

THE INFLUENCE OF WRITING THERAPY “WHHGPT “ TOWARDS THE ANXIETY OF PATIENT WITH CERVICAL CANCER

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Abstract

Patients with cervical cancer may experience psychic anxiety disorders and one of handling that can be done by writing therapy where patients are told to express their feelings / emotions on paper about a wonderful experience unforgettable and a wonderful hope in the future. The aim of this research is to identify the influence of writing therapy towards the anxiety of patient with cervical cancer. The method is quasy eksperimental with pretest-posttest design with control group. This research involves 34 respondents that were taken by purposive sampling technique. Measuring instrument used are questionnaire of HARS (Hamilton Anxiety Rating Scale). The Independent variable is application of writing therapy and the dependent variable is anxiety level, the collected data was analyzed by Paired T test with significance level $\alpha=0.05$. The result showed that there was change in reducing anxiety level of servical cancer patients significantly after giving implementation of the writing therapy. The result of Paired t-test showed the anxiety level of patients had a significance level of $p=0.000$. These result demonstrate the value of $p < 0.05$, so the research hypothesis is accepted.

Keyword: Anxiety, Cervical Cancer, Writing Therapy

INTRODUCTION

Cervical cancer is a cancer that occurs in cervical uterus, an area on the female reproductive organs that constitute the entrance towards the uterus between the uterus with hole intercourse (Utami, 2011).

In Indonesia, each year detected more than 15,000 cases of cervical cancer, and about as many as 8000 cases of which ended in death. While every day approximately 40-45 new cases were discovered and 20-25 women died from the disease. So, Indonesia is a country with a population of sufferers cervical cancer, the highest in the world. Every two minutes, one woman in the world died from cervical cancer, while in Asia Pacific in every four minutes, and in Indonesia every one hour, one woman died due to this disease. Prevalence cervical cancer in Indonesia reached 90-100 cases per 100,000 residents, which found 200,000 new cases each year.

In 2008 the number of cancer patients who visited the hospital in Indonesia reached 6,511 with a proportion of cervical cancer patients is 16.47% out patient and hospitalization was 10.9% (Depkes RI, 2010).

Sufferers are diagnosed with cervical cancer will experience a real psychic change. For patients with this state of affairs is a suppressor of psychic trauma or heavy enough, because in the minds of the sufferers will develop a terrible shadow about a disease that will not heal and death approaches (Sukadja, 2000). In patients of cervical cancer occur

some psychological response toward the pain that is denied, anger, bargaining, depression, and receive (Azizah, Sofian, dan Suyanto, 2014). Cervical cancer patients usually feel anxious, confused, angry because the loss of reproductive function and the opportunity to have offspring, and have feelings of guilt and a great concern because sexual activity so disturbed (Berek, 2005). When doctors diagnose that someone suffer from dangerous diseases such as cervical cancer, in general the form of emotional response the usual appeared namely anxiety (Azizah, Sofian, dan Suyanto, 2014) at the advanced stage cervical cancer sufferers had already expanded the spread of cancer cells in other organs in the body and cause anxiety. The cause of the anxiety among others: fears of the progress of the results of the therapy, the fear of pain and the Act of surgery, hospital and treatment costs are expensive, the uncertainty of the future, a disease that will not heal immediately, losing feminine, lose the ability to have children, early menopause, changes in patterns of sexuality (the fear of left couples), and an emotional sensitivity that may arise due to changes in the hormonal balance. If not managed properly psychological factors of anxiety was reported to give rise to complaints of pain and depression more often than fewer patients experiencing anxiety (Azizah, Sofian, dan Suyanto, 2014). According to data from the Arifin Achmad hospital Pekanbaru which is the reference hospital in Riau Province, in 2015 from

January to December with a cervical cancer patients in outpatient rooms Camar III as much as 410 people, who are ranked the first of the five Gynecologic disease in the Camar III, while in the year 2016 from January to December the number of cervical cancer patients treated in Camar III as many as 83 people, which was ranked 2nd of 5 gynaecological diseases in the Camar III (Utami, 2015 and 2016).

