

CHAPTER I INTRODUCTION

A. Background

Ca mammae (breast cancer) is one of the global health problems that is the main cause of morbidity and mortality in women. WHO data shows about 20 million new cancer cases and 9.7 million deaths every year. Breast cancer accounts for about 2.3 million new cases and 666,000 deaths per year (WHO, 2024). Its five-year prevalence of more than 8 million cases reflects the high burden of the disease globally (Bray *et al.*, 2024).

In the Southeast Asian region, the burden *Ca mammae* It also shows a significant upward trend. It is estimated that in 2022 there will be 985,000 new cases with *age standardized incidence rate* (ASIR) is around 34.3 per 100.000 (IARC, 2024). This condition shows that developing countries in the Southeast Asian region, including Indonesia, are regions with an increase in incidence *Ca mammae* tall ones. Data in Indonesia shows an increase in incidence and prevalence *Ca mammae* Year-on-year, it reached 41.8 per 100,000 new cases with 22,598 deaths per year (Ministry of Health of the Republic of Indonesia, 2023). Furthermore, projections *GLOBOCAN* in 2024 the number of new cases *Ca mammae* in Indonesia has the potential to increase to more than 80,000 new cases per year. This condition shows a high number of patients who are still surviving with a diagnosis *Ca mammae* (International Agency for Research on Cancer, 2024).

This trend underscores the importance of focus not only on medical treatment, but also on the Psychological and spiritual patients *Ca mammae* in the healing process.

At the regional level, Bengkulu Province is also still facing a fairly high breast cancer problem. Based on data from the Bengkulu Provincial Health Office in 2022, Bengkulu Province ranks 11th with a proportion of new cases of 10.6%. Bengkulu City is the region with the highest number of cases with 23 cases, followed by Kepahiang Regency with 22 cases, and North Bengkulu Regency with 21 cases (Bengkulu Provincial Health Office, 2022).

In addition, based on the medical record data of Dr. M. Yunus Bengkulu Hospital as the highest referral hospital in Bengkulu Province, the number of patients *Ca mammae* showing a significant increase from 135 patients in 2022 to 186 patients in 2023, although in 2024 the number decreased slightly to 162 patients. This still shows that *Ca mammae* is still one of the health problems that require serious attention in Bengkulu Province. This condition shows that patient management efforts do not only focus on medical treatment, but also need to pay attention to psychological, spiritual, and social support aspects to help patients cope with the treatment process and improve their quality of life (Back to top *et al.*, 2025).

Patients *Ca mammae*, often faced with complex situations. In addition to facing physical challenges due to her cancer such as prolonged pain and fatigue, she is also faced with the challenge of facing the side effects of her therapy, namely chemotherapy. Cancer patients who undergo chemotherapy will experience unpleasant side effects such as nausea, hair loss, vertigo and decreased immune function. This condition can worsen the patient's psychological condition. The high prevalence of depression ranges from 20–50% in cancer patients undergoing chemotherapy (Mejareh *et al.*, 2021)(Rochmawati & Wiksuarini, 2020). Several studies have found a close relationship between cancer therapy and increased symptoms of depression and anxiety (Id *et al.*, 2024).

Symptoms of depression felt by patients *Ca mammae* can be feelings of hopelessness, fear of death, anxiety about the future, a sense of loss of control, and the search for meaning in life. This condition has a significant impact on psychological and emotional distress. In the face of such emotional pressure, the spirituality factor plays an important role as a source of coping and meaning of life for cancer patients. Spirituality can provide feelings of peace, hope, and the ability to accept the painful conditions faced (Spear *et al.*, 2022).

According to Viktor Frankl's logotherapy, the search for the meaning of life is one of the fundamental aspects that can reduce psychological suffering, including depression. In line with Roy's theory of adaptation, cancer patients are seen as individuals who must adapt to changes in physical, psychological, and spiritual conditions. Spirituality can serve as an adaptation mechanism to deal with cancer stressors (Nazam, 2024). This is reinforced by the results of studies showing that patients with high levels of spirituality tend to have a better quality of life and lower rates of depression (Mulidah *et al.*, 2025). Through spirituality, patients can be more accepting of their illness, feel closeness to God, and consider illness as trials that have deep meaning (Wiksuarini *et al.*, 2022).

