

THESIS

**THE RELATIONSHIP OF SPIRITUAL MEANING AND SOCIAL
SUPPORT TO DEPRESSION LEVELS AMONG BREAST CANCER
PATIENTS UNDERGOING CHEMOTHERAPY AT DR. M. YUNUS
REGIONAL GENERAL HOSPITAL
BENGKULU 2026**



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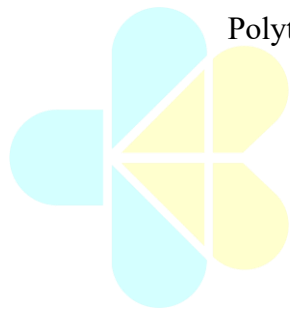
**MINISTRY OF HEALTH OF THE REPUBLIC OF INDONESIA
BENGKULU HEALTH POLYTECHNIC
BACHELOR OF APPLIED NURSING
NURSING DEPARTMENT
SCHOOL YEAR 2026**

THESIS TITLE PAGE

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PATIENTS UNDERGOING CHEMOTHERAPY AT DR. M. YUNUS
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BENGKULU 2026**

Submitted as one of the requirements to obtain an Applied Bachelor of Nursing
(STr) in the Applied Bachelor of Nursing Study Program, Department of Nursing

Polytechnic, Ministry of Health, Bengkulu



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THESIS APPROVAL PAGE

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BENGKULU 2026**

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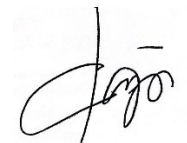
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SUPPORT TO DEPRESSION LEVELS AMONG BREAST CANCER
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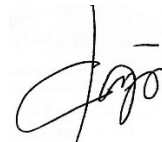
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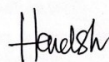


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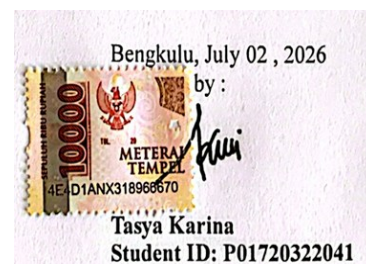
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Thesis title : The Relationship Of Spiritual Meaning And Social Support To Depression Levels Among Breast Cancer Patients Undergoing Chemotherapy At Dr. M. Yunus Regional General Hospitalbengkulu 2026.

I hereby declare that this thesis is my own original work. The content of this thesis has not been submitted, either in whole or in part, by any other person for the purpose of obtaining an academic degree or qualification at any higher education institution. To the best of my knowledge and belief, this thesis contains no material previously written or published by another person without proper acknowledgment. Where the ideas, findings, or words of others have been used, they have been appropriately cited and referenced in accordance with accepted academic standards.

I make this statement in truth and honesty. Should this thesis subsequently be found to contain any form of plagiarism, I am willing to accept all consequences and assume full responsibility in accordance with the applicable regulations.



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Motto :

"Allah will not burden a person except according to his ability"
(QS. Al-Baqarah 2:282)

"Feel every process you go through in your life, so you know how great you have been fighting until this moment"

"Whatever has happened in your life, do not say 'if', but say 'Qadarullah' because everything that happens is destiny. And Allah's destiny is always good, because Allah is good"
(Ustadz Hanan Attaki)

Dedication :

Among all the pages in this thesis, the offering sheet is the most meaningful, because this is where the author leaves a gratitude that cannot be expressed by words. Bismillahirrahmanirrahim, this thesis is presented by the author to:

- ❖ Allah is the Most Merciful, the Most Merciful. Thank you for all the grace, strength, patience, and ease You have given to the writer. In every difficulty and doubt, you are always the place on which the writer leans until he is finally able to complete this journey.
- ❖ Prophet Muhammad, prayers and greetings are always poured out to the Prophet Muhammad, the best role model for all mankind, who has brought the ummah from the dark age to an era full of knowledge and blessings.
- ❖ My Beloved Parents. Thank you for all the prayers, affection, sacrifices, support, and blessings that have always been given to the author. The author realizes that affection is not always expressed through words, but through every attention, sacrifice, and hard work you have given. Thanks to your prayers and pleasure, the author was able to go through every process until it reached this point. May Allah SWT always give you health, happiness, and blessings.
- ❖ My sister and my dear Brother who are very much loved writers, Thank you for the prayers, attention, affection, and support that you always give. Your presence is one of the strengths for the writer to continue to survive and step up to be able to complete this journey.

