

Self-Management : Improving Quality Of Life Patient With Cervical Cancer

Heni Purwaningsih¹, Umi Aniroh², Puji Purwaningsih³
Faculty of Nursing Ngudi Waluyo University
Email bundobian@gmail.com

Abstract

Backgroud : Cervical Cancer is the disease with the most suffered by people after Breast Cancer. Cervical Cancer not only causes pain, death and physical disability in sufferers but also long treatment procedures can cause sufferers to experience psychological distress and feel hopeless. So that good self-management is needed to improve the management of chronic diseases, improve health and well-being and quality of life. **Objectives :** The purpose of this study to effectiveness self manajement and the life quality of cervical cancer. **Methods :** This study used a quantitative method with a descriptive correlational approach. The samples in this study were 88 samples. The research instrument used the EORTC QLQ C30 Life Quality questionnaire and self management screening (SeMaS), and data were analyzed by using Chi Square test. **Result :** The results obtain respondents who get less self management, most of their quality of life is lack as many as 8 respondents (47.1%). Respondents with sufficient family support, mostly have poor life quality as many as 18 respondents (58.1%). While respondents who has good self management, mostly have good life quality as many as 22 respondents (55.0%). Chi Square test results obtain p-value $0,000 < \alpha (0,05)$, so that it can be concluded that there is effectiveness self management and the life quality of cervical cancer patients. **Conclusions :** There were effectiveness self management and the life quality of cervical cancer patients. **Suggestion :** Client should improving her self management, people/family/ care giver should provide more motivation, support and more attention to the condition of cervical cancer patients. Meanwhile, for the health workers, they should concern more in supporting patients in order to improve the life quality for patients with cervical cancer.

Keywords : cervical cancer, self management, quality of life

Introduction

Cervical cancer is a malignancy that starts in cervical cells (cervix). Cervical cancer occurs very slowly. First, some cells turn into normal precancerous cells, then turn into cancer cells. Cervical cancer is one of the diseases with the most number. According to YKI (Indonesian Cancer Foundation), cervical cancer or cervical cancer depends second most after breast cancer. (Arum, 2015). According to the World Health Organization (WHO), 490,000 thousand women worldwide are diagnosed with cervical cancer each year and 80% are in developing countries including Indonesia (Arum, 2015). According to the Ministry of Health (2017) from 2007 to 2016, Central Java Province received 280,847 cases.

Cervical virus is caused by the presence of the Human Papilloma Virus (HPV). This human papilloma virus is a virus that attacks the skin and mucous membranes of humans and animals. As many as 99.7% of cervical cancers are caused by the human papilloma virus that attacks the cervix. Called Papilloma, because

this virus often causes warts or warts (Arum, 2015).

Cancer makes sufferers decrease. Yeh et. al (Preedy and Watson in Prastiwi, 2012) stated the quality of life as a result of illness and satisfaction aspects related to scale: physical function, psychological dysfunction, social function, treatment and cognitive function. Cancer has a strong relationship with the decline in quality of life and coping with emotions that release feelings of tension, depression, and worry. Motivation from the environment can also affect patients in doing chemotherapy. The motivation of these patients will be calmer and ready to improve chemotherapy so that patients can be overcome (Tunas and Yowani et al, 2016).

Not only does cervical cancer end the pain, death and physical disability of the sufferer, but it is also a lengthy and costly treatment procedure. Therefore, one effective way to reduce mortality and complications as well as improve the quality of life of patients is good self-management in patients (Gieva, et al, 2011).

Self-management is the effort and support provided by health workers to improve the ability of patients to be able to manage their health, self-health assessment, find out personal health problems, determine goals and problem solving (Lorig and Holman, 2013). Self-management support is the most important part in nursing services that are patient-focused. Self-management is the support given to patients, especially those with chronic conditions that aim to improve self-efficacy to enable them to manage their health in their daily lives. Self-management is also how to increase the contribution of the surrounding environment to play an active role in patient health care.

Methods

The design of this research is descriptive correlational with cross sectional approach. Total population of 681 respondents, total sample of 88 respondents. Data collection tools using self-management screening questionnaire (SeMas) and quality of life questionnaire using the European Organization for Research and Treatment of Cancer Quality of Life Questionnaire-Core 30 (EORTC QLQ-C30).