In addition to the spiritual aspect, social support is a factor that patients need *Ca mammae* during chemotherapy. Social support from family, friends, and health workers has been proven to prevent the risk of depression, improve coping skills, and improve patients' quality of life. Studies have shown that cancer patients with high social support have stronger emotional resilience and are better able to accept their disease conditions than those with low social support (Chen *et al.*, 2023). Social support Provide a sense of security, value, and not feel alone in the face of the difficult treatment process (Ruiz-Rodríguez *et al.*, 2021).

In Indonesia, research on the relationship between spiritual meaning and social support and depression rates in *Ca mammae patients* is still relatively limited. Studies that have been conducted have generally placed more emphasis on the role of spirituality in improving quality of life or lowering anxiety, but have not specifically examined the relationship between spiritual meaning and social support on depression levels in *Ca mammae patients* undergoing chemotherapy. In fact, the chemotherapy process often has a significant physical and psychological impact so that it has the potential to increase the risk of depression. Thus, this research makes a new contribution to the development of holistic nursing science, particularly in understanding the role of spiritual meaning in the mental health of cancer patients.

Based on the researcher's experience during clinical practice in the oncology treatment room of Dr. M. Yunus Bengkulu Hospital in January 2024, from two *patients with Ca mammae* after the fourth to sixth chemotherapy, 1 patient aged 46 years, looked calmer and accepted the treatment process. Based on the researcher's observations, it appears that the patient routinely dhikr, prays, and says that the illness he experienced was a test and a form of God's love to bring him closer to faith. Pasien always seemed to be accompanied by his family during chemo and while being treated. The second patient, aged 52, appeared to be moody, crying, and expressing fatigue due to chemotherapy side effects such as hair loss and weakened body condition. The patient seems to often worship in bed, but it seems that the family does not always accompany the patient.

Based on the description that has been explained, the researcher is interested in conducting a study entitled "The relationship between spiritual meaning and social support to the level of depression of *Ca mammae patients* undergoing chemotherapy at Dr. M Yunus Bengkulu Hospital".

B. Problem Formulation

"Is there a relationship between spiritual meaning and social support to the level of depression of *Ca mammae patients* undergoing chemotherapy at Dr. M. Yunus Bengkulu Hospital?"

C. Purpose

1. General Purpose

To find out the relationship between spiritual meaning and social support to the level of depression in *Ca mammae patients* who have undergone chemotherapy at M. Yunus Bengkulu Hospital.

2. Special Purpose

- a. An overview of the characteristics of the respondents (age, education level, and history of chemotherapy cycles) is known in *Ca mammae patients* undergoing chemotherapy at Dr. M. Yunus Bengkulu Hospital.
- b. It is known that the spiritual meaning of *Ca mammae patients* who underwent chemotherapy at Dr. M. Yunus Bengkulu Hospital
- c. It is known that the description of social support for *Ca mammae patients* who underwent chemotherapy at Dr. M. Yunus Bengkulu Hospital
- d. It is known that the level of depression in *Ca mammae patients* undergoing chemotherapy at Dr. M. Yunus Bengkulu Hospital
- e. The relationship between spiritual meaning and depression levels is known in *Ca mammae patients* undergoing chemotherapy
- f. A known association between social support and depression rates in *Ca mammae patients* undergoing chemotherapy

D. Research Benefits

1. Theoretical Benefits

This research is expected to increase knowledge in the field of holistic nursing, especially regarding the role of spiritual meaning and social support in influencing depression levels in *Ca mammae* patients undergoing chemotherapy. In addition, this research can be a reference for the development of further research.

2. Practical Benefits

a. For Patients and Families

Provide an understanding of the importance of spiritual meaning and social support in helping patients cope with depression during chemotherapy, so that patients and families can improve coping and emotional support.

b. For Health Workers

It is an input for health workers in providing nursing care that pays attention to spiritual aspects and social support to help reduce depression in cancer patients.

c. For Other Researchers

It serves as a basis and reference for future researchers who want to research the spiritual, social support, and mental health aspects of cancer or other chronic disease patients.