- ❖ To my 2 dear nieces, Thank you for the affection, attention, and cheerfulness that you always give. The simple question is, *"When are you coming back?"* It has always been a cure for longing and an encouragement for the writer to immediately go home to gather with his family. May you grow up to be healthy, happy, and able to achieve your goals.
- ❖ Mrs. Dr. Nur Elly, S. Kp. M. Kes and Mrs. Ns. Dwi Wulandari, S kep MAN, as Thesis Supervisors, with deep respect and gratitude, the author would like to thank you for all the knowledge, time, direction, patience, and guidance that you have provided during the process of preparing this thesis. May all the goodness and knowledge that has been given become charities and get the best reward from Allah SWT.
- ❖ To my dear friends Anggun Oktafiyani and Fimmy Rudiana. Thank you for being my best friend since junior high school until now. Thank you for the togetherness, support, and stories we have gone through together. May our friendship always be maintained and we can all achieve our goals and be a source of pride for both parents.
- ❖ For my beloved high school friends, Putri Apriliani, Sittri Viora Audina, Nurwulandari and Fuja Laura. Thank you for being a part of the author's life journey. Even though we are now separated by distance because we are pursuing our own goals, may the friendship and good prayers between us never be broken. Until we meet again at the best point of our struggle.
- ❖ For my best friends overseas, Della Vanessa, Berlin Ramadhani, Yanka Intania Putri, Diva Mahardika Putri, Fadil Arkhan, and Alghufron Zuhri. Thank you for being a family for the writer while abroad. Thank you for always being there in every joy and sorrow, helping each other, strengthening each other, and presenting laughter that makes the days in the region feel lighter. May our friendship be maintained, and may we all be able to achieve our goals and become a source of pride for both parents.
- ❖ For KP families in the Department of Nursing. Thank you for being a family for the writer while in college. Thank you for helping each other, reminding each other, and teaching each other. May the brotherhood that has been

established be maintained, and may we all be given ease in achieving our respective dreams.

- ❖ *Last but not least*, thank you to Tasya Karina, the author herself for surviving and fighting so far. Thank you for every effort, prayer, and tear that others may never see. Although not all dreams have come true, you have proven that you are capable of going through every process and completing this journey well. Today, allow yourself to be proud of all that you have fought for. Keep going with confidence, because all the effort you put in is never in vain. *I'm so proud of you.*



FOREWORD

Praise be to the author for the presence of God Almighty, for His healthy blessings, knowledge and grace and gifts so that the author can complete a thesis entitled "The Relationship of Spiritual Meaning and Social Support to the Depression Level of *Ca mammae Patients* Undergoing Chemotherapy at the Dr. M. Yunus Bengkulu Regional General Hospital in 2026".

In completing this thesis, the author received a lot of material and moral assistance from various parties, for which the author would like to thank the:

1. Mrs. Linda, SST., M.Kes, as the Director of the Health Polytechnic of the Ministry of Health of Bengkulu.
2. Mrs. Ns. Erni Buston., SST., M.Kes, as the Head of the Nursing Department of the Health Polytechnic of the Ministry of Health of Bengkulu
3. Mr. Ns.Hendri heriyanto S.Kep, M.Kep, as the head of the Applied Nursing Undergraduate Study Program
4. Mrs. Dr. Nur Elly, S.Kp.M.Kes as Supervisor 1 who has taken the time and energy and mind to provide guidance and direction with patience to the author in compiling this thesis.
5. Mrs. Ns. Dwi Wulandari, S kep MAN as Supervisor 2 who has taken the time and energy and mind to provide guidance and direction with patience to the author in compiling this thesis.
6. Mr. Sariman Pardosi, S.Kp., M.Si as the chairman of the board of examiners of the thesis thesis trial, thank you for all his corrections, suggestions, knowledge, instructions and patience while testing and guiding the author to produce good scientific works
7. Mr. Ns. Nehru Nugroho, S.Kep., M.Kep as the first examiner, thank you for all the input, objective criticism and guidance provided during the examination and revision process of this thesis
8. The entire distinguished lecturer staff, the learning experience and guidance I received from you are some of the most valuable things in my educational journey.

The author is aware of the imperfections of writing this thesis, therefore, the author expects criticism and suggestions from various parties so that the author can work better and optimally in the future.

