process or has undergone cell transformation. Cancer is also a chronic disease that is suffered by many individuals in many nations. Cancer is still a trend and an issue of health problems with the highest mortality rate (Ministry of Health of the Republic of Indonesia 2019). In 2030, it is estimated that the data of cancer patients will reach 26 million, while the number of patients who die is 17 million (American Cancer Society (ACS) 2020).

Cancer is the number two cause of death in the world, and causes 9.6 million deaths every year, It is estimated that 70% of cancer deaths occur in developing countries, including Indonesia. Based on Globocan 2020, there are 396,314 new cases of cancer in Indonesia with 234,511 deaths. The highest cancers in women are breast cancer (65,858 cases) and cervical cancer (36,633 cases). The highest cancers in men are lung cancer (34,783 cases), and colorectal cancer (34,189 cases) (Ministry of Health of the Republic of Indonesia 2023). The prevalence of cancer is 1.4 per 1000 population. The death rate of women in Indonesia due to cancer reaches 92,200 cases and the type of cancer that causes death in women in Indonesia is based on the cancer mortality profile, namely breast cancer of 21.4% with an incidence of breast cancer incidence of 48,998 cases and an estimated 40 out of 100,000 women are affected by breast cancer (Ministry of Health of the Republic of Indonesia, 2022).

Based on the estimated number of breast cancer patients in Central Java, it is the province with the highest estimated number of breast cancer patients with 11,511 breast cancer cases with the highest number in Surakarta City at 0.637%. The number of cancer patients in Central Java continues to increase as conveyed by the Semarang City Health Office, namely in 2020 as many as 4,286 people and in 2021 as many as 4,812 people (Central Java Health Office 2023). Data on breast cancer patients in Kudus Regency was recorded as many as 385 people (Kudus Health Office 2023). Data obtained at Mardi Rahayu Kudus Hospital showed that the number of breast cancer patients in 2023 was 215 patients, while in the last 3 months (October-December 2023) there were 102 patients (Mardi Rahayu Hospital, 2023).

Cancer cells will grow quickly and cause death if not treated immediately (Anwar 2018). Breast cancer control efforts are carried out through promotive, preventive and curative approaches. Management of cancer is carried out by irradiation, incision (surgery) and chemotherapy. Cancer patients who underwent treatment 61.8%, chemotherapy 24.9% and irradiation 17.3% (Ministry of Health of the Republic of Indonesia 2020). Case handling standards *Soft Tissue* is surgical, while chemotherapy for metastatic cancer (Tanaka *et al.*, 2019). Prolonged chemotherapy has painful and

mental effects (Nuridah 2019). Chemotherapy causes physical side effects such as pain, nausea, vomiting, neuropathy and pain (Rahayuwati 2018). These physical problems make sufferers can experience psychological problems such as stress, anxiety and depression (65%) (Ricky, Rachmawaty, and Syam 2018). The patient's condition is both due to cancer pathology and the effects of chemotherapy causing a decrease in quality of life (Andriyan, 2022).

The impact of breast cancer affects the patient's health condition, both physical, emotional, and even life. The financial impact on patients, families, communities, health systems, and even the government in coping and financing, so the right treatment and early detection efforts are important. Family support is an important factor in assisting with care (Ministry of Health of the Republic of Indonesia 2023). The patient's quality of life should be an important concern for health professionals because it can be a reference for the success of an action/intervention or therapy. Quality of life is an important measure for cancer patients. Poor quality of life indicates conditions that are not in accordance with the patient's expectations. Previous research found that the quality of life of breast cancer patients was not good at 53.1% (Husni, Romadoni, and Rukiyati 2018). Another study found that the quality of life was 30% less (Devi, 2020).

Health-related quality of life is defined as the emotional response of the sufferer to social, emotional, work and family activities, a sense of pleasure or happiness, a fit between expectations and reality, the satisfaction of performing physical, social and emotional functions and the ability to socialize with others. The quality of life of cancer patients is associated with family support (p 0.032) (Main 2019). The majority of patients receive family support in the form of informational, judgmental, instumental, and emotional support (Purwaningsih and Oktaviani 2020). Family support is determined by education, knowledge, work or socio-economic and cultural (Rahmawati 2021). Family support is an important factor to motivate in undergoing treatment such as in cancer patients undergoing chemotherapy (p 0.036) (Anestiyah, Supriadi, and Wahyuni 2023).

