The Relationship Between Family Support and Anxiety in Facing Chemotherapy in Breast Cancer Patients at Pelamonia TK II Hospital in Makassar

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Abstract. Breast cancer is the most common cancer in women. Chemotherapy is a way of management that can be done in breast cancer patients. Giving chemotherapy can cause physical side effects that have a psychological impact, namely anxiety. Support from family is the most important factor for a person in dealing with health problems and as a preventive strategy for reducing anxiety. This study aimed to determine the relationship between family support and anxiety facing chemotherapy in breast cancer patients at Pelamonia TK II Hospital. The research method used descriptive analytic correlation with a cross sectional study approach. The sample in this study amounted to 48 respondents using total sampling with data collection instruments using a questionnaire sheet. The statistical analysis in this study used an alternative test, namely the Chi-Square Test. The results showed that there was a relationship between family support and anxiety facing chemotherapy in breast cancer patients (p value = 0.025), where the p value was less than $\alpha = 0.05$, then Ha was accepted and H0 was rejected. This study concludes that there is a relationship between family support and anxiety facing chemotherapy in breast cancer patients, meaning that the better family support, the less anxiety. Therefore, it is expected that nurses will provide positive input to the patient's family regarding the importance of providing support to patients to reduce anxiety facing chemotherapy in breast cancer patients.

Keyword: Family Support; Anxiety; Breast Cancer

1. Introduction

Cancer is a huge burden worldwide, especially for people in developing countries, whereabout 82% of the world's population resides. Cancer incidence is increasing due to population growth and aging, as well as the increasing prevalence of risk factors such as smoking, poor diet and physical inactivity, and reproductive changes (including lower parity and advancing age at first birth) associated with urbanization and economic development [1].

World Health Organisation (WHO) in 2018 states that there are around 18.1 million new cases with a death rate of 9.6 million; one in five men and one in six women worldwide experience cancer. The data also stated that one in eight men and one in 11 women died of cancer. The incidence rate of cancer in Indonesia (136.2/100,000 population) ranks 8th in Southeast Asia and 23rd in Asia. The highest incidence rate in Indonesia for men is lung cancer, which is 19.4 per 100,000 population. There is an average death rate of 10.9 per 100,000, followed by liver cancer at 12.4 per 100,000, with an average death rate of 7.6 per 100,000. Meanwhile, the highest incidencerate for women was breast cancer at 42.1 per 100,000, with an average death rate of 17 per 100,000 [2].

South Sulawesi Province is in the first position of breast cancer disease that threatens women, especially in Makassar City. Data from the South Sulawesi Provincial Health Office in 2014 showed cases of breast cancer in Makassar increased by 1,181 cases, of which 339 new cases, 830 old cases, and 12 deaths. The group suffering from breast cancer in Makassar during 2014, namely the age group of 18- 24 years, as many as 46 cases; 25- 34, as many as 122 cases; age 35-44 years as many as 244 cases, age 45-54 years as many as 280 cases, age 55-64 years as many as 215 cases, age 65-74 years as many as 153 cases and age> 75 years as many as 119 cases [3].

One of the therapies given to breast cancer patients is chemotherapy. Chemotherapy is a treatment process using cytostatic drugs that aims to slow the growth of cancer cells and extend life expectancy [4].

The psychological impact of breast cancer patients can cause discomfort, anxiety, and even fear of chemotherapy. It is what makes cancer patients need support from people around them in undergoing treatment, especially family support. Anxiety is a common symptom that arises due to cancer diagnosis; the prevalence of anxiety in cancer patients is still very high, especially in various countries, such as the study conducted in Babol, Iran; of 150 cancer cases, 16.7% experienced anxiety associated with end-stage and bad prognosis [5].

Family support is assistance provided to other family members through goods, services, information, and advice to make the support recipient feel loved, appreciated, and at ease. This support is an attitude, action, and family acceptance of a sick patient. Family members perceive a supportive person will always be ready to help and assist. One family member receives family support from other family members to carry out the functions of a family. The form of family support for family members is moral or material [6].

Family support indirectly affects the mental health of the patient. Patients receiving good support have positive perceptions about their disease that will affect their quality of life. It shows the importance of positive family support for breast cancer patients undergoing chemotherapy because it can help accelerate their healing process [7].

Family support is needed; research by Adipo et al. (2011) and Patmawati (2011) shows that patients who get high family support have moderate anxiety levels. Sari et al. (2011) also showed that the family's support increases breast cancer patients' motivation to undergo chemotherapy.

