

KAJIAN KUALITAS HIDUP PADA PERUBAHAN ASPEK GIZI DAN PERILAKU KESEHATAN PASIEN KANKER MELALUI PERSPEKTIF FENOMENOLOGI DI WILAYAH KERJA PUSKESMAS MLATI 2

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ABSTRAK

Latar Belakang: DI Yogyakarta menempati posisi pertama prevalensi (per mil) kanker berdasarkan diagnosa dokter pada semua umur yaitu 3,6 per mil yang berarti setiap 1.000 penduduk di Yogyakarta, 3,6 orang didiagnosis menderita kanker. Kanker merupakan salah satu penyebab utama kematian di dunia dan berdampak besar terhadap kualitas hidup pasien, baik secara fisik, psikologis, maupun sosial. Perubahan status gizi dan perilaku kesehatan selama proses pengobatan berpengaruh signifikan terhadap kemampuan pasien beradaptasi dan mempertahankan kualitas hidupnya.

Tujuan: Mengeksplorasi pengalaman subjektif pasien kanker dalam menghadapi perubahan fisik dan psikologis setelah terdiagnosa kanker, menggali persepsi mereka terhadap perubahan aspek gizi dan dampaknya terhadap kualitas hidup, menelaah strategi koping, memahami perubahan perilaku hidup, serta menelaah pentingnya dukungan sosial.

Metode: Penelitian menggunakan pendekatan kualitatif fenomenologi dengan empat partisipan pasien kanker di wilayah kerja Puskesmas Mlati 2. Data dikumpulkan melalui wawancara mendalam dan catatan lapangan, kemudian dianalisis dengan metode Colaizzi.

Hasil: Penelitian ini menghasilkan lima tema utama, yaitu: (1) perubahan fisik dan psikologis setelah diagnosis kanker, (2) persepsi terhadap makanan dan gizi, (3) strategi koping dalam menghadapi pengobatan, (4) perubahan perilaku dan pola hidup sehat, serta (5) peran dukungan sosial dalam menjaga semangat dan motivasi pasien.

Kesimpulan: penelitian menunjukkan bahwa pasien mengalami proses adaptasi kompleks yang melibatkan aspek biologis, psikologis, sosial, dan spiritual. Kesadaran gizi, dukungan sosial, serta strategi koping adaptif berperan penting dalam mempertahankan kualitas hidup pasien kanker.

Kata Kunci: kualitas hidup, pasien kanker, gizi, perilaku kesehatan, fenomenologi.

**A STUDY OF QUALITY OF LIFE IN CHANGES IN NUTRITION AND
HEALTH BEHAVIOR OF CANCER PATIENTS THROUGH A
PHENOMENOLOGICAL PERSPECTIVE IN THE WORKING AREA OF
THE MLATI 2 COMMUNITY HEALTH CENTER**

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ABSTRACT

Background: Yogyakarta ranks first in cancer prevalence (per thousand) based on doctor diagnoses across all ages, at 3.6 per thousand, meaning that for every 1,000 residents in Yogyakarta, 3.6 people are diagnosed with cancer. Cancer is one of the leading causes of death worldwide and has a major impact on patients' quality of life, physically, psychologically, and socially. Changes in nutritional status and health behavior during the treatment process have a significant effect on patients' ability to adapt and maintain their quality of life.

Objective: To explore the subjective experiences of cancer patients in dealing with physical and psychological changes after being diagnosed with cancer, to explore their perceptions of changes in nutritional aspects and their impact on quality of life, to examine coping strategies, to understand changes in lifestyle, and to examine the importance of social support.

Methods: This study used a qualitative phenomenological approach with four cancer patient participants in the working area of the Mlati 2 Community Health Center. Data were collected through in-depth interviews and field notes, then analyzed using the Colaizzi method.

Results: This study produced five main themes, namely: (1) physical and psychological changes after a cancer diagnosis, (2) perceptions of food and nutrition, (3) coping strategies in facing treatment, (4) changes in behavior and healthy lifestyle patterns, and (5) the role of social support in maintaining patient morale and motivation.

Conclusion: The study shows that patients undergo a complex adaptation process involving biological, psychological, social, and spiritual aspects. Nutritional awareness, social support, and adaptive coping strategies play an important role in maintaining the quality of life of cancer patients.

Keywords: quality of life, cancer patients, nutrition, health behavior, phenomenology.