

The Relationship between Family Support and Self-esteem among Cervical Cancer Patients Undergoing Chemotherapy

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ABSTRACT

The main management of advanced cervical cancer is chemotherapy. The side effects of chemotherapy include changes in the patient's biology and the psychological impact on the patient through a decline in self-esteem. The factor that can affect the self-esteem of cervical cancer patients undergoing chemotherapy includes family support. This study aims to determine the relationship between family support and self-esteem in cervical cancer patients undergoing chemotherapy. The design was an analytical correlation with a cross-sectional approach. The population in this study was patients with stage IIB cervical cancer which consisted of 47 respondents recruited using the purposive sampling technique. The data was collected by a questionnaire. The results showed that 59.6% had good family support and 59.6% had high self-esteem. This was analyzed using the Spearman rank test with a significance level of 5 (0.05). We obtained a correlation coefficient (r) between family support and patient self-esteem that was 0.982 with a p-value of p=0.000. This means that there was a very strong relationship, namely the better family support given to the cervical cancer patients undergoing chemotherapy, the higher the self-esteem of the cervical cancer patients undergoing chemotherapy at Dr. Soetomo General Hospital Surabaya. Family support is very necessary to give to the cervical cancer patients undergoing chemotherapy to improve the patient's self-esteem in terms of accepting their condition.

Keywords: Family Support, Self-esteem, Cervical Cancer, Chemotherapy

Introduction

Women diagnosed with cancer face many challenges, starting from the beginning of the disease and through the treatment measures, late diagnosis, side effects of the medication, financial problems, and the possibility of facing other consequences such as physical and psychosocial effects.¹and to explore women's needs and experiences of psychosocial support following end-of-treatment. Methods: Data were collected from 337 gynaecological cancer survivors, 19–39 years at diagnosis, using a study-specific questionnaire and the Swedish Quality Register of Gynaecologic

Cancer. Predictors of distress were investigated with multivariable logistic regression analysis. Open-ended questions were analysed with content analysis. Results: The prevalence of cancer-related distress was 85% (n = 286). Cervical cancer is the growth of malignant cells located in the cervix.^{2,3} One of the management methods of cervical cancer treatment is chemotherapy.⁴hypnosis has been used for pain relief in metastatic patients but rarely for induction of anesthesia. Material and method Between January 2010 and October 2015, 300 patients from our Breast Clinic (Cliniques universitaires Saint-Luc, Université catholique de Louvain) The side effects of chemotherapy include changes in biology that affect changes in the patient's psychology in turn. The biological changes that occur in the patients undergoing chemotherapy include nausea vomiting, hair loss, wrinkled skin, blackened nails, bleeding, weight loss, decreased appetite, the patients feeling very weak and tired, being easily bruised or bleeding, canker sores, swollen feet and pain.^{5,6}

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Drastic biological changes mean that the sufferer experiences psychological changes such as expressing helplessness, feeling embarrassed, decreasing self-confidence, the fear of not being attractive anymore and the patient feeling like no one wants to accept his current condition, feeling grieving, being scared, confused, feeling that their families are not being fulfilled and feeling despair during the chemotherapy treatment.⁷ The biological and psychological changes that occur in the patients with cervical cancer who undergo chemotherapy have an impact on the sufferers' self-esteem.⁸ The self-esteem referred to in patients with cervical cancer is an acceptance and rejection of himself against changes.⁹ According to the Family Support and Self-Esteem of Breast Cancer Patients study by H. Adam Malik Hospital Medan, individuals who have low self-esteem will show an attitude of rejection and they will always blame themselves. Conversely individuals who have high self-esteem will show acceptance and have a sense of trust self and enthusiasm when undergoing chemotherapy treatment.^{11,12}

The incidence rate of cervical cancer in Indonesia is 20,928 cases and the mortality rate is 9,928 people.¹³ The incidence rate of cervical cancer in Indonesia is <19.92% per 100,000 women per year. According to the study titled Cervical Cancer Screening and Prevention in Low-resource Settings, 64% of patients with cervical cancer were at an advanced stage and 54% of advanced cervical cancer patients underwent chemotherapy.¹⁴ 90% of patients with cervical cancer who undergo chemotherapy will experience side effects such as nausea and vomiting, hair loss, wrinkled skin and decreased physical function. This can affect the patient's psychology, so the changes that occur can affect the self-esteem of cervical cancer patients.¹⁵ Family support given at 93.4% can increase the self-esteem of cervical cancer patients who undergo chemotherapy by 60%.¹⁰

