



Breast Cancer Self-concept at Prof. Dr. W. Z. Johannes Hospital Kupang

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Abstrak

Kanker payudara merupakan salah satu penyakit yang sangat ditakuti oleh wanita. Kanker payudara juga sangat mempengaruhi psikologis pasien kanker payudara, salah satunya konsep diri. Pasien kanker payudara rata-rata mengalami konsep diri negative akibat penyakit kanker payudara maupun efek samping dari regimen terapi yang dialami. Namun masalah konsep diri ini jarang diteliti oleh perawat, dan juga belum ada alat ukur yang khusus mengukur konsep diri pasien kanker payudara. Tujuan dari penelitian ini adalah untuk mengukur validitas dan realibilitas dari kuesioner konsep diri. Metode: penelitian ini merupakan penelitian studi kasus yang mengukur konsep diri pasien kanker payudara dengan menggunakan kuesioner baru yaitu Merlin Breast Cancer Self-Concept Kuesioner. Kuesioner ini memiliki 18 pertanyaan dengan pilihan jawaban ya (0) dan tidak (1). Hasil: hasil uji validitas didapatkan nilai cronbach's alpha 0.909 dan nilai realibilitas dari 0.500 – 0.790. Kesimpulan: Merlin Breast Cancer Self-Concept Kuesioner merupakan instrument yang valid dan reliabel untuk digunakan mengukur konsep diri pasien kanker payudara.

Kata kunci : kuesioner konsep diri, kanker payudara

Abstract

Breast cancer is the disease that many women fear the most. Breast cancer significantly affects the psychological states of the patients, including self-concept. Patients with breast cancer commonly experience a negative self-concept due to the disease and side effects of the treatment. However, problems of self-concept among patients with breast cancer are rarely investigated by nurses. Furthermore, no measurement tool specifically measures the self-concept of breast cancer patients. The purpose of this study was to examine the validity and reliability of the self-concept questionnaire. This study used a case study research design to measure the self-concept of breast cancer patients using a newly developed questionnaire, namely the Merlin Breast Cancer Self-Concept Questionnaire. This questionnaire will be tested on breast cancer patients undergoing treatment in the hospital. The result showed a Cronbach's alpha value of 0.909 for the validity and 0.500-0.790 for the reliability of the instrument. Merlin Breast Cancer Self-Concept Questionnaire was evident to be a valid and reliable instrument to measure self-concept among breast cancer patients. This questionnaire is feasible for use to measure self-concept among breast cancer patients. Implication for practice: This questionnaire will greatly help the clinic nurse in measuring the patient's self concept. Psychological problems especially self-concept can be examined to improve the quality of life.

Keywords: self-concept questionnaire, breast cancer

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INTRODUCTION

The number of patients with breast cancer is increasing every year. In Indonesia, breast cancer becomes the most commonly diagnosed cancer in females with 40% of the total number of cancer patients. (1). Breast cancer has negative impacts on patients(2). Chronic illness that a patient experiences can cause some changes in body image and self-identity that affect the patient's self-concept (3–5). Self-concept describes a self-assessment or self-attitude in the conscious and subconscious states (6). According to Drummond, self-concept is an impression of an individual towards himself as a whole (7). Many patients experience a negative self-concept. However, there are no valid and reliable measurement tools for use to measure it. Self-concept consists of four components, including self-identity, body image, self-esteem, and roles.

Self-concept is divided into two types: positive self-concept and negative self-concept. A positive self-concept is a positive self-assessment of an individual who is willing to accept and understand himself (8). Meanwhile, people with a negative self-concept are usually unstable and tend to be intolerant with one's mistakes (9) An individual with a negative self-concept tends to have negative behaviors(10,11).

Self-concept affects the confidence of breast cancer patients, coping processes and social inability(15). Breast cancer patients who have a negative self-concept will affect their social welfare and even patients can experience depression(16), some of the patients will choose not to continue the chemotherapy or radiation treatment that is being undertaken due to negative self-concept.

Self-concept has four underlying components: body image, self-esteem, roles, and self-identity (12). Body image is the perception of oneself, which can be influenced by the judgment of others (6,12). A study by Faten

et al. reported that body image disturbances could interfere with women in their relationship and sex life changes as much as 45% to 47%. Body image disturbances and sexual relations have a relationship with one another (13). Body image or self-image disturbances can occur due to the effects of the disease that the patients experience, which will affect self-identity, self-esteem, and self-roles (14). The aim of this study was to see the validity and reliability of the Merlin breast cancer self-concept questionnaire.