Family support is assistance provided in the form of goods, services, information and advice that are able to make the recipient feel loved, valued and at peace (Friedman 2018). People who received family support had a better quality of life compared to those who were isolated (Irma, Wahyuni, and M. Sallo 2022). Family support in the form of material and moral will determine the quality of life of breast cancer patients (p 0.023 < 0.05) (Irawan *et al.*, 2020). Family support is associated with quality of life in breast cancer patients (p 0.000) (Jayanti *et al.*, 2023; Rosa *et al.*, 2022). Family support as a form of real help from the closest people will improve the quality of life of breast cancer patients (p 0.000) (Ayuni 2020). Family support is provided according to the patient's acceptance capacity, because support must be appropriate to improve the quality of life of cancer patients (0.002) (Mu'zizat, 2023). Family support is associated with quality of life of cancer patients (0.016) (Putri *et al.*, 2023).

METHODS

This type of analytical correlational research with a cross sectional design. The population of this study was breast cancer patients at Mardi Rahayu Hospital with *an accidental sampling technique,* so that the sample size was 31 respondents. Statistical analysis of data with *the Spearman Rank* test.

RESULTS AND DISCUSSION

1. Family Support

Table 1. Distribution of Respondent Frequency Based on Family Support of Breast Cancer Patients

Family Support	f	%
Good	17	54.8
Keep	12	38.7
Less	2	6.5
Total	**31**	**100.0**

The results of the study showed that the most family support was obtained in the good category as many as 17 respondents (54.8%). This is shown from the respondents' answers that all aspects of support received by the respondents are in the form of emotional support, award support, instrumental support, informational support and social network support. This good support is due to the awareness of the family in providing support in the form of attention, appreciation, facilities, and information to sick family members. Good support is also due to the strong bond in the family as a unit that needs

each other, where if one family member is sick, it will affect the other members so that awareness arises to reduce the burden by providing assistance to breast cancer patients.

Previous research received 59.1% support from families in the good category. Good family support from the family for breast cancer patients is because the family is aware that the patient urgently needs the presence of the family. The family has a big role in increasing the motivation of patients to undergo therapy and has influence in various medical actions such as medication and treatment (Andriyan, 2022). In theory, it is stated that the family support provided includes informational, judgmental, instructual, and emotional support. Family is a form of interpersonal relationship that includes attitudes, actions and acceptance of family members, so that family members feel cared for and supported (Friedman, 2018). Support for breast cancer patients is urgently needed because this support affects the attitude of cancer patients so that patients feel calmer and more comfortable in undergoing treatment (Rahmawati, 2021).

Previous research received 69.1% support from families in the good category. Support from family is important for breast cancer patients who are undergoing treatment, because it can motivate patients more in undergoing treatment. So the patient feels that there are still people who care about him even though he is sick (Sesrianty, Selsa, and Fradisa 2022). Family support is a process of relationship between the family and the social environment. Family support as a form of attitude, action, and family acceptance towards the sick (Andarmoyo, 2018). Family support for patients will also provide a positive response so that patients feel cared for, loved, feel that their lives are valuable, more confident in facing the treatment process of their disease and foster hope so that they can reduce stress in patients (Main, 2019).

Previous research received the most family support in the good category (60.3%). Family support is a form of service behavior carried out by family and relatives, both in emotional support (attention, affection, empathy), appreciation support (appreciation, feedback), information support (advice, information) and in the form of instrumental support (financial assistance, energy, and time) (Rosa *et al.*, 2022). Family support is an important factor for someone who is sick and can motivate them to undergo treatment like breast cancer patients. Family support can be both material and moral. Family members view supportive people as always ready to provide help and assistance if needed (Purwaningsih and Oktaviani, 2020).

The results of the study were obtained Moderate category family support as many as 12 respondents (38.7%), which showed that not all types of support (emotional, appreciative, instrumental, informational, social network) are received by breast cancer patients to the maximum. The highest type of support received by cancer patients was emotional support, while the lowest type of support was informational support. This support is due to the lack of understanding of breast cancer and socioeconomic conditions so that the support is still limited. In addition, people with cancer have a lack of perception about providing support from their families. The previous study received moderate support of 63.6%, which was due to the lack of socioeconomic status so that it could not be maximized in providing support (Irawan, Hayati, and Purwaningsih 2020).