Based on the above phenomenon, then the researcher is interested in doing the research the influence of writing therapy towards the anxiety of cervical cancer patients in Gynecological Oncology Arifin Achmad hospital.

RESEARCH OBJECTIVES

The purpose of this research is to know the influence of writing therapy ” WHHGPT” towards the anxiety of patients with cervical cancer

THE BENEFITS OF RESEARCH

The results of this research useful to health workforce of nurses/midwives to apply writing therapy to lower anxiety in patients of cervical cancer in the Arifin Ahmad hospital Pekanbaru.

RESEARCH METHODS

This research uses quasy experimental research design, design in the form of a draft “pretest-posttest design with control group. The population in this research is the patient who was diagnosed with cervical cancer by a specialist gynaecological Oncology totaled 34 respondents. The technique of sampling in this research is the technique of sampling, that is the purpose of sampling techniques by selecting samples among the population according to the will of researchers (goal or problem in the research), so that the sample can be represented the characteristics of a population that had been known before. The collection of data of cervical cancer patient anxiety level using a measuring instrument HARS questionnaire (Muslim, 2013)..

RESEARCH RESULTS

Based on the research results obtained are as follows:

1. Univariate Analysis Diagram

Characteristics of respondents age and education

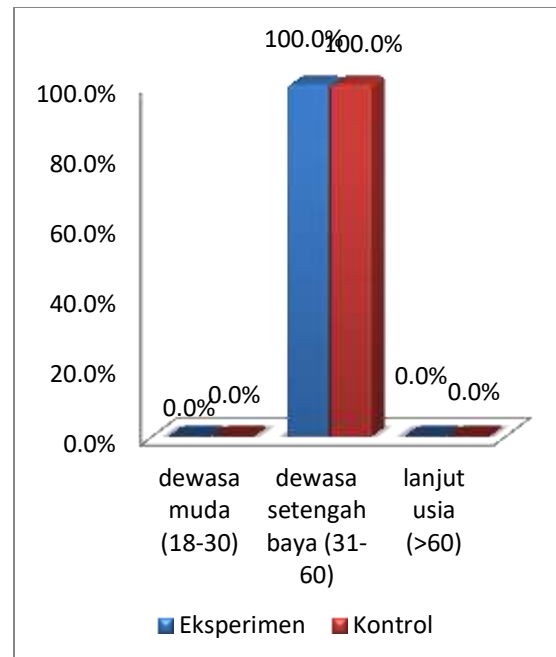


Diagram 1 explains the characteristics of respondents based on age. On the characteristics of the age group experiments with 31-60 age range (adult middle-aged) as much as 100%. Whereas, in the control with the 31-60 age range (adult middle-aged) as much as 100%.

