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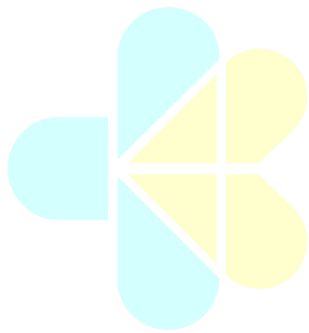
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ATTACHMENT

Appendix 1. Informed Consent

INFORMED CONSENT THE RELATIONSHIP BETWEEN SPIRITUAL MEANING AND SOCIAL SUPPORT TO THE LEVEL OF DEPRESSION OF *CA MAMMAE* PATIENTS UNDERGOING CHEMOTHERAPY AT DR. M. YUNUS BENGKULU REGIONAL GENERAL HOSPITAL IN 2026

Assalamualaikum,

Introduce my name is Tasya Karina. I am currently studying at one of the universities with the DIV Bachelor of Applied Nursing study program at the Bengkulu Ministry of Health Polytechnic. Purpose and objectives This study aims to analyze whether there is a relationship between spiritual meaning and social support on the level of depression. Respondents were asked to fill out a questionnaire $\pm$ 20–30 minutes. Identities are kept confidential and for research purposes only. Respondents are free to refuse or terminate participation at any time without sanction. I hope you are willing to be a respondent in this study. All the information that you provide is guaranteed confidentiality. However, if you feel objectionable, you have the right to refuse. After you read the purpose of the research above, I ask you to fill in your name and signature below if you are willing.

I am hereby willing to participate in this research and am willing to fill in the complete data that has been provided

They respond

(.....)

Wassalamualaikum

Appendix 2. Respondent's Application Letter

RESPONDENT'S APPLICATION LETTER

Respectfully,

I who signed the below is a student of the Applied Bachelor of Nursing Study Program of the Ministry of Health of the Ministry of Health of Bengkulu.

Name : Tasya Karina

NIM: P01720322041

I will conduct a research entitled "The Relationship of Spiritual Meaning and Social Support to the Depression Level of *Ca Mammae* Patients Undergoing Chemotherapy at the Dr. M. Yunus Regional General Hospital Bengkulu in 2026".

In connection with this purpose, I humbly ask for your participation to become a respondent in this research. The data obtained from this study can be beneficial for the community, health workers, and educational institutions. Information about the data obtained will be guaranteed confidentiality and will only be used for research data. Thus this request, I thank you for your attention and participation.

Sincerely,

Tasya Karina

Appendix 3. Respondent Consent Letter

RESPONDENT'S CONSENT LETTER

I am the undersigned:

Name :

Age :

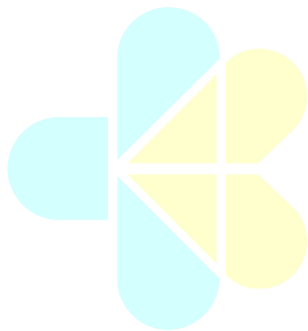
Address :

I am hereby willing to participate as a respondent in the research conducted by Sister Tasya Karina, a student of Applied Bachelor of Nursing at the Health Polytechnic of the Ministry of Health of Bengkulu with the title

The Relationship of Spiritual Meaning and Social Support to the Depression Level of *Ca Mammae* Patients Undergoing Chemotherapy at the Dr. M. Yunus Regional General Hospital Bengkulu in 2026.

This research will not harm me or have a bad effect on me and my family, so I am willing to be a respondent. Thus, I made this letter of approval to be used as it should.

Bengkulu, 2026



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(.....)

Appendix 4. Research Questionnaire

RESEARCH COORDINATOR

A. Respondent Identities

Name (initial) :
Age : _____ years old
Address :
Chemotherapy Cycle:
Education :

Instructions for filling out the questionnaire

Read each statement carefully, then tick (✓) one of the answer options that best suits your feelings.