Previous research received 63.3% support for families in the adequate category. This lack of support is due to the lack of family resources in providing support. In addition, families are also not aware of the importance of family support and the lack of family experience in providing family support. Lack of family support can make cancer patients feel alone and have difficulty coping with their condition, which has an impact on the patient's mental state. Patients who have received good family support will have an impact on the patient's health condition which will get better (Irawan, Hayati, and Purwaningsih 2020). The research received less support of 39.8% and moderate support of 29.5% (Purwaningsih and Oktaviani 2020). Family support provided to patients is influenced by several factors, including family support, and family socio-economics (income, employment, and education) (Devi, 2020).

The results of the study were obtained family support in the category of less than 2 respondents (6.5%). This lack of support is due to family obstacles in providing support due to socio-economic conditions. The family also works outside the city so they can't wait for their sick wife. Previous research received less support of 14.7%. This lack of family support can be seen from the family less Accompanying the patient in treatment, the family does not try to support the patient in treatment and the family does not try to comfort the patient every

time the patient is sad. Family support is not obtained because the family does not provide emotional, appreciative, instrumental and emotional support to someone who is in need of support and at the right time the support is given such as the family is not willing to pay for the patient's treatment and treatment and the family is not looking for the needs of the facilities and equipment that the patient needs (Sesrianty, Selsa, and Fradisa 2022).

Cancer patients lack family support (75%) (Husni, Romadoni, and Rukiyati 2018). The support of this poor category of families has never received support in helping to finance patients in the implementation of therapy, helping to prepare transportation facilities to carry out health checks, inviting Discuss about the disease suffered, allowing cancer patients to dissolve in grief, and families not providing guidance in taking the amount of medication every day. This makes the family support obtained by cancer patients less. Poor family support is caused by several factors, including economic and lack of family knowledge about the importance of family support in the healing process of breast cancer patients, so that breast cancer patients can be cured (Islamiyah, 2020).

2. Quality of Life

Table 2. Distribution of Respondent Frequency Based on Quality of Life of Breast Cancer Patients

Quality of Life	f	%
Good	18	58.1
Keep	11	35.5
Less	2	6.5
Total	**31**	**100.0**

The results of the study were obtained The quality of life was in the good category with 18 respondents (58.1%), which was shown from the respondents' answers, namely in the functional domain aspects and symptoms in the good category. This good quality of life is because the complaints experienced by patients are very minimal (almost non-existent), because they have just been detected. Previous research found that the quality of life was in many categories good (55.9%) and the quality of life was poor as much as 44.1%. Good quality of life due to the ability to cope with stressors (adaptive coping mechanism) and support from family (Ayuni, 2020). In theory, it is stated that breast cancer patients in the early stages still do not experience many complaints so that their psychoemotional integrity is still stable (Sudoyo, 2020).

Previous research stated that the quality of life was good (30.7%), the quality of life was adequate (29.5%) and the quality of life was poor (39.8%). The patient's quality of life should be an important concern for health professionals because it can be a reference for the success of an action/intervention or therapy (Purwaningsih and Oktaviani, 2020). This quality of life is an important factor that needs to be considered for the mental and physical health of patients who can contribute to the happiness of the individual himself and provide benefits to the family and society (Mu'zizat 2023). The research found that the quality of life of patients in the good category was 72.7%. This is because patients who have undergone the treatment process will have less pain due to the disease suffered, and less difficulty in activities, so that their life expectancy will increase (Andriyan, 2022).

Research (Anestiyah, Supriadi, and Wahyuni 2023) found that the quality of life in the most good categories was 96.6%. Factors that affect the quality of life of low breast cancer patients are physical, psychological, independence and environmental factors as well as social relationships. To improve their quality of life, they must have confidence, have knowledge about breast cancer undergoing chemotherapy, have access to the availability of support services (family and peers), treatment and care. Previous research by (Andriyan, 2022) get a good quality of life by 62.1%. This good quality of life shows good physical, psychological and spiritual integrity in dealing with their condition. This good quality of life is due to experience and coping skills in dealing with problems due to cancer.