Diagram 2
Distribution Of Respondents Based On Education

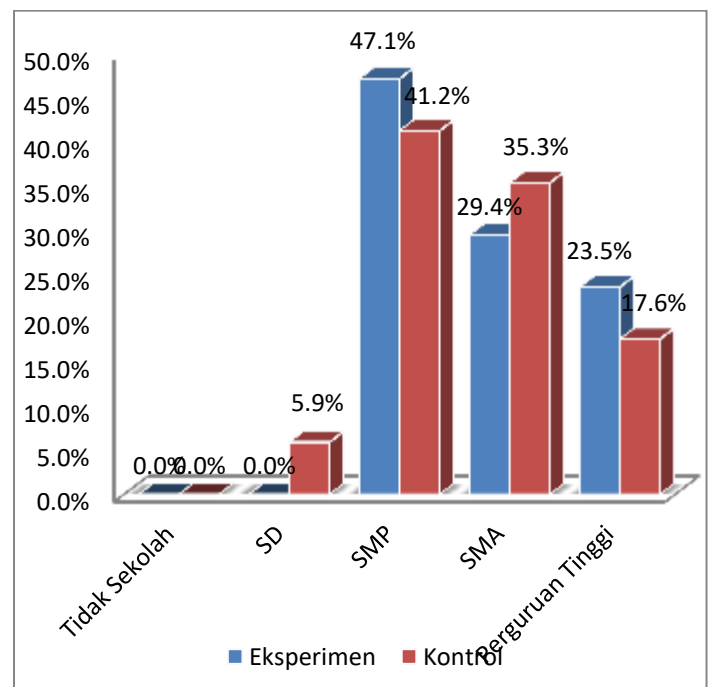


Diagram 2 describes the characteristics of the respondents based on education. On the characteristics of education on the experimental group of Junior High School as much as 47.1%, High School as much as 29.4%, Colleges as much as 23.5%. Whereas in the control group by level of Elementary school as much as was 5.9%, Junior High School as much as was 41.2%. High School 35.3 % and College as much as 17,6 %

Diagram 3
Distribution Of Respondents Based On Stadium

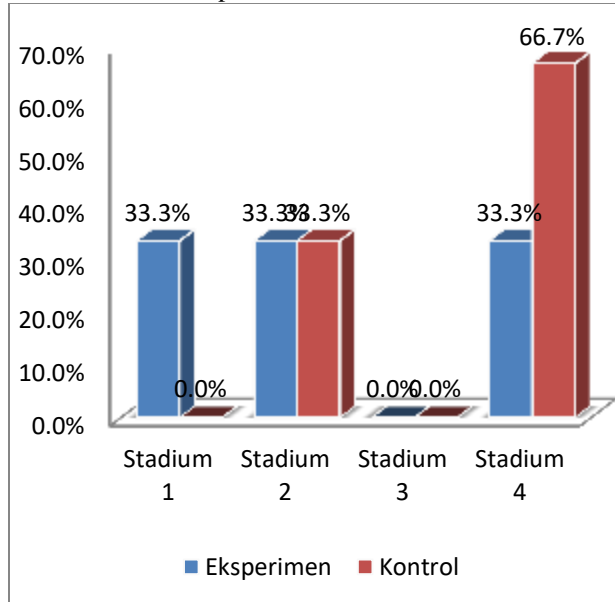


Diagram 3 describes the characteristics of the respondents based on stadium. On the characteristics of the stadium in the group stages of 1 the experiment 1 as much as 33.3%, stadium 2 as much as 33.3% and 33.3% on the 4 stages of the respondent. Whereas in the control group stage 2 as much as 33.3% and 66.7% as much as the 4 stages.

Diagram 4
The distribution of the average patient's anxiety level Before Given the intervention group of experimental and control group not given the intervention