B. Spiritual Meaning Questionnaire

Yes	Facit sp	Never (0)	Rare (1)	Sometimes (2)	Frequent (3)
1.	I feel at peace				
2.	I have a reason to live				
3.	My life has been productive				
4.	I had a hard time feeling calm				
5.	I feel a purpose in my life				
6.	I can achieve comfort deep within me				
7.	I feel harmony within me				
8.	My life has no meaning and purpose				
9.	I find comfort in my faith or spiritual beliefs				
10.	I gain strength in my faith/spiritual beliefs				
11.	My illness has strengthened my faith or spiritual beliefs				
12.	I know that no matter what happens to my illness, everything will be fine				

C. Social Support Questionnaire

NO	Questions	Strongly Disagree (1)	Disagree (2)	Disagree (3)	Agree (4)	Strongly agree (5)
1.	There is someone special who is always there when I need it.					
2.	There is someone special with whom I can share my joys and sorrows.					
3.	My family is really trying to help me.					
4.	I got the help and emotional support I needed from my family.					
5.	My friends are really trying to help me.					
6.	I can rely on my friends when things go wrong.					
7.	I can talk about my problems with my family.					
8.	I have friends with whom I can share my joys and sorrows.					
9.	There was someone special in my life who cared about how I felt.					
10	I can talk about my problems with my friends.					
NO	Questions	Strongly Disagree (5)	Disagree (4)	Disagree (3)	Agree (2)	Strongly agree (1)
11.	I don't have someone special who is a source of comfort for me.					
12.	My family is not willing to help me in making decisions.					

D. Depression Level Questionnaire

1. Sadness:

☐	I don't feel sad (0)
☐	I often feel sad (1)
☐	I'm sad all the time (2)
☐	I feel so sad or unhappy, that I can't help it (3)

2. Pessimistic:

☐	I am confident in my future (0)
☐	I feel scared of my future more than usual (1)
☐	I don't expect things to be better for me (2)
☐	I feel hopeless about my future and things are only getting worse (3)

3. Past failures:

☐	I don't feel like I've failed (0)
☐	I've failed more than ever (1)
☐	When I look back, I see a lot of failures (2)
☐	I feel like a person who is completely full of failures (3)

4. Loss of pleasure :

☐	I don't feel guilty at all (0)
☐	Sometimes I feel guilty (1)
☐	I often feel guilty (2)
☐	I always feel guilty (3)

5. Feelings of guilt :

☐	I don't feel guilty at all (0)
☐	I feel guilty about most of the things I do or should have done (1)
☐	I feel guilty most of the time (2)
☐	I feel guilty all the time (3)

6. Feeling punished:

☐	I don't feel like being punished (0)
☐	I feel like I might be punished (1)
☐	I expect to be punished (2)
☐	I feel like I'm being punished (3)

7. Self-hatred:

☐	I feel the same way I have been all this time (0)
☐	I lost faith in myself (1)
☐	I'm disappointed in myself (2)
☐	I don't like myself (3)

8. Self-criticism :

☐	I don't criticize or blame myself more than I usually do (0)
☐	I am more critical of myself than usual (1)
☐	I criticize myself for all my mistakes (2)
☐	I blame myself for all the bad things that happened (3)

9. Suicidal thoughts or desires:

☐	I don't have any thoughts of killing myself (0)
☐	I have thoughts of killing myself, but I'm scared (1)
☐	I feel like committing suicide (2)
☐	I want to kill myself when I have the chance (3)

10. Crying :

☐	I don't cry anymore like I used to (0)
☐	I cry more than usual (1)
☐	I cry over small problems (2)
☐	I can't stand to cry anymore (3)

11. Unbiased rest:

☐	I can rest as usual (0)
☐	I feel like I can't rest as much as I used to (1)
☐	I can't rest or it's very difficult to stay still (2)
☐	I really can't rest or I have to move or do something (3)

12. Loss of interest.

☐	I have not lost interest in other people or certain activities (0)
☐	I'm less interested in other people or things than I was before (1)
☐	I lost almost all interest in other people or anything else (2)
☐	I find it hard to be interested in anything (3)

13. Doubt :

☐	I decided from before (0)
☐	I have a little more difficulty in making decisions than usual (1)
☐	I'm more difficult to make decisions than usual (2)
☐	I have trouble making any decisions (3)

14. Meaninglessness :

☐	I consider myself meaningful and useful as ever (0)
☐	I don't consider myself as meaningful and useful as I used to be (1)
☐	I feel so worthless compared to others (2)
☐	I feel like I'm worthless at all (3)