The results of the study showed that the quality of life of the category was moderate as many as 11 respondents (35.5%) and the quality of life was less as many as 2 respondents (6.5%). This is shown in the aspects of the symptom and functional domains that experience complaints so that they

cause dissatisfaction in the sufferer. The quality of life of breast cancer patients has decreased along with the appearance of the symptoms suffered. Cancer patients experience a decrease in physical condition due to the cancer experienced, which causes psychosocial and spiritual problems. Cancer patients have to face diseases that have an impact not only on the physical health of the sufferer but also on his or her mental state. The quality of life of cancer patients can be influenced by many factors such as physical, social, psychological, emotional, and cognitive factors.

Research Harjanto, (2019) mentioned that most of the respondents had a moderate quality of life. This is because the respondent has just experienced symptoms so that the physical problems experienced by the respondent affect the spiritual mental state. The pain felt due to cancer is something that she has to live every day. In addition, a small life expectancy makes a cancer patient experience psychosocial problems and fear of facing death as if it is in front of them. Research Andriyan, (2022) getting a poor quality of life (22.7%) which is indicated by dissatisfaction with functional aspects and symptoms. Research Devi, (2020) mentioned that the spirit of life seems to be the opposite of the limitations experienced by cancer patients. Such circumstances will affect the quality of life in breast cancer patients.

Previous studies found a moderate quality of life of 15.2% and a lack of 22.7%. Breast cancer sufferers often experience changes in various aspects of life that will affect their physical health, psychological well-being, social relationships and with the environment (Andriyan, 2022). Research (Sesrianty, Selsa, and Fradisa 2022) get the most quality of life in the adequate category (60.3%). The patient's quality of life decreases along with the symptoms experienced. Patients who experience complaints at any time due to breast cancer will further worsen their psychological condition. This will also have an impact on the patient's quality of life. Quality of life (*Quality of life*) is used in the field of health services to analyze a person's emotions, social factors, and ability to meet the demands of activities in normal life and the impact of illness can potentially reduce health-related quality of life.

A good quality of life is necessary so that a person is able to get a good health status and maintain physical functions and abilities as optimally as possible and for as long as possible. A person who has a high quality of life will have a strong desire to heal and can improve his health degree. On the other hand, when the quality of life decreases, the desire to recover also decreases. In this study, the quality of life was varied and the most categories were good, it is because quality of life is an individual's perception of his or her state in physical, psychological, social and environmental aspects to achieve satisfaction in his life. In this case, cancer patients already have a good quality of life because the patient has undergone the treatment process several times and there are patients who have almost finished undergoing the cancer treatment process.

3. **Analysis of the Relationship between Family Support and Quality of Life of Breast Cancer Patients**

Table 3. Analysis of the Relationship between Family Support and Quality of Life of Breast Cancer Patients

Family Support	Quality of Life								Rho	P Value
	Good		Keep		Less		Total			
	f	%	f	%	f	%	f	%		
Good	16	94,1	1	5,9	0	0,0	17	100,0		
Keep	2	16,7	10	83,3	0	0,0	12	100,0	0,837	0,000
Less	0	0,0	0	0,0	2	100,0	2	100,0		
Total	**18**	**58,1**	**11**	**35,2**	**2**	**6,5**	**31**	**100,0**		

The results of the study showed that there was a relationship between family support and the quality of life of breast cancer patients at Mardi Rahayu Kudus Hospital because the p value (0.000) < 0.05 at a significance level of 5%. The rho value was obtained 0.837 which indicates the strength of a very strong relationship and the direction of a positive relationship, namely the better the family support, the better the quality of life of breast cancer patients. This relationship is shown by the percentage results, namely respondents with good support found a good quality of life by 16 respondents (94.1%). Respondents with family support were getting the most quality of life in the medium category as many as 10 respondents (83.3%). Respondents with poor family support were all with a poor quality of life as many as 2 respondents (100%).