Results

1. Self Management in Cervical Cancer Patients

Table 1 Frequency Distribution of Self-Management in Cervical Cancer Patients in Dr.Moewardi l Hospital Surakarta

Self Management	Frequency	Persentase (%)
Less	17	19,3
Enough	31	35,2
Good	40	45,5
Total	88	100,0

The results in table 1 show that the majority of cervical cancer patients undergoing outpatient care at Dr.Moewardi Hospital in Surakarta, have good self-management, amounting to 40 people (45.5%).

2. Quality of Life in Cervical Cancer Patients

Table 2 Distribution of Frequency of Quality of Life in Cervical Cancer Patients in Dr.Moewardi Hospital Surakarta

Quality of Life	Frequency	Persentase (%)
Less	35	39,8
Enough	26	29,5
Good	27	30,7
Total	88	100,0

The results in table 2 show that the majority of cervical cancer patients undergoing outpatient care at Dr.Moewardi General Hospital Surakarta, have a poor quality of life, amounting to 35 people (39.8%).

3. The relationship of self management with quality of life of cervical cancer patient in Dr. Moewardi Hospital

Table 3 Relationship of self management with Quality of Life of Cervical Cancer Patients in Dr.Moewardi Hospital Surakarta

Self Management	Quality of Life						Total		p-value
	Less		Enough		Good				
	f	%	f	%	F	%	f	%	
Less	8	47.1	7	41.2	2	11.8	17	100	0,000
Enough	18	58.1	10	32.3	3	9.7	31	100	
Good	9	22.5	9	22.5	22	55.0	40	100	
Total	35	39.8	26	29.5	27	30.7	88	100	

Table 3 shows patients who have less self-management, most of whom have a poor quality of life, amounting to 8 people (47.1%). Patients who have self-management in the adequate category, most have a poor quality of life, a number of 18 people (58.1%). Whereas patients who have good self-management, most have a good quality of life, a number of 22 people (55.0%).

Chi Square test results obtained p-value of 0,000. Because of the p value of 0,000 < α (0.05), it can be concluded that there is a significant relationship between self-management and quality of life for cervical cancer patients at Dr. Moewardi Surakarta General Hospital.

Discussion

1. Overview of Self Management of Cervical Cancer Patients in RSUD Dr. Moewardi Surakarta

The results showed that most cervical cancer patients had self-management in a good category of 40 respondents (45.5%). According to Bakshi and Krishnamurti (2018) self-management is a skillful behavior, emphasizing the role and responsibility of individuals in managing their own illnesses aimed at maintaining welfare in all dimensions, one of which is psychological.

This process is usually facilitated by health workers who have been trained in handling programs related to self-management. This is the most important part of the implementation of treatment programs for patients with cervical cancer (Ayaz-Alkaya and Terzi, 2019). Research conducted by Bakshi and Krishnamurti, (2018) shows that knowledge, support, motivation and empowerment are important factors that influence self-management in cervical cancer patients.

The results of the study by Chen et al., (2019) show that individuals involved in self-management behavior are proven to be able to improve their health. The basic form of self-management and care for cervical cancer patients requires knowledge, skills and motivation, because this treatment contains a long-term chemotherapy program. So that self-management is an action that can improve the skills possessed by patients with chronic diseases one of which is cervical cancer and regulate their treatment.

Based on the results of the study also found self-management in the category of 31 respondents (35.2%). According to (Miller et al., 2014) Orem's self care management theory identifies ten basic factors that influence the self care agency in conducting self care namely age, gender, developmental stage, health level, lifestyle, health service system, family and external environment. Researchers assume along with increasing age, level of education, lifestyle and work that is owned by someone influencing self care management or treatment of illness.

Based on the results of the study found that self-management was less as many as 17 respondents (19.3%). One of the factors that influence self-management is age. The results of the study are based on the category of patients suffering from cervical cancer with a percentage

of 60.3% found in adulthood (35-60) years. According to Donald et al., (2019) a younger age has more ability to care for himself than an older age. According to Miller et al., (2014)), age does not affect self-management in hemodialysis patients. Age is an essential part that must be considered properly to achieve self-management independence. But age is not the only factor influencing a patient's ability to care for himself independently. There are still many other factors that affect the ability of self-management such as the level of knowledge, self-efficacy and family support.

2 Overview of Quality of Life for Cervical Cancer Patients in Dr. Moewardi General Hospital Surakarta.

Based on the results of the study, there were 35 respondents (39.8%) lacking quality of life. Cancer is a disease that according to most people is a disease that has not been found to cure. Sufferers must deal with diseases that have an impact not only on the physical health of the patient but on his mental state.

