

The Relationship of Social Support with Optimism in Cancer Survivors in RS. Moh. Hoesin Palembang

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Abstract

This study aims to determine the relationship between social support with optimism in cancer survivor at Dr. Moh Hoesin Hospital Palembang. The type of research used is quantitative. The sample in this study amounted to 52 Cancer survivors aged 20-60 years. Measurement of validity in this study using the SPSS Statistic version 25 program, which uses the Pearson product moment correlation analysis method. The research instrument used is the Social Support scale with the Optimism scale. The research instrument used is a social support scale based on the social support aspect of Nervousino, namely emotional or esteem support, tangible or instrumental support, informational support, and companionship support with an optimism scale based on aspects of Seligman's theory consisting of personalization, permanence, and pervasiveness. The results of the Hypothesis test showed a significant value of 0.393 where $p < 0.004$, the results of the hypothesis testing that social support had a relationship with optimism at Dr. Moh Hoesin Hospital Palembang. So it can be stated that the proposed hypothesis is proven.

Keywords

optimism; social support; cancer survivor

Abstrak

Penelitian ini bertujuan untuk mengetahui hubungan antara dukungan sosial dengan optimisme pada Cancer Survivor di Rumah Sakit Dr. Moh Hoesin Palembang. Jenis Penelitian yang digunakan adalah kuantitatif. Sampel dalam penelitian ini berjumlah 52 Cancer survivor rentang usia 20-60 tahun. Pengukuran validitas pada penelitian ini menggunakan program SPSS Statistic version 25 yaitu menggunakan metode analisis korelasi Pearson product Moment. Instrumen penelitian yang digunakan adalah skala Dukungan Sosial dengan skala Optimisme. Instrumen penelitian yang digunakan adalah skala dukungan sosial berdasarkan aspek dukungan sosial sarafino yaitu emotional or esteem support, tangible or instrumental support, infomational support, dan companionship support dengan skala Optimisme berdasarkan aspek teori Seligman yang terdiri dari personalization, permanance, dan pervasiveness. Hasil uji Hipotesis menunjukkan nilai signifikan 0,393 dimana $p < 0,004$, hasil uji hipotesis bahwa dukungan sosial memiliki hubungan dengan optimisme pada RS. Dr. Moh. Hoesin Palembang. Sehingga dapat dinyatakan bahwa hipotesis yang diajukan terbukti.

Kata Kunci

Optimisme; dukungan sosial; cancer survivor

Introduction

Cancer is a disease with abnormal cell growth that affects normal cells.

Cancer cells are malignant cells that have anaplastic properties, invasion, and metastasis but cancer is not an infectious disease. Cancer is the main cause of death in the world, in Indonesia itself shows that the number of new cases and deaths from cancer has increased to 8.8 percent in just the last few years.

The National Cancer Institute Dictionary (2017) states that a survivor is someone who stays alive and overcomes serious difficulties or life-threatening illnesses. And in cancer, the individual is considered a survivor from the time of diagnosis until the end of his life. Individuals who have been diagnosed with cancer, individuals who have completed cancer treatment and individuals who are still alive even though they have been diagnosed with cancer for several years until the end of their lives are called cancer survivors (American Cancer Society, 2017).

Wardiyah (2014), The role of the family is very important to provide moral support in the course of treatment. When cancer occurs in one family, other family members will be involved in the suffering, some family members will show empathy and pity but some will reject the reality of the cancer they are suffering from. Family support has two types, namely external and internal family support. External family support includes closest friends, friends, family, work, school, neighbors. While internal family support is support from husband or wife, children and support from siblings. Cancer survivors who have supportive supportive families will make

individuals more optimistic, creating enthusiasm to improve the individual's mental health (Wardiyah, 2014).

Uchino (Sarafino, 2011) defines social support as referring to the attention, self-esteem, comfort or assistance that is available to someone from another person or group. Furthermore, Sarafino (2011) reveals that social support is an action that is actually carried out by others and refers to a person's feeling that there is help, namely perceived support such as comfort and attention. For cancer survivors themselves, support can come from many sources such as a partner or lover, family, or friends. The support provided by these various sources will be beneficial for the healing of cancer patients.