MATERIALS AND METHODS

This research was a case study that aimed to test the validity and reliability of the self-concept questionnaire. The population was female patients with breast cancer undergoing treatment at W.Z Johannes Hospital in Kupang. The samples were 27 patients who agreed to participate and signed informed consent. The study was conducted from July 2019 to August 2019. The samples were selected based on the inclusion and exclusion criteria. The inclusion criteria included: (1) females patients aged 18 to 59 years old, (2) did not experience blindness or deafness, (3) did not experience any disease complications, and (4) underwent chemotherapy at the hospital. The patients were excluded from the study if they were: (1) unable to speak in the Indonesian language, (2) currently undergoing a psychological/ psychological therapy, and (3) having a respiratory disorder. Prior to the study, the researchers presented the research proposal to the hospital as a part of the ethical consideration before meeting the respondents. The data were collected after the researchers received permission from the hospital.

The Merlin Breast Cancer Self-Concept Questionnaire was developed based on self-concept and breast cancer theories. The fundamental theoretical concepts included four domains, including body image, self-esteem, roles, and self-identity. The questionnaire has 18

statements with Yes (0) and No (1) answers. A total score of 0-9 in the questionnaire indicates a negative self-concept, and a total score of 10-18 indicates a positive self-concept. The questionnaire explores each of the components that affect self-concept. The body image consists of five statements that describe the breasts' conditions and self-fear of judgment from other people. The self-esteem component contains six questions that explain how a woman values herself, especially in relation to the work, the husband-wife relationship, and herself as a woman and the self-reliance. The third component, the role, explains how a woman thinks whether she is able or unable to act as what she is supposed to be, such as taking care of the family. The fourth component, self-identity, explores how a woman lives in the environment and how she views herself as a woman. The validity and reliability of the questionnaire were tested using the SPSS program.

RESULTS AND DISCUSSION

Discussion

Based on the result of the validity and reliability tests, it was evident that the questionnaire is feasible to use. This questionnaire is developed for assessing the self-concept in breast cancer patients. Self-concept is how a person views himself (17). According to the researchers, respondents with negative self-concept will see themselves in a negative way. Self-concept has four influencing components: self-identity, self-role, body image, and self-esteem. These components have been explained as the basis which affects one's self-concept (6). These components are also explored by Bhattacharjee in his research (17).

Self-concept is one of the domains of nursing problems in the Nursing Diagnosis by NANDA International (18). However, there are no valid measurement tools that precisely measure self-concept in breast cancer patients. The

Table 1. Results for the validity and reliability of the Merlin Breast Cancer Self-Concept Questionnaire

Questions	Validity score	Reliability score
Do I dislike my breasts after diagnosed with breast cancer?	0.660	
Do I dislike changes in the shape of my breasts after diagnosed with breast cancer?	0.507	
Do I dislike losing my breast(s) after mastectomy?	0.555	
Do I dislike my breasts as they will not function as they are supposed to be?	0.667	
Am I afraid that other people will stay away from me due to the condition of my breasts?	0.677	
Am I worried about losing my job due to my illness?	0.500	0.909
Am I worried that my husband/partner will leave me due to my illness?	0.530	
Am I worried that one day, my illness will be a problem for my relationship?	0.706	
Am I worried that my husband/partner will not be interested in me?	0.591	
Am I worried about being isolated because of my illness?	0.748	
Am I worried that I will always be dependent on others?	0.509	
Does my illness impede my role as a woman?	0.647	
Does my illness make me unable to take good care of my family?	0.647	
Does my illness make my spouse/partner will not see me as a true woman?	0.639	
Will my illness cause my spouse to leave me?	0.654	
Will my illness cause me to be a weak person?	0.642	
Will my illness keep others from seeing me as a woman?	0.790	
Will my illness impede me from doing my work?	0.597	

researchers developed the questionnaire based on the self-concept theories and the domain in the NANDA nursing diagnosis book. The component of body image consists of five statements about the breasts: whether the patients like the breasts after the diagnosis, changes in breast shape, losing of the breasts due to mastectomy, abnormal function of breasts, and fear due to the breasts' condition that may cause isolation from

others. Regarding self-esteem, the questionnaire provides six statements about the concerns of patients about their work, marriage problems, loss of attractiveness, and dependence on others. Furthermore, three statements about self-role explore whether the patient thinks that she has lost her role as a woman, that she thinks she cannot care for her family well due to the disease, and that the disease has caused the husband not to touch her at all.

Self-identity component in this questionnaire consists of four statements that explore whether the patient thinks that the disease has made her weak or not, the disease has caused the patient not to be seen as a woman, and the limitations experienced by the patient due to the disease.

CONCLUSION AND RECOMMENDATIONS

The result of the reliability test in this study showed a Cronbach's alpha value of 0.909 for all 18 questions in the questionnaire. The result of the validity test showed a value of 0.500 to 0.790, indicating that this instrument was valid and reliable for use. The lowest validity value was found in the statement, "Am I worried about losing my job due to my illness?" with a value of 0.500. The highest value was found in the statement, "Will my illness make my spouse/partner will not see me as a true woman?" with a value of 0.790. Based on these results, it could be concluded that the Merlin Breast Cancer Self-Concept Questionnaire is feasible for use to measure self-concept among breast cancer patients.

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