Post-cancer conditions also contribute to the suffering of sufferers. The pain that is felt due to cancer is something that must be lived every day. In addition, small life expectancy makes a cancer sufferer experience anxiety about the future and fear of facing death as if it was in plain sight. The spirit of life seems to contradict the limitations experienced by cancer sufferers. Such conditions will affect the quality of life in cancer patients (Tita, 2012).

Based on the results of the study obtained that the quality of life of cervical cancer patients is still sufficient as many as 26 respondents (29.5%). This is because of cervical cancer patients still often or have a difficulty when walking even though in a short distance, feel limited when working or doing leisure activities, feel often need to rest or get tired easily, often vomit and feel tense with the conditions experienced by cancer patients cervix.

Based on the results of this study also obtained a good quality of life for cervical cancer patients by 27 respondents (30.7%). There are still many patients who have a good quality of life because the patient's condition is good, such as easy to sleep, do not feel pain, are

fitter, not easily tired, appetite has improved, and no longer experience depression due to cervical cancer that suffered.

In this study we get an adequate and good quality of life, that is because the quality of life is an individual's perception of his condition in physical, psychological, social and environmental aspects to achieve satisfaction in his life. In this case cervical cancer patients already have a sufficient and good quality of life because the patient has undergone the treatment process several times and there are patients who have almost finished undergoing the process of cervical cancer treatment. When the patient has undergone the treatment process, the pain due to the illness suffered will decrease, and the difficulty of activity will be reduced. Thus making the quality of life of cervical cancer patients have increased to be sufficient and better.

2. Relationship of Self Management to Quality of Life of Cervical Cancer Patients in Dr. Moewardi General Hospital Surakarta

The results of the bivariate analysis with Chi Square found that there is a relationship between self-management and the quality of life of cervical cancer patients at RSUD Dr. Moewardi Surakarta. This is consistent with the research of Wang et al., (2019) which states there is a relationship between self-management and the quality of life of patients with chronic illness.

Wang et al., (2019) self-management can improve coping to adjust and regulate their lives when experiencing chronic illness, their feelings of control and improvement in quality of life. In accordance the opinion of Kong et al., (2018) that self management programs are identified as having encouraged chronic disease healing, one of which is cervical cancer.

According to Benzo, Abascal-Bolado and Dulohery (2016) revealed that for patients with cervical cancer self efficacy has been reported to be positively related to quality of life (or health status), depression, ability to engage in daily activities and ability to walk. Whereas self efficacy is one of the theories that underlies self management.

A significant relationship between self management and quality of life occurs because cervical cancer is a chronic condition that can have long-term psychological and social, and physical effects. Whereas self management exists as an individual force to better manage the chronic diseases and thus optimize health and well-being (Chen et al., 2019).

Self-management can increase motivation and great enthusiasm for cervical cancer patients to recover and be strong in life. With a sense of love, security and comfort that is obtained by the patient ultimately provides welfare that determines the quality of life. Good social relationships and good support received by patients from the closest people will have a very positive impact on cervical cancer sufferers. The positive attitude and outlook of cancer sufferers will eliminate the negative responses generated. Fulfillment of all aspects of family support will ultimately provide a good quality of life for cervical cancer patients.

This is also in line with research conducted by Dewi et al, (2013) stating that self management is not only given by health workers but also by families with sick family members. With the high self-management, the anxiety level of patients who will undergo chemotherapy will be even lower and do not feel anxiety at all.

The results of this study can be stated that there is a positive relationship between self management and the quality of life of patients with cervical cancer. The higher level of the self management make the higher the quality of life of cervical cancer patients, conversely the lower of the self management make the lower the quality of life. According to Mamykina, Smaldone and Bakken (2015) self management is a series of techniques to change behavior, thoughts, and feelings. Self management refers more to the implementation and handling of one's life by using a learned skill. Self management can also avoid the concept of inhibition and control from the outside which is often associated with the concept of control and

regulation. Self-management is a cognitive behavioral strategy that aims to help clients to change their negative behavior and develop positive behavior by observing themselves; record certain behaviors.

Sajatovic et al., (2017) states that in general self management is a process of maintaining health through positive beliefs and disease management. Individuals who experience chronic diseases, can do self management through self-care in maintaining health and reducing the effects of the disease and limit the development of the disease (Miller et al., 2014). Self management through self care aims to change lifestyles such as monitoring diet, doing chemotherapy routinely in an effort to minimize complications.