According to Taylor (2015), the benefits of social support are being able to reduce psychological pressures that are being faced by individuals and have undeniable benefits on the physical health of individuals. In Cancer Survivor, the benefits of social support, especially family, are very important because social support can reduce psychological and physiological stress on the cancer survivor. In addition, the social support provided will raise an attitude of optimism and enthusiasm for healing for cancer sufferers.

Optimism is a holistic view, seeing the good, thinking positively and easily giving meaning to oneself, so that one is able to produce something better than the past and is not afraid of failure and tries to get back up if it fails (Seligman, 2012). In cancer survivors, optimism encourages individuals to always think that something that happens is the best thing for themselves and a positive way of thinking that everything

that will happen in the future will go well according to the desired expectations. It is also as important as social support from the family.

As illustrated in the results of the researcher's interview on December 1, 2020 in the waiting room of the poly oncology of the General Hospital of the Doctor's Center. Mohammad Hoesin, to one of the nurses regarding the role of the closest person who accompanies cancer survivors in the hospital. Here's an excerpt of the interview:

"Usually, they control it often with the family, sis, especially if you are required to stay overnight, you can only accompany one person, like the husband is sick, usually his wife is staying with him now, the covid is high, so not too many people can visit, or the wife changes with her sister or child because the patient needs to be with the family even though we are there - we can also help..." (Interview December 1, 2020).

The importance of this family support was also felt by one of the outpatients at RSMH, Subject S. Subject S was a 50-year-old male, Stage III Lymph Cancer Survivor, who came from the city of Muaraenim. After undergoing surgery, subject S felt his body became weak and sore in the area of the surgical injury that had not healed. The subject was accompanied by his wife and a cousin from his wife's side who worked at the hospital. The subject said that the subject's wife was very careful about her diet changing every day the subject was obliged to eat vegetables and fruits to restore wounds and health after chemotherapy. The subject can never argue or refuse the food served even though the subject does not like the food menu, the subject's wife is also diligent in

complaining about the situation to her children who are at home.

The subject conducts a healing session by administering drugs to kill cancer cells called Chemotherapy, Chemotherapy is a systematic healing therapy, drugs that spread far or spread to other places and the way it works is that abnormal cells will divide and grow uncontrollably, which In the end there will be a period so that the side effects include anemia, thrombocytopenia, leucopenia, nausea and vomiting, alopecia (hair loss), and others (Rasjidi, 2007).

Likewise, subject S who underwent chemotherapy for 6-8 times in 21 days. Chemotherapy had made him very weak, lethargic, had no appetite and stressed especially when he noticed the changes in his body shape had changed significantly. The subject feels nauseated and sometimes vomits, his hair falls out and is now bald. Some individuals after doing chemotherapy have an impact on their psychology such as helplessness, anxiety, shame, self-esteem, stress, depression and anger (Rasjidi, 2007).

The effects of Chemotherapy like this were also felt by other cancer patients, namely subject A. Subject A felt, his body became very weak, the subject always felt hot, his body weight dropped to extremes and had no appetite. In addition to physical changes, patients also experience psychological changes, these changes occur from the time the patient is diagnosed with cancer, negative feelings will arise, such as shock, fear, anger, complaints and mental stress. The subject is always accompanied by his second child and husband. Her second child is a nurse who works in another hospital, and often the subject's grandson also

accompanies the chemotherapy process. But the subject's grandson is just waiting in the parking lot, subject A really loves his grandchildren. According to the narrative of subject A, by looking at his grandchildren, the subject feels healed because the subject's grandchildren are a saturated medicine for the subject, considering that the subject's long-lasting healing process often makes the subject feel depressed.

Cancer survivor who is still undergoing treatment and treatment at the Doctor's General Hospital. Mohammad Hoesin was not entirely from the city of Palembang, most of them came from outside the city and areas near Palembang, such as the cities of Muaraenim, Prabumulih, Lubuk Linggau, Pagaralam, Lahat, and many other areas located in the South Sumatra region. Many cancer survivors from out of town must take expeditions far from their place of origin to the city of Palembang in order to be able to take healing and treatment.