15. Loss of energy:

☐	I have a lot of energy as usual (0)
☐	I lack a lot of energy compared to my usual situation (1)
☐	I don't have enough energy to do many things (2)
☐	I don't have enough energy to do anything (3)

16. Changes in sleep patterns:

☐	I have no change in sleep patterns (0)
☐	I sometimes sleep more than usual (1)
☐	I woke up 1-2 hours earlier than usual and found it very difficult to get back to sleep (2)
☐	I woke up a few hours earlier than usual and couldn't sleep again (3)

17. Irritability:

☐	I'm not as irritated as I used to be (0)
☐	I'm more irritable than ever (1)
☐	I'm offended more often than usual (2)
☐	I am offended all the time (3)

18. Changes in appetite :

☐	My appetite is no worse than usual (0)
☐	My appetite is not as good as usual (1)
☐	My appetite is now much worse (2)
☐	I don't have an appetite anymore (3)

19. Difficulty concentrating.

☐	I can concentrate as well as usual (0)
☐	I didn't concentrate as well as I used to (1)
☐	It is very difficult to concentrate for long periods of time (2)
☐	I can't concentrate on anything (3)

20. Tired or tired.

☐	I don't feel tired or tired compared to the previous state (0)
☐	I feel very tired or tired to do anything, than usual (1)
☐	I'm too tired or tired to do almost all the activities than I usually do (2)
☐	I'm too tired or tired to do almost any activity than I usually do (3)

21. Loss of sex interest

☐	I have no change in sexual interest (0)
☐	I'm a little less interested in sex than I used to be (1)
☐	I'm less interested in sex now (2)
☐	I lost interest in sex completely (3)



Appendix 5. Research Documentation





Appendix 6. Title Approval Sheet

THESIS APPROVAL PAGE

**THE RELATIONSHIP OF SPIRITUAL MEANING AND SOCIAL SUPPORT TO THE
LEVEL OF DEPRESSION OF *CA MAMMAE* PATIENTS
WHO UNDERWENT CHEMOTHERAPY AT HOME
REGIONAL GENERAL HOSPITAL DR. M. YUNUS
BENGKULU YEAR 2026**

Prepared and presented by:

TASYA KARINA
NIM: P01720322041

Applied Undergraduate Study Program Department of Nursing Polytechnic of the Ministry of
Health Bengkulu On the Date:.....

Supervisor:

Supervisor I

Supervisor II



Dr. Nur Elly, S. Kp. M. Kes
NIP. 196311281986032001

Ns. Dwi Wulandari, S. kep., MAN
NIP. 919890316202207201

Appendix 7. Research Proposal Guidance Sheet

SUPERVISOR I : Dr. Nur Elly, S.Kp. M. Kes

STUDENTS : Tasya Karina

NIM : P017203220

THESIS TITLE : The Relationship of Spiritual Meaning and Social Support to Patients' Levels of Depression *Ca mammae* who underwent chemotherapy at the Dr. M. Yunus Bengkulu Regional General Hospital in 2026.

NO	DAY/D ATE	TOPICS	ADVICE	GUIDE PARAPH
1.	Monday/ 8 June 2026	SPSS Results Consul	• Consul Hasi Output SPSS • Learn to read p-value	
2.	Monday/ 9 June 2026	SPSS Results Consul Research flow consul	• Fix Coding • Fixing the table • Add a mailing number • Word correction	
3.	Thursday/ June 10, 2026	SPSS Results Consul Research flow consul	• SPSS ACC Results • Learn to read the SPSS table • Word correction	
4.	Thursday/ 11 June 2026	Consul results of univariate, bivariate interpretation	• Fixing univariate tables • Fix bivariate tables • Learn data interpretation • Correct word	
5.	Monday/ 12 June 2026	Multivariate interpretation and univariate discussion consul	• Word coherence • Word correction	
6.	Friday/ 15 June 2026	Consul for the improvement of the discussion	• Equalize the results of the interpretation with the discussion • Word correction • Use relevant sources • Use the latest and accredited Sinta and Scopus journals	
7.	Wednesday/ 16 June 2026	Bivariate and multivariate discussion consultation	• Create discussion points tailored to specific goals • Word correction	