May the criticism and suggestions given be good deeds from God Almighty. The author hopes that this thesis can be useful for all parties, especially for the author himself and other nursing students.

Bengkulu, July 02, 2026
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ABSTRACT

THE RELATIONSHIP OF SPIRITUAL MEANING AND SOCIAL SUPPORT TO DEPRESSION LEVELS AMONG BREAST CANCER PATIENTS UNDERGOING CHEMOTHERAPY AT DR. M. YUNUS REGIONAL GENERAL HOSPITAL BENGKULU 2026

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A stable psychological condition is very important for breast cancer patients (*Ca mammae*) who are undergoing chemotherapy to avoid depression. One of the efforts to reduce the level of depression is through strengthening spiritual meaning and social support. This study aims to determine the relationship between spiritual meaning and social support and the level of depression of *Ca mammae* patients undergoing chemotherapy at Dr. M. Yunus Bengkulu Hospital in 2026. This research method uses a cross sectional research design, with a sample of 86 respondents taken using *the consecutive sampling* technique. Data collection used questionnaires on spiritual meaning, social support, and depression levels. Data analysis was carried out using *the Fisher's Exact Test statistical test*. The results of the statistical test showed that the p-value = 0.000 ($p \leq 0.05$) for both variables, which means that there is a significant relationship between spiritual meaning and social support and the level of depression. Spiritual significance and high social support have been shown to minimize the severity of depression levels in *Ca mammae* patients undergoing chemotherapy.

Keywords: *Ca mammae*, social support, chemotherapy, spiritual meaning, depression level.

ABSTRAK

HUBUNGAN MAKNA SPIRITUAL DAN DUKUNGAN SOSIAL TERHADAP TINGKAT DEPRESI PASIEN *CA MAMMAE* YANG MENJALANI KEMOTERAPI DI RUMAH SAKIT UMUM DAERAH DR. M. YUNUS BENGKULU TAHUN 2026

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Kondisi psikologis yang stabil sangat penting bagi pasien kanker payudara (*Ca mammae*) yang menjalani kemoterapi agar terhindar dari depresi. Salah satu upaya untuk menekan tingkat depresi adalah melalui penguatan makna spiritual dan dukungan sosial. Penelitian ini bertujuan untuk mengetahui hubungan makna spiritual dan dukungan sosial dengan tingkat depresi pasien *Ca mammae* yang menjalani kemoterapi di RSUD Dr. M. Yunus Bengkulu Tahun 2026. Metode penelitian ini menggunakan desain penelitian *cross sectional*, dengan jumlah sampel sebanyak 86 responden yang diambil menggunakan teknik *consecutive sampling*. Pengumpulan data menggunakan kuesioner makna spiritual, dukungan sosial, dan tingkat depresi. Analisis data dilakukan menggunakan uji statistik *Fisher's Exact Test*. Hasil penelitian uji statistik menunjukkan bahwa nilai $p\text{-value} = 0,000$ ($p \leq 0,05$) untuk kedua variabel, yang berarti terdapat hubungan yang signifikan antara makna spiritual dan dukungan sosial dengan tingkat depresi. Makna spiritual dan dukungan sosial yang tinggi terbukti dapat meminimalkan keparahan tingkat depresi pada pasien *Ca mammae* yang menjalani kemoterapi.

Kata Kunci: *Ca mammae*, dukungan sosial, kemoterapi, makna spiritual, tingkat depresi.

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LIST OF ATTACHMENTS

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- Appendix 4. Questionnaire
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- Appendix 6. Title Approval Sheet
- Appendix 7. Research Proposal Guidance Sheet
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- Appendix 10. A Certificate of Ethical Worthiness



LIST OF SYMBOLS

<i>Ca mammae</i>	: Breast Cancer
São Paulo	: Regional General Hospital
WHO	: <i>World Health Organization</i>
GLOBOCAN	: <i>Global Cancer Observatory</i>
ASIRE	: <i>Age Standardized Incidence Rate</i>
IARC	: <i>International Agency for Research on Cancer</i>
BRCA1	: <i>Breast Cancer Gene 1</i>
BRCA2	: <i>Breast Cancer Gene 2</i>
TP53	: Tumor Protein p53
HER2	: <i>Human Epidermal Growth Factor Receptor 2</i>
DNA	: <i>Deoxyribonucleic Acid</i>
BDI	: <i>Beck Depression Inventory</i>