From the results of interviews with subject S and subject A, it can be concluded that every time the subject wants to do chemotherapy, the subject is required to feel enthusiastic. Although there have been many physical changes that have occurred in the subject, such as hair loss and fatigue, to achieve healing, the subject instills positive thoughts on the healing that the subject wants.

Belief in healing is embedded in the subject. This belief is called optimism. Optimism is an overall view, seeing good, and thinking positively so as to be able to produce something better for the future (Seligman, 2012). Optimistic individuals have greater confidence that they will get

good results and are motivated to be proactive in their health. Seligman (2012), revealed that when an individual has optimism for healing, he will continue to try to do good things to achieve healing, not despair, and have the determination to see his future.

Wardiyah and colleagues (2014) stated that the social support received by cancer survivors provided benefits for cancer survivors to overcome psychological problems and adapt to stress. Thus, with social support, the subject can increase the spirit of life and will have an impact on increasing optimism for healing. Based on the phenomena and descriptions above, the researchers are interested in researching and studying further about the relationship between social support and optimism in Cancer Survivor at RSMH Palembang.

Method

In this study, researchers used a scale in data collection methods. The purpose of collecting data to find out must be achieved by methods or methods that are efficient and accurate (Azwar, 2017). In this study, researchers used a Likert Scale. In this type of scale there are usually two components or attitudes, namely favorable (supportive / positive) and unfavorable (not supportive / negative).

Participants

Using a group of subjects who want to know the generalization of research results. The participants in this study were 52 Cancer Survivors at the Moh.Hoesin Hospital in Palembang while the criteria for the participants were:

- a) Patients are willing to fill in the research scale

- b) Patients aged 20-60 years
- c) Patients with cancer
- d) Male and female gender

Procedure and Design

Research preparation is the initial stage that researchers must do before conducting research. Preparation begins with reviewing the literature and determining the problems to be studied. As for the things that need to be prepared before conducting research, namely, administrative preparation and preparation of measuring instruments.

Measurement

Preparations made by researchers in the form of preparation of measuring instruments to be used in research. The measuring instrument for measuring Optimism is based on aspects of optimism taken from Seligman's (2012) theory, which consists of personalization, personalization, pervasiveness. From these aspects, 48 statement items were obtained consisting of 24 favorable items and 24 unfavorable items.

Furthermore, to measure the social support used in this study using a scale. The measurement of social support is measured from all aspects of social support consisting of Emotional or esteem support, tangible or instrumental support, informationa support, companionship support based on Cutrono and Gardner, and uchino (In Sarafino ,2011). From these aspects obtained 50 statement items consisting of 25 favorable items and 25 unfavorable items.

Data analysis

In this study, the analytical method used is inferential statistics, data processing in inferential analysis aims to draw

conclusions by testing hypotheses (Azwar, 2017). This study uses parametric statistical analysis tests.

Results and Discussion

Tabel 1.
Resluts of Correlation Analysis

Hasil Variabel	Hipotesis	R	Sig. (p)	Keterangan
Dukungan Sosial >< Optimisme		0,393	0,004	Signifikan

This study aims to test the hypothesis and determine whether there is a relationship between Social Support and Optimism in cancer survivors at RSMH Palembang. The analysis technique in the correlation/relationship test is using parametric statistical techniques, namely the Pearson product moment technique which is carried out to see the relationship between the two research variables, namely, the Optimism variable in cancer survivors at RSMH Palembang. Based on the data analysis that has been done, it has been proven that there is a relationship between optimism in cancer survivors at RSMH Palembang. This is proven by a significance value of 0.04 where $p < 0.05$, it can be concluded that the proposed hypothesis, there is a relationship between optimism in cancer survivors at RSMH Palembang is proven and acceptable.