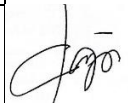
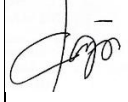
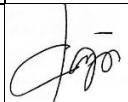
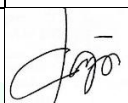
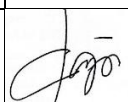
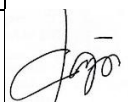
8.	Wednesday/ 17 June 2026	Consul for the improvement of the discussion	• Acc results and interpretation • Fixed spacing between new tables and paragraphs • Word consistency improvements • Notice again the writing conforms to the handbook	
9.	Friday/ 18 June 2026	Consul Conclusion	• Conclusion correction adjust to the goal • Improved writing	
10.	Friday / 18 June 2026	Consul improvement conclusions and suggestions	• ACC Improvement Conclusion • Improvement of suggestions according to the content and apology of the research	
11.	Thursday / 19 June 2026	Overall thesis consul	• ACC thesis improvement • Preparation of documents for the results seminar requirements	
12	Thursday / 19 June 2026	Overall thesis consul	• Preparation of documents for the results seminar requirements • List of seminar results	

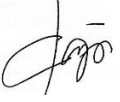
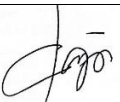
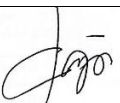
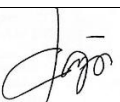
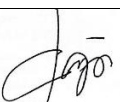
SUPERVISOR II : Ns. Dwi Wulandari, S.kep.,MAN

STUDENTS : Tasya Karina

NIM : P017203220

THESIS TITLE : The Relationship of Spiritual Meaning and Social Support to Patients' Levels of Depression *Ca mammae* who underwent chemotherapy at the Dr. M. Yunus Bengkulu Regional General Hospital in 2026.

NO	DAY/D ATE	TOPICS	ADVICE	GUIDE PARAPH
1.	Monday/ 8 June 2026	SPSS Results Consul	• Consul Hasi Output SPSS • Learn to read p-value	
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3.	Thursday/ June 10, 2026	SPSS Results Consul Research flow consul	• SPSS ACC Results • Learn to read the SPSS table • Word correction	
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5.	Monday/ 12 June 2026	Multivariate interpretation and univariate discussion consul	• Word coherence • Word correction	
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7.	Wednesday/ 16 June 2026	Bivariate and multivariate discussion consultation	• Create discussion points tailored to specific goals • Word correction	

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10.	Friday/ 18 June 2026	Consul improvement conclusions and suggestions	• ACC Improvement Conclusion • Improvement of suggestions according to the content and apology of the research	
11.	Thursday/ 19 June 2026	Overall thesis consul	• ACC thesis improvement • Preparation of documents for the results seminar requirements	
12	Thursday/ 19 June 2026	Overall thesis consul	• Preparation of documents for the results seminar requirements • List of seminar results	

Appendix 8. Research Permit



PEMERINTAH PROVINSI BENGKULU DINAS PENANAMAN MODAL DAN PELAYANAN TERPADU SATU PINTU

Jalan Batang Hari No.108, Kelurahan Tanah Patah, Kecamatan Ratu Agung, Kota Bengkulu

Website: <https://dpmpmsp.bengkuluprov.go.id> | Email: dpmpmsp@bengkuluprov.go.id

BENGKULU 38224

REKOMENDASI

Nomor : 503/82.650/484/DPMPSTP-P.4/2026

TENTANG PENELITIAN

- Dasar :
1. Peraturan Gubernur Bengkulu Nomor 13 Tahun 2022 Tentang Pendelegasian Wewenang Penyelenggaraan Pelayanan Perizinan Berusaha Berbasis Resiko dan Non perizinan Kepada Kepala Dinas Penanaman Modal dan Pelayanan Terpadu Satu Pintu.
 2. Surat Wakil Direktur I Bidang Akademik Poltekkes Kemenkes Bengkulu
Nomor : PP. 01.01/F.XXIII.1/3280/2026, Tanggal 20 April 2026 Perihal Rekomendasi Penelitian. Permohonan diterima tanggal 23 April 2026.