Conclusion

Cervical cancer patients treated at RSUD Dr. Moewardi Surakarta mostly has self-management in the good category and most of them have a poor quality of life. There is a significant relationship between self management with the quality of life of cervical cancer patients in Dr. Moewardi Surakarta. Suggestion : it is expected that health workers and families will increase caring and always support patients to improve the quality of life for cervical cancer patients.

References

- Arum, Sheria Puspita. 2015. *Stop Kanker Serviks Panduan bagi wanita untuk mengenal, mencegah, mengobati*. Yogyakarta: Notebook.
- Ayaz-alkaya, S. and Terzi, H. (2019) 'Nurse Education in Practice Investigation of health literacy and affecting factors of nursing students', *Nurse Education in Practice*. Elsevier, 34(July 2017), pp. 31–35. doi: 10.1016/j.nepr.2018.10.009.
- Bakshi, N. and Krishnamurti, L. (2018) 'A Qualitative Study of Chronic Pain and Self-Management in Adults with Sickle Cell Disease', *Journal of the National Medical Association*. Elsevier Inc, pp. 1–11. doi: 10.1016/j.jnma.2018.08.001.
- Benzo, R. P., Abascal-bolado, B. and Dulohery, M. M. (2016) 'Patient Education and Counseling Self-management and quality of life in chronic obstructive pulmonary disease (COPD): The mediating effects of positive affect', 99, pp. 617–623.
- CancerHelps, Tim. 2010. *Stop kanker “ Kanker Bukan Lagi Vonis Mati”*. Jakarta Selatan: PT AgroMedia Pustaka
- Chen, C. et al. (2019) 'International Journal of Nursing Sciences Development and validation of a self-management ability questionnaire for patients with chronic periodontitis', *International Journal of Nursing Sciences*. Elsevier Ltd, 6(3), pp. 259–265. doi: 10.1016/j.ijnss.2019.06.006.
- Donald, M. et al. (2019) 'Identifying Needs for Self-management Interventions for Adults With CKD and Their Caregivers: A Qualitative Study', *AJKD*, xx, pp. 1–9. doi: 10.1053/j.ajkd.2019.02.006.
- Dewi, dkk. 2016. *Penilaian Kualitas Hidup Pasien Kanker Serviks dengan Kemoterapi Paklitaksel-Karboplatin di RSUP Sanglah*. *Jurnal Farmasi Klinik Indonesia*
- Husni, dkk. 2015. *Hubungan Dukungan Keluarga Dengan Kualitas Hidup Pasien Kanker Payudara Di Instalasi Rawat Inap Bedah Rsup Dr. Mohammad Hoesin Palembang*.
- Kong, L. et al. (2018) 'Development and preliminary validation of the chronic hepatitis B self- management scale', *Applied Nursing Research*. Elsevier, 41(1), pp. 46–51. doi: 10.1016/j.apnr.2018.03.009.
- Mamykina, L., Smaldone, A. M. and Bakken, S. R. (2015) 'Adopting the sensemaking perspective for chronic disease', 56, pp. 406–417.
- Miller, W. R. et al. (2014) 'Chronic disease self-management : A hybrid concept analysis', *Nursing Outlook*. Elsevier Ltd, pp. 1–8. doi: 10.1016/j.outlook.2014.07.005.
- Prastiwi,Tita Febri. 2012. *Kualitas Hidup Penderita Kanker*. *Jurusan Psikologi*,

- Fakultas Ilmu Pendidikan, Universitas Negeri Semarang.
- Sajatovic, M. et al. (2017) 'Epilepsy & Behavior From the US Centers for Disease Control and Prevention Managing Epilepsy Well Network', *Epilepsy & Behavior*. Elsevier Inc., pp. 10–13. doi: 10.1016/j.yebeh.2016.12.005.
- Satria Adipo, dkk. 2014. Hubungan Dukungan Keluarga dengan Tingkat Kecemasan Pasien yang Menjalani Kemoterapi di Ruang Anyelir RSUD Arifin Achmad Provinsi Riau. Program Studi Ilmu Keperawatan Universitas Riau.
- Tamher & Noorkasiani. 2009. Kesehatan Usia Lanjut dengan Pendekatan Asuhan Keperawatan. Jakarta: Salemba medika.
- Wang, Z. et al. (2019) 'European Journal of Integrative Medicine Is self-management effective for improving the quality of life in adult epileptics ? A systematic review and meta-analysis of randomized controlled trials', 29(February), pp. 1–9.