Based on the preliminary study data from the Obsgyn Ward in Dr. Soetomo General Hospital, it was found that the number of patients with cervical cancer on January 1st, 2017 through to December 12th, 2017 was 1,185 people with cervical cancer. The number of cervical cancer patients who underwent chemotherapy treatment totaled 627 patients with cervical cancer. In the initial survey of 8 people with cervical cancer who underwent chemotherapy, it was found that 6 people with low self-esteem categories showed a response to feelings of

shame, the fear of not being attractive anymore, feeling insignificant, not being confident and being unable to meet the needs of their child and her husband because of the side effects of chemotherapy treatment. There were 2 people with either high and moderate self-esteem categories who showed a feeling of enthusiasm and who were able to accept the self-changes that occurred due to the chemotherapy treatment.

The support provided by the family will help people with cervical cancer become enthusiastic about undergoing chemotherapy treatment. This can increase the patient's confidence in the changes after chemotherapy. High self-esteem can affect the self-esteem of cervical cancer patients and this can help to accelerate their healing process.⁵

Method

The methodology of this research was a correlation analytical study with a cross-sectional approach. The population in this study consisted of cervical cancer patients who had underwent chemotherapy in Dr. Soetomo General Hospital Surabaya from October to December 2017, amounting to 54 patients via a purposive sampling technique that gathered 47 respondents. In this study, the data analysis technique used the Spearman Rank Statistical Test with SPSS Version 16.0. The instruments in the study were a family support questionnaires including instrumental support, award support, instrumental support, emotional support and a Rosenberg questionnaire self-esteem scale that had been modified.¹⁰ The validity test of this questionnaire used SPSS version 16.0 with a large r table that was determined according to the number of respondents who tested with a significance level of 5% (0.05), which was 0.4438. The instrument items were considered to be valid or relevant if the $r_{count} > r_{table}$ was specified.

The results of the first validity test on the family support questionnaire obtained the value of the r count as 0.881. The minimum r count value in the questionnaire was 0.559. It can be concluded that there were no invalid questions. The results of the second validity test, namely on the questionnaire, obtained an r count value of r count of 0.857. The minimum r value calculated was 0.544. The reliability test of the questionnaire was carried out using Cronbach's alpha method 0 to 1 with the results of the reliability test on the first questionnaire, namely about family support being 0.771. This means that the

questions within the questionnaire were declared to be reliable. The results of the second reliability test on the self-esteem questionnaire also showed that Cronbach's alpha was 0.768. The questions in the questionnaire were therefore declared to be reliable. To ensure that this study was safe for all participants, the participants had the purpose of the study explained to them. Informed consent was obtained prior to the study beginning. Confidentiality and anonymity were maintained throughout the study. The participants were informed that they could stop at any time without discrimination during the study.

Results

Based on the results of the data analysis above, the relationship between family support and the dignity of the cervical cancer patients undergoing chemotherapy in Dr. Soetomo General Hospital Surabaya showed that good family support will increase the patient's self-esteem. This was found in 28 respondents. Sufficient family support or less will moderate the patient's self-esteem; this was found for 19 respondents. The results showed that the correlation coefficient (r) between family support and the self-esteem of cervical cancer patients undergoing chemotherapy was (r) 0.982 with a significance level (p) = 0,000 < 0.05 (Table 1).

Table 1: The Relationship between Family Support and Self-Esteem among Cervical Cancer Patients with Chemotherapy (n = 47)

No.	Family Support	Self Esteem		Total	r	p
		High	Moderate			
1	Good	28	0	28	0.982	0.000
2	Enough	0	16	16		
3	Less	0	3	3		

Discussion

For the family support for the cervical cancer patients, most of the respondents received family assistance (28 respondents, 59.6%), as many as 16 respondents received sufficient family support (34.0%) and the remaining 3 respondents (6.4%) received less family support. The results of this study are supported by the factors associated with the behavior of the prevention of cervical cancer in women of childbearing age. The existence of high family support will make