This is in line with the results of research conducted by Ushfuriyah (2011) that between social support and optimism of psychology student UIN Maulana Malik Ibrahim Malang. A positive relationship can be interpreted, the higher the social support received by the student, the higher the optimism of the student in completing the thesis. Vice versa, the lower the social support received by the student, the lower the optimism of the student in completing

the thesis. There is also Shila Fatiana Miraj (2015), who conducted research that there is a significant positive relationship between family social support and the optimism of students who are completing their thesis at the Faculty of Psychology, Uin Ar-Rainy. This shows that the higher the family social support, the higher the optimism of the psychology faculty students of UIN Ar-Rainy and vice versa. In addition, when viewed from the condition and location of Dr. Hospital. Mohammad Hoesin Palembang. This hospital is located in the middle of the city of Palembang which is a reference for almost all hospitals in South Sumatra and a lot of cancer survivors from outside the city.

Based on the calculation results of the Optimism variable score categorization, that there are 30 people with a percentage of 57.7% belonging to the medium category, based on the calculation of statistical data. While on the social support variable there are 35 people with a percentage of 67.3% belonging to the medium category. It can be concluded that optimism in cancer survivors at RSMH Palembang is in the moderate category based on the calculation of statistical data.

The social support received by Cancer Survivors in treatment in the form of empathy, attention, affection, positive assessment, encouragement, getting material assistance, advice, direction and giving advice while undergoing treatment. So that cancer survivors still have an attitude of optimism and are able to survive in difficult circumstances and are able to think positively.

Social support is a form of assistance or support that comes from other people who have good social relations with the individual receiving the assistance. This form of social support can be in the form of words, behavior, or material that makes individuals who receive assistance feel loved and valued.

Therefore, in the Qur'an, social relations are divided into three relationships, namely the human relationship with Allah SWT (*hablumminallah*), the human relationship with oneself, and the human relationship with fellow human beings (*hablumminannas*). The relationship between humans and oneself is how humans treat themselves well and how humans develop all their abilities. While the relationship with other humans (*hablumminannas*) is a form of behavior of a person to someone else in the form of helping others when in trouble. The following is a verse related to social support, namely QS. Al-Maidah verse 2 and verse 80, as follows:

الحرام الشهر ولا الله شعائر تحلوا لا آمنوا الذين أيها ا
يبتغون الحرام البيت أمين ولا القلائد ولا الهدي ولا
ولا فاصطادوا حللتم وإذا ورضوانا ربهم من فضلا
أن الحرام المسجد عن صدوكم أن قوم شنآن يجرمتم
الإثم على تعاونوا ولا والتقوى البر على وتعاونوا تعتدوا
العقاب الله إن الله أنفقوا العُدوان

It means; O you who believe, do not violate the symbols of Allah, and do not violate the honor of the forbidden months, do not (disturb) the animals of had-ya, and the animals of qalaa-id, and do not (also) disturbs people who visit the Temple while they seek the grace and pleasure of their Lord and when you have completed the pilgrimage, then it is permissible to hunt. And do not ever hate (you) for a people

because they prevent you from the Masjidil Haram, encourage you to do wrong (to them). And help you in (doing) righteousness and piety, and do not help in sin and transgression. And fear Allah, verily Allah is severe in punishment. (Al-Qur'an and its translation. QS. Al-Maidah 2: 106).

الْعَذَابَ لِيَوْمَ اللَّهِ أَنْ أَنْفُسُهُمْ لَهُمْ الْيُسْرَى الَّذِينَ لَوْنَ ا
خَلْدُونَ

Meaning: You see many of them helping the disbelievers (mushrik). Indeed, it is very bad what they do to themselves, namely the wrath of Allah, and they will be eternally in torment. (Al-Qur'an and its translation. QS. Al-Maidah 80:106)

What is contained in the two verses above is the recommendation of humans to do mutual assistance to fellow humans in things of goodness, which is useful for others with human piety and is not allowed to help in matters that refer to clarity and are not beneficial to others.

Conclusion

After doing research on the relationship between Social Support with. The results showed that there was a relationship between social support and optimism in Cancer Survivor at Dr. Moh Hoesin Hospital Palembang. This was seen based on a significance value of 0.000 where $p < 0.05$.

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