Several other studies have shown different forms of family support for breast cancer patients undergoing chemotherapy. Utami et al. (2013) stated the relationship of family support to chemotherapy anxiety levels in cervical cancer patients. Dr. Moerwardi said that the higher emotional support provided by the family can make cancer patients calmer and more comfortable undergoing treatment. Melisa (2012), in her research on internal and external factors of anxiety in cervical cancer patients at RSUP H. Adam Malik Medan, showed that social support can also affect anxiety in breast cancer patients.

In contrast to the results of research conducted by Asri Dwi Pristiwati et al. (2018), the relationship between family support and the psychological response of breast cancer patients undergoing chemotherapy at the Oncology Polyclinic of the Temanggung District Hospital showed that there was no significant relationship between family support and the psychological response of breast cancer patients. who underwent chemotherapy. Elis Anggeria (2019), the relationship between family support and anxiety of chronic renal failure patients in the Hemodialysis Room Rs. Royal Prima Medan showed no significant relationship between family support and anxiety in chronic kidney failure patients. Likewise, the results of research conducted by Triana Arsidiani (2018), the relationship between family support and anxiety on early mobilization of postoperative Patients showed no relationship between family support and postoperative patient anxiety levels in the form of early mobilization.

Based on data from medical records in the surgical room of Pelamonia TK II Hospital Makassar, it was found that the number of breast cancer patients in 2018 was 385 cases, with 260 old cases and 125 new cases. In January-June 2019, there were 244 cases of breast cancer, with 213 old cases and 31 new cases, while in July-September 2019, there were 48 cases. The results of interviews conducted by researchers on four breast cancer patients who underwent chemotherapy in the rose room showed that three patients (75%) received good support from their families but still experienced anxiety. Patients who experience anxiety feel their suffering increases with the side effects of drugs, such as nausea, vomiting, dry skin, and decreased endurance. Meanwhile, one patient (25%) did not receive support from the family because family members were busy with their work, so the patient felt less attention from his family. Based on the case problem, the researcher is interested in researching the relationship between family support and anxiety facing chemotherapy in breast cancer patients at Pelamonia TK II Hospital, Makassar. This study aimed to determine the relationship between family support and anxiety facing chemotherapy in breast cancer patients.

2. Research Method

This research type was a quantitative analytic correlation, with the research design used as a cross sectional approach to analyze the relationship between independent variables (family support) and the dependent variable (anxiety). The research was conducted at the Pelamonia TK II Hospital Makassar.

The population in this study consisted of all breast cancer patients undergoing chemotherapy at Pelamonia TK II Hospital Makassar, amounting to 48 people. In comparison, the sampling technique in this study used total sampling, that is, sampling, where the number of samples is the sameas the population with a sample size of 48 people.

3. Results and Discussion

Results
  A. Univariate Analysis
  1. Family Support

Table 1. Frequency Distribution of Respondent Characteristics Based on Family Support forBreast Cancer Patients at Pelamonia TK II Hospital

Family Support	Total	
	n	%
Good	46	95,8
Less good	2	4,2
Total	48	100,0

Table 1 shows that from 48 respondents, it is found that the number of breast cancer patients who underwent chemotherapy received good family support as many as 46 people (95.8%). In contrast, breast cancer patients who received less family support were two people (4.2%).

  2. Anxiety in Facing Chemotherapy

Table 2. Frequency Distribution of Respondent Characteristics Based on Anxiety Facing Chemotherapy in Breast Cancer Patients at Pelamonia TK II Hospital in Makassar in 2020

Anxiety	Total	
	n	%
Not Anxiety	1	2,1
Mild Anxiety	40	83,3
Moderate Anxiety	5	10,4
Anxious	2	4,2
Total	48	100,0

Table 2 shows that of the 48 respondents, the majority of breast cancerpatients undergoing the

chemotherapy experienced mild anxiety in as many as 40 people (83.3%), moderate anxiety in as many as five people (10.4%), severe anxiety in as many as two people (4, 2%), and not anxiety as much as one person (2.1%)

B. Bivariate Analysis

Table 3. Relation of Family Support with Anxiety in Facing Chemotherapy in Breast CancerPatients in Pelamonia TK II Hospital Makassar 2020

Family Support	Anxiety Level				Total		
	Not Anxiety		Anxiety				
	n	%	n	%	n	%	
Good Support	39	81,3	7	14,6	46	95,8	
Less Support	0	0,0	2	4,2	2	4,2	*ρValue* =0,032
Total	39	81,3	9	18,8	48	100,0	

Based on Table 3, it can be seen that of the 48 respondents, 46 respondents with good family support and a feeling of not being anxious, as many as 39 people (81.3%), and respondents with feelings of anxiety, as many as seven people (14.6%). At the same time, two respondents who received less family support with feelings of not being anxious were 0 (0.0%) and anxious as many as two people (4.2%).