Nama / NPM	: TASYA KARINA/P01720322041
Pekerjaan	: Mahasiswa
Maksud	: Melakukan Penelitian
Judul Proposal Penelitian	: Hubungan Makna Spiritual dan Dukungan Sosial terhadap Tingkat Depresi Pasien <i>Ca Mammariae</i> yang Menjalani Kemoterapi di Rumah Sakit Umum Daerah Dr. M. Yunus Bengkulu Tahun 2026
Daerah Penelitian	: Rumah Sakit Umum Daerah Dr. M. Yunus Bengkulu
Waktu Penelitian/Kegiatan	: 1 Mei 2026 s.d 30 Mei 2026
Penanggung Jawab	: Wakil Direktur I Bidang Akademik Poltekkes Kemenkes Bengkulu

Dengan ini merekomendasikan penelitian yang akan diadakan dengan ketentuan :

- a. Sebelum melakukan penelitian harus melapor kepada Gubernur/Bupati/Walikota Cq.Kepala Badan Kesatuan Bangsa dan Politik atau sebutan lain setempat.
- b. Harus mentaati semua ketentuan Perundang-undangan yang berlaku.
- c. Selesai melakukan penelitian agar melaporkan/menyampaikan hasil penelitian kepada Kepala Badan Kesatuan Bangsa dan Politik Provinsi Bengkulu.
- d. Apabila masa berlaku Rekomendasi ini sudah berakhir, sedangkan pelaksanaan penelitian belum selesai, perpanjangan Rekomendasi Penelitian harus diajukan kembali kepada instansi pemohon.
- e. Rekomendasi ini akan dicabut kembali dan dinyatakan tidak berlaku, apabila ternyata pemegang surat rekomendasi ini tidak mentaati/mengindahkan ketentuan-ketentuan seperti tersebut di atas.

Demikian Rekomendasi ini dikeluarkan untuk dapat dipergunakan sebagaimana mestinya



Ditetapkan di : Bengkulu
Pada tanggal : 23 April 2026

KEPALA DINAS PENANAMAN MODAL DAN
PELAYANAN TERPADU SATU PINTU
PROVINSI BENGKULU



KHIRDES LAPENDO PASJU, S.STP., M.Si

Pembina Utama Muda (IV/c)
NIP. 198112282000121001

Tembusan disampaikan kepada Yth :

1. Kepala Badan Kesatuan Bangsa dan Politik Provinsi Bengkulu
2. Direktur Poltekkes Kemenkes Bengkulu
3. Wakil Direktur I Bidang Akademik Poltekkes Kemenkes Bengkulu
4. Yang Bersangkutan



PEMERINTAH PROVINSI BENGKULU
DINAS KESEHATAN
UPTD KHUSUS RSUD dr. M. YUNUS
Jl. Bhayangkara Bengkulu 38229 Telp. (0736) 52004 – 52006 Fax (0736) 52007



Bengkulu, 20 Mei 2026

Nomor : 074/278 /BID-DIK/V/2026
Lampiran
Perihal Permohonan Izin Penelitian

Kepada
Yth Kabid. Pelayanan Keperawatan
di-
Bengkulu

Menindaklanjuti surat dari Poltekes Kemenkes Bengkulu Nomor :
PP.01.01/F.XXIII.1/3281/2026, Perihal penelitian

Nama : TASYA KARINA
NIM : P01720322041
Prodi : DIV Keperawatan
Judul Penelitian : Hubungan Makna Spiritual dan Dukungan Sosial Terhadap
Tingkat Depresi Pasien Ca Mammar Yang Menjalani Kemoterapi
di RSUD dr. M. Yunus Bengkulu Tahun 2026.
Ruangan : Kemoterapi

Bersama ini kami mohon kesediaan unit bersangkutan untuk memberikan
izin terhitung mulai 20 Mei s.d 20 Juni 2026. Setelah melakukan penelitian yang
bersangkutan wajib melaporkan kembali hasil penelitian ke Bidang Pendidikan.

Demikian kami sampaikan, atas perhatian dan kerjasamanya diucapkan
terima kasih.