Previous research has found that family support is associated with the quality of life of cancer patients. Family support provides great motivation and enthusiasm for cancer patients to recover and be strong in life. The love, security and comfort that patients get ultimately provides well-being that determines their quality of life (Anestiyah, Supriadi, and Wahyuni 2023). Research Andriyan, (2022) Mentioning a positive quality of life for patients such as the support provided by the family can be in the form of attention in the treatment undertaken. Good social relationships and support from close people have a positive impact on cancer patients. Positive attitudes and views of cancer patients will eliminate negative responses that ultimately improve the quality of life of cancer patients. Family support is needed during the healing process which is beneficial in improving the degree of health (Rahmawati, 2021).

This study found that family support was good, but the quality of life of respondents in the moderate category (5.9%) was caused by the condition of patients with very disturbing pain symptoms. Previous research has stated that cancer patients often have a threat to themselves because the physical symptoms are very disturbing so that providing good family support is often not considered. However, providing support from the closest people is very meaningful in improving the quality of life. To improve the quality of life of cancer patients, they must feel safe and comfortable in their environment by providing support to cancer patients so that they feel cared for, valued and loved (Irma, Wahyuni, and M. Sallo 2022).

This study received moderate family support, but the quality of life was good at 16.7%, indicating the limitations of the family in caring for the patient. This patient has experienced accepting his disease and the symptoms he experienced do not appear, so that even though the support is moderate, the quality of life is still good. Improving the quality of life is important in symptom recovery, therapy and rehabilitation of patients. The success rate of treatment was significantly associated with a better quality of life of people with cancer. Quality of life as a strong predictor of survival helps the prognostic ability of cancer patients (Jayanti, Cahyono, and Prasetyo 2023). Previous research has found that quality of life is very important for cancer patients. Quality of life is the ability of an individual to enjoy satisfaction during his or her life and must be able to function physically, spiritually, psychologically, and socially in order to achieve a good quality of life (Putri *et al.*, 2023).

Support is essential for family members who are sick like cancer. This support has a positive effect on sick members, namely feeling cared for, facilitated in treatment and feeling that the burden they are experiencing is also bearing. The provision of this family support will further improve the concept of the quality of life of patients (Harjanto, 2019). Cancer is a family disease, where everyone affected by cancer will also affect the whole family in the form of emotional, psychological, financial and physical. Family support for cancer patients is needed to improve the patient's mental and spirit of life which shows a good level of quality of life (Devi, 2020). The results of this study are in accordance with the theory that negative family support is the strongest factor in influencing the health outcomes of clients, especially with chronic diseases (Husni, Romadoni, and Rukiyati 2018).

The quality of life of breast cancer patients is influenced by several factors, one of which is family support (Main, 2019). The high or low level of family support will affect the quality of life of breast cancer patients. The higher the family support, the better the quality of life, on the other hand, the lower the family support, the lower the quality of life will also decrease (Irawan, Hayati, and Purwaningsih 2020). Family support provides great motivation and enthusiasm for cancer patients to recover and be strong in life. Good social relationships and good support that patients receive from their closest people will have a very positive impact on cancer patients. Positive attitudes and views from cancer patients will eliminate the negative responses produced. The fulfillment of all aspects of family support will eventually provide a good quality of life (Purwaningsih and Oktaviani 2020).

Family support is related to the quality of life of cancer patients. Breast cancer patients who have good family support and adequate quality of life can be seen from the existence of information support, assessment support, instrumental support, and emotional support. This support will be well received so that it affects the good quality of life (Sesrianty, Selsa, and Fradisa 2022). The quality of life is sufficient for cancer patients because cancer patients only experience disturbances in health problems or physical problems, but cancer patients who undergo treatment receive a lot of support from their families, so that psychological, social, and environmental indicators are not a problem with the quality of life in cancer patients. Cancer patients who receive family support have a direct

impact on the emotions, well-being and overall survival of cancer patients (Harjanto 2019).

CONCLUSION

The results of the study received good family support 17 (54.8%), moderate support 12 (38.7%) and poor support 2 (6.5%). Good quality of life 18 (58.1%), medium quality of life 11 (35.5%) and poor quality of life 2 (6.5%). There was a relationship between family support and the quality of life of breast cancer patients at Mardi Rahayu Kudus Hospital because the p value (0.000) < 0.05 at a significance level of 5%. The rho value was obtained 0.837 which indicates the strength of a very strong relationship and the direction of a positive relationship, namely the better the family support, the better the quality of life of breast cancer patients.

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