Based on the results of the Chi-Square statistical test, it was obtained $\rho = 0.032$, which means that thevalue of ρ is smaller than the value (α) 0.05, so it can be concluded that there is a relationship between family support and anxiety facing chemotherapy in breast cancer patients at Pelamonia TK II Hospital in Makassar.

Discussion

A. Family Support

Based on the distribution results of 48 respondents, it was found that the majority of family supportin breast cancer patients received good family support, as many as 46 respondents (95.8%). In comparison, breast cancer patients who received less family support were two respondents (4.2%). It shows that family support greatly influences breast cancer patients undergoing chemotherapy.

The results of the Chi-Square statistical test obtained $\rho = 0.032$, which means that the value of ρ is smaller than the value (α) of 0.05; it can be concluded that there is a relationship between family support and anxiety facing chemotherapy in breast cancer patients at Pelamonia Tk II Hospital. In line with research conducted by Mahwita Sari (2017), entitled The Relationship of Family Support to Breast Cancer Patients Undergoing Chemotherapy in the Cendrawasih room of Arifin Achmad Hospital, Riau Province, for cancer patients undergoing chemotherapy, the value of $\rho = 0.008 < 0.05$ was obtained. It is not in line with the research conducted by Asri Dwi Pristiwati (2018) at the Oncology Polyclinic of the Temanggung District Hospital in breast cancer patients undergoing chemotherapy, the value of ρ value = 0.059 > 0.05, it can be concluded that there is no significant relationship betweenfamily support with anxiety in breast cancer patients undergoing chemotherapy.

B. Anxiety in Facing Chemotherapy

Based on the distribution of 48 respondents, it was found that patients who faced chemotherapy with no anxiety were 39 (81.3%), and patients with anxiety were nine (18.8%). The results of the Chi-Square statistical test obtained $\rho = 0.032$, which means that the value of ρ is smaller than the value (α) of 0.05, so it can be concluded that there is a relationship between family support and anxiety facing chemotherapy in breast cancer patients at Pelamonia TK II Hospital.

In line with the research conducted by Nurpeni (2013), the relationship between family support and the level of anxiety in breast cancer patients (ca mammae) in the Angkosa III room at Sanglah Hospital Denpasar shows that there is a relationship between family support and anxiety levels in breast cancer patients, the value of ρ was obtained. 0,000 (ρ value <0.05).

C. Relationship between Family Support with Anxiety Facing Chemotherapy in Breast Cancer Patients at Pelamonia TK II Hospital

From the Chi-Square statistical test results obtained $\rho = 0.032$, it means the value of ρ is smaller than the value of (α) 0.05, so it can be concluded that there is a relationship between family support and anxiety facing chemotherapy in breast cancer patients at Pelamonia TK II Hospital, Makassar. This is in line with research conducted by Ely Fitriyatus (2017). The relationship of family support with the level of anxiety of ca mammae patients undergoing chemotherapy at Lvellette Hospital Malang obtained significant results between the two variables, namely $\rho = 0.000$. Based on these results, it can be concluded that family support can affect the level of anxiety in breast cancer patients undergoing chemotherapy.

Family support is an important factor for someone facing (health) problems and becomes a strategic prevention to reduce anxiety with the view of life becoming broad and not easily anxious. Family support is needed in patient care to help reduce patient anxiety and increase life anxiety and patients' commitment to continue undergoing chemotherapy treatment (Muhlisin, 2017). Family support for breast cancer patients undergoing chemotherapy in the form of informational support, assessment support, instrumental support, and emotional support has an impact on increasing patient motivation to undergo chemotherapy. Increasing patient motivation will increase the patient's resistance to the conditions experienced, increase the patient's perception of his condition, and reduce the emergence of patient anxiety (Ahyar, 2015).

According to the researchers, positive family support benefits both parties and needs mutual support because breast cancer patients are generally filled with anger and depression. Therefore, to foster motivation in breast cancer patients undergoing chemotherapy requires high support from the family. The inner strength of breast cancer patients will be increased if it is supported by other strengths (family support) and self-confidence in the patient. Family support is an external factor that can affect a person's motivation, but family support is very important for those facing or suffering from a disease. Especially in breast cancer patients undergoing chemotherapy because it can help accelerate the healing process for breast cancer patients.

4. Conclusions

The research findings unequivocally establish a compelling correlation between family support and the anxiety experienced by breast cancer patients undergoing chemotherapy at Pelamonia TK II Hospital in Makassar. This study not only elucidates the crucial role of family support in shaping anxiety levels during chemotherapy but also offers valuable insights into the broader implications of such support. Recognizing the profound impact of familial connections, the study underscores the imperative for sustained efforts to cultivate and strengthen these bonds. Such endeavors are deemed essential to fortify the overall well-being and resilience of breast cancer patients as they confront the arduous journey of chemotherapy.

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