

PENERAPAN *MINDFULNESS BASED STRESS REDUCTION* DALAM PEMENUHAN KEBUTUHAN RASA AMAN PADA ANGGOTA KELUARGA PENDERITA KANKER PAYUDARA DI PUSKESMAS GAMPING II

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ABSTRAK

Latar Belakang: Kanker payudara merupakan keganasan yang paling sering didiagnosa dan menjadi penyebab utama kematian pada wanita. Penyakit ini menimbulkan beban psikososial berat seperti ansietas yang mengganggu pemenuhan kebutuhan dasar rasa aman penderita beserta keluarganya. Oleh karena itu, diperlukan intervensi non-farmakologis berbasis keluarga melalui terapi relaksasi *Mindfulness Based Stress Reduction* (MBSR).

Tujuan: Mendapatkan pengalaman nyata dalam penerapan *mindfulness based stress reduction* untuk pemenuhan kebutuhan rasa aman pada anggota keluarga penderita kanker payudara di Puskesmas Gamping II.

Metode: Studi kasus deskriptif kualitatif ini melibatkan dua keluarga dengan anggota penderita kanker payudara di wilayah kerja Puskesmas Gamping II. Data dikumpulkan menggunakan format pengkajian keluarga, kuesioner DASS 21, dan SOP MBSR. Intervensi keperawatan dilakukan melalui kunjungan rumah sebanyak 3 kali pertemuan.

Hasil: Pengkajian awal menunjukkan kedua keluarga mengalami masalah Ansietas dan Manajemen Kesehatan Keluarga Tidak Efektif. Setelah diberikan intervensi MBSR selama 3 kali kunjungan, kedua klien menunjukkan respons positif, yaitu, mampu mengidentifikasi pemicu cemas, dan mengungkapkan perasaan secara verbal. Evaluasi akhir menunjukkan masalah keperawatan kedua kasus teratasi sebagian.

Kesimpulan: Setelah dilakukan intervensi *mindfulness based stress reduction* (MBSR) selama 30 menit dalam 3 kali kunjungan, didapatkan hasil tingkat kecemasan dan stres kedua klien menurun berdasarkan skor DASS-21. Penurunan manifestasi stres dan ansietas tersebut menjadi indikator bahwa pemenuhan kebutuhan dasar rasa aman pada kedua klien telah tercapai dengan baik.

Kata Kunci: Kanker Payudara, Keluarga, Rasa Aman, Ansietas, *Mindfulness Based Stress Reduction*

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THE APPLICATION OF MINDFULNESS-BASED STRESS REDUCTION IN MEETING THE SAFETY NEEDS OF FAMILY MEMBERS OF BREAST CANCER PATIENTS AT PUSKESMAS GAMPING II

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ABSTRACT

Background: Breast cancer is the most commonly diagnosed malignancy and the leading cause of death among women. This disease imposes a heavy psychosocial burden, such as anxiety that interferes with the fulfilment of the basic need for a sense of security for patients and their families. Therefore, a family-based, non-pharmacological intervention is needed through Mindfulness-Based Stress Reduction (MBSR) therapy.

Objective: To gain practical experience in implementing MBSR to meet the need for security among family members of breast cancer patients at the Gamping II Public Health Center.

Methods: This qualitative descriptive case study involved two families with family members suffering from breast cancer within the working area of the Gamping II Public Health Center. Data were collected using family nursing assessment forms, the DASS 21 questionnaire, and the MBSR Standard Operating Procedure (SOP). The nursing intervention was conducted through home visits across 3 sessions.

Results: Initial assessment indicated that both families experienced issues with Anxiety and Ineffective Family Health Management. Following the MBSR intervention over 3 visits, both clients demonstrated positive responses, becoming more relaxed, able to identify anxiety triggers, and capable of expressing feelings verbally. The final evaluation showed that the nursing problems in both cases were partially resolved.

Conclusion: Following a 30-minute mindfulness-based stress reduction (MBSR) intervention conducted over three sessions, the results showed that both clients' anxiety and stress levels decreased, as measured by the DASS-21 scores. This reduction in symptoms of stress and anxiety indicates that the basic need for a sense of security in both clients has been effectively.

Keywords: Breast Cancer, Family, Need for Security, Anxiety, Mindfulness-Based Stress Reduction.

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