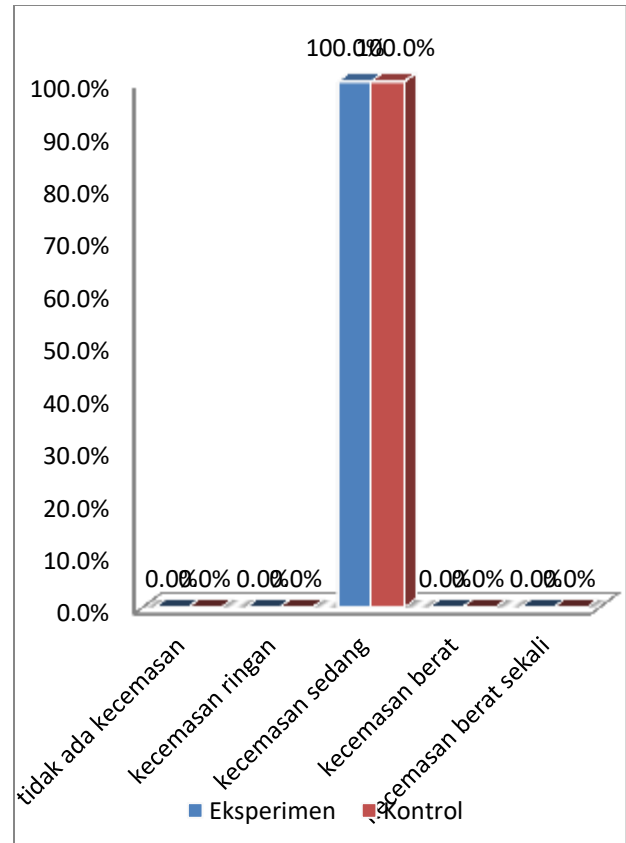
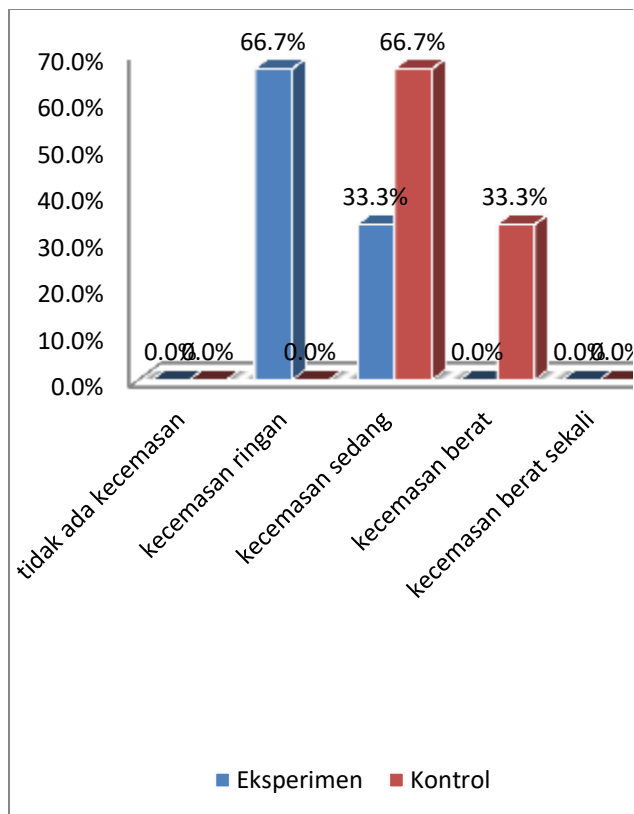


Diagram 4 explains the karakteristik of respondents based on anxiety level before doing the therapy of writing, the experimental and the control group patients ' anxiety level is the same, as much as 100% on the level of anxiety.

Diagram 5
Distribution of average levels of anxiety after a Given Intervention In the control group and Experimental Group

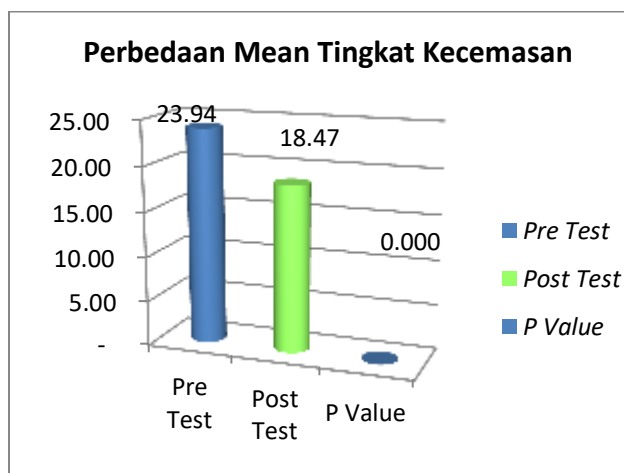


Based on diagram 5 above that karekteristik the respondent based on the level of anxiety after a therapeutic writing, do the experiment of mild anxiety as much as 66.7% and anxiety are as much as 33.3%. While the level of anxiety in the control group were as much as 66.7% and heavy anxiety as much as 33.3% of respondents.

Bivariat Analysis.

Diagram 6

The difference in average levels of anxiety before and after Intervention in Experimental Group



Based on the diagram 6 above, from the results of statistical tests obtained the mean levels of anxiety after the given writing therapy decline, where the results of pre test is 23.94 decreases when the post test be 18.47. Based on statistical tests obtained p value 0.000 ($p < \alpha$), this result means that there is a significant difference between the mean levels of anxiety before and after the experiment.