the patients feel more calm and comfortable when they are undergoing chemotherapy.¹⁶ Good family support is seen when families, like their relatives, children and loved ones, are seen accompanying the cervical cancer patients while they are undergoing chemotherapy at the hospital. This is supported by the research into cancer of the cervix uteri, in that the existence of positive support from the family will make the patients enthusiastic and committed to undergoing chemotherapy.¹⁷ In addition, good family support in assisting the patients will make patients stronger at fighting the disease and they will accept their physical condition as a result of the chemotherapy treatment that they are undergoing. Good family support given to the family members who are in the stage of adaptation to disease or recovery can affect the success of the healing process.¹⁰ This is supported by the role of the family in providing support related to the achievement of self-integrity post-radical mastectomy for breast cancer patients. Related to the experience of women after undergoing cervical cancer therapy, the good family support given to cervical cancer patients undergoing chemotherapy are: 1) meeting their basic needs including appropriate food and drink, and facilitating the patient's head covering to cover the parts of their hair that fall out due to chemotherapy; 2) the family motivates and advises the patients not to despair when undergoing treatment and they pray for their recovery; 3) the families must always give their enthusiasm, love, empathy and attention to patients by assisting or waiting for the patients during chemotherapy treatment and 4) families provide information and remind the patients of their chemotherapy treatment schedule.

High self-esteem is influenced by the feelings of being accepted, loved, and respected by others. Individuals also have experience related to the success that has been achieved in their lives.¹⁹ Self-esteem comes from two sources, namely from the self and others. The first aspect of self-esteem is to be loved and to get respect from others. Their self-esteem will increase if someone gets love and motivation from others.⁹ High self-esteem is shown when the patients feel capable and confident in doing all of their daily activities, accepting their condition sincerely, not blaming themselves or others and feeling respected and valued despite suffering due to the side effects of the chemotherapy treatment.

The results showed that the correlation coefficient (r) between family support and the self-esteem of cervical cancer patients undergoing chemotherapy was (r) 0.982

with a significance level (p) = 0,000 \geq 0.05. The results of this study are supported by the results of Family Support and Self-Esteem of Breast Cancer Patients in H. Adam Malik Hospital Medan's study, in that there is a significant relationship between family support and self-esteem. The higher the family support given to the cervical cancer patients undergoing chemotherapy, the higher the self-esteem of the cervical cancer patients will be because the family has a very important role in forming one's self-esteem.¹⁰ The results of this study reinforce the previous research, in that there is a close relationship between the two variables. Cervical cancer patients undergoing chemotherapy in the Dr. Soetomo General Hospital mostly have high self-esteem. This means that cervical cancer patients have a high assessment and acceptance of themselves. This happens because most cervical cancer patients get good support from the family through the support of information, appreciation, emotional and instruments. This is vice versa in cervical cancer patients who have moderate self-esteem due to the support obtained from weak and moderate families.

Families have an important role, which is focused on being supportive during the healing and recovery process of their family members, so then they can achieve optimal health status.^{20,1} and to explore women's needs and experiences of psychosocial support following end-of-treatment. Methods: Data were collected from 337 gynaecological cancer survivors, 19–39 years at diagnosis, using a study-specific questionnaire and the Swedish Quality Register of Gynaecologic Cancer. Predictors of distress were investigated with multivariable logistic regression analysis. Open-ended questions were analysed with content analysis. Results: The prevalence of cancer-related distress was 85% ($n = 286$).³ In addition, the family can help someone to accept their current environment or circumstances. They can help the patient with their care process where the family strives to provide support. They can increase the spirit of life and commitment of the patients who are to undergo chemotherapy treatment.²¹

Self-esteem is influenced by two things, namely how the individuals value themselves in the various aspects of their lives and how much social support they get from others.⁹ Lack of support from their loved ones will affect a person's self-esteem. Inadequate family support in cervical cancer patients can cause the pessimistic patients to not undergo the chemotherapy which comes with various side-effects that must be experienced. The

patients will thus despair and not undergo chemotherapy according to the schedule determined by the doctor.²² Family support that is given well through instrumental, rewarding, emotional and information support for the cervical cancer patients who undergo chemotherapy can affect the patients' self-esteem by fostering self-confidence, giving them a high self-assessment and increasing the patient's motivation to recover.²³

Conclusion

The family support provided for cervical cancer patients who are undergoing chemotherapy in Dr. Soetomo General Hospital Surabaya was mostly good. The self-esteem in the cervical cancer patients undergoing chemotherapy in Dr. Soetomo General Hospital Surabaya was mostly high. The family support was related to the self-esteem of the cervical cancer patients undergoing chemotherapy treatment in Dr. Soetomo General Hospital Surabaya.

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