KEPALA BIDANG PENDIDIKAN


ATMAN GUSMADI, SKM
Pembina Tk I/V.B
NIP. 19730809 199303 1 003

Bengkulu, 23/05/2026
Bidang Pelayanan Keperawatan
Kasi Rawat Inap

HERRY NOVERIZAL, SKM
NIP. 19701119 198903 1 001

INSTALASI RAWAT INAP
RUANG KEMOTERAPI
RSUD dr. M. Yunus Bengkulu

Appendix 9. Research Completion Letter



**PEMERINTAH PROVINSI BENGKULU
DINAS KESEHATAN
UPTD RSUD dr. M. YUNUS**

Jl. Bhayangkara Bengkulu 38229 Telp. (0736) 52004 – 52006 Fax. (0736) 52007
BENGKULU 38229



SURAT KETERANGAN

Nomor : 074/ 362 /BID-DIK/VI/2026

Yang bertandatangan dibawah ini :

- a. Nama : **LENI MARLINA, S.Si, Apt., M.Si**
- b. Jabatan : Wakil Direktur Penunjang Medik dan Kependidikan

dengan ini menerangkan bahwa :

- a. Nama : **TASYA KARINA**
- b. NIM : **P01720322041**
- c. Prodi : **D4 Keperawatan**
- d. Institusi : **Poltekkes Kemenkes Bengkulu**
- e. Judul Penelitian : **Hubungan Makna Spiritual dan Dukungan Sosial terhadap Tingkat Depresi Pasien Ca. Mammae yang Menjalani Kemoterapi di RSUD dr. M. Yunus Bengkulu Tahun 2026**
- f. Ruang Penelitian : **Kemoterapi**
- g. Maksud : **Telah Selesai Melaksanakan Penelitian Dari Tanggal 20 Mei s.d 20 Juni 2026**

Demikian Surat Keterangan ini dibuat untuk dipergunakan seperlunya.

Bengkulu, Juni 2026
Wakil Direktur Penunjang Medik & Kependidikan



LENI MARLINA, S.Si, Apt., M.Si
NIP. 19750808 200312 2 007

Appendix 10. A Certificate of Ethical Worthiness

 Kemenkes	Kementerian Kesehatan Poltekkes Bengkulu Jalan Indragiri No. 3 Padang Harapan Bengkulu 38225 (0736) 341212 https://poltekkesbengkulu.ac.id
KETERANGAN LAYAK ETIK <i>DESCRIPTION OF ETHICAL EXEMPTION</i> "ETHICAL EXEMPTION"	
No.KEPK.BKL/310/04/2026	
Protokol penelitian versi 1 yang diusulkan oleh : <i>The research protocol proposed by</i>	
Peneliti utama <i>Principal In Investigator</i>	: TASYA KARINA
Nama Institusi <i>Name of the Institution</i>	: Poltekkes Kemenkes Bengkulu
Dengan judul: <i>Title</i>	
"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"	
<i>"THE RELATIONSHIP BETWEEN SPIRITUAL MEANING AND SOCIAL SUPPORT ON DEPRESSION LEVELS IN MAMMAE CA PATIENTS UNDERGOING CHEMOTHERAPY AT DR. M. YUNUS REGIONAL GENERAL HOSPITAL, BENGKULU, 2026"</i>	
Dinyatakan layak etik sesuai 7 (tujuh) Standar WHO 2011, yaitu 1) Nilai Sosial, 2) Nilai Ilmiah, 3) Pemerataan Beban dan Manfaat, 4) Risiko, 5) Bujukan/Eksploitasi, 6) Kerahasiaan dan Privacy, dan 7) Persetujuan Setelah Penjelasan, yang merujuk pada Pedoman CIOMS 2016. Hal ini seperti yang ditunjukkan oleh terpenuhinya indikator setiap standar.	
<i>Declared to be ethically appropriate in accordance to 7 (seven) WHO 2011 Standards, 1) Social Values, 2) Scientific Values, 3) Equitable Assessment and Benefits, 4) Risks, 5) Persuasion/Exploitation, 6) Confidentiality and Privacy, and 7) Informed Consent, referring to the 2016 CIOMS Guidelines. This is as indicated by the fulfillment of the indicators of each standard.</i>	
Pernyataan Laik Etik ini berlaku selama kurun waktu tanggal 07 April 2026 sampai dengan tanggal 07 April 2027.	
<i>This declaration of ethics applies during the period April 07, 2026 until April 07, 2027.</i>	
	April 07, 2026 Chairperson,  apt. Zamharira Muslim, M.Farm