Diagram 7

The difference in average levels of anxiety before and after on a control group not given the intervention

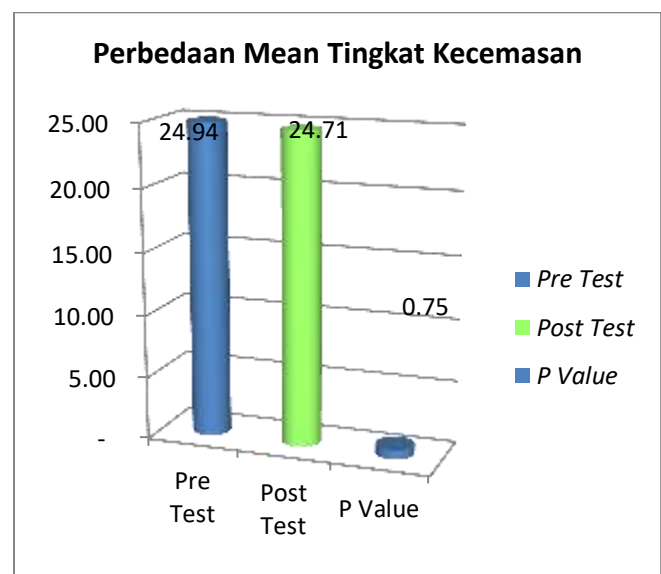


Diagram 7 obtained the mean pre-test anxiety level was 24.94 and mean levels of depression post test is 24.71. Based on statistical tests obtained p value 0.075 ($p > \alpha$), this result means that there is no significant difference between the mean level of depression before and after in the control group.

DISCUSSION

A. Characteristics of respondents
The results of the research that has been performed on patients of cervical cancer has been obtained the results that most cervical cancer patients experience depression in the control group and experimental group with a range of age 31-60 (mature middle-aged) as much as 73.3%. This is in accordance with the research Prambudi, (2012) which stated the increase of age causing a decrease in immunity, decreased DNA repair and cause a loss of regulation of cells which facilitate the occurrence of carcinogens in the body.

Education respondents still low it can be seen from only 33.3% of the Bachelor's degree.

B. The influence of the Therapy of writing against cervical cancer patient Anxiety.

Based on the results of research that has been conducted on 34 respondents are divided into two groups, namely the Group of experimental and control groups. Experimental group given the therapy of writing and a control group not given the treatment. In both groups performed measurements of the levels of anxiety with the HOUSEHOLD. Based on the results of statistical tests obtained the mean levels of anxiety after the given writing therapy decline, where the results of pre test is 23.94 decreases when the post test be 18.47. Based on statistical tests obtained p value 0.000 ($p < \alpha$), this result means that there is a significant difference between the mean levels of anxiety before and after the experiment. The mean levels of anxiety pre test is 24.94 and mean levels of depression post test is 24.71. Based on statistical tests obtained p value 0.075 ($p > \alpha$), this result means that no there is a significant difference between the mean level of depression before and after in the control group.

Writing therapy research results on the 34 respondents indicating there is the influence of the therapy of writing against a decline in the level of anxiety in patients of cervical cancer. This is in accordance with the research in cancer patients who experience anxiety showed a progress, in the form of a decrease in the level of somatic, anxiety, anxiety disorders, body pain, and problems of everyday activities and better physical function.

Conclusion

The results of research on "the effect of the therapy of writing Against Anxiety in patients of cervical cancer" committed against the 34 respondents obtained the average rate of cervical cancer patients anxiety on experimental and control group before the given Therapy writing is 100% of patients experiencing anxiety. After the granting of a therapeutic intervention performed average write rate of cervical cancer patients anxiety group experiment was 66.7% decrease in anxiety and 33.3% anxiety are still having, while 66.7% in the control group still experiencing anxiety and 33.3% are experiencing severe anxiety. The results of this study showed a change in the quality of life of cervical cancer patients in the experimental group was significant given the therapy after writing. So it can be concluded that writing

therapy can lower the anxiety of patients with cervical cancer.

Advice

For nursing education, for educational institutions in particular can make nursing Therapeutic Writing as a source of information and become one of the alternative therapies in the treatment of anxiety in patients of cervical cancer. For nurse/midwife, is expected to apply evidence based practice is to help improve the quality of life of patients of cervical cancer.

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