

**HUBUNGAN AKTIVITAS FISIK HARIAN DENGAN KUALITAS HIDUP
PENYINTAS KANKER PAYUDARA**

TESIS



OLEH

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xiii + 98 hal + 9 tabel + 2 Bagan +13 lampiran

Abstrak

Kualitas hidup pada penyintas kanker payudara mengalami penurunan gejala fisik dan psikologis yang disertai dengan rasa takut akan kematian, selain itu penyintas kanker payudara membatasi aktivitas fisik harian karna takut akan mempengaruhi kesehatan nya. Namun hal ini dapat berdampak buruk pada kualitas hidup. Salah satu indikator keberhasilan dalam meningkatkan kualitas hidup ialah dengan melakukan aktivitas fisik harian. Tujuan penelitian ini untuk mengetahui hubungan aktivitas fisik harian dengan kualitas hidup penyintas kanker payudara. Metode penelitian yaitu pendekatan kuantitatif dengan desain *cross sectional*. Sampel penelitian ini adalah penyintas kanker payudara yang berobat di poli bedah onkologi RSUP DR.M.Djamil Padang sebanyak 89 penyintas. Teknik pengambilan sampel menggunakan teknik *purposive sampling*. Alat pengumpulan data menggunakan kuisisioner *International Physical Activity Questionnaire–Short form* dan *Questionnaire WHOQOL-BRE*. Hasil penelitian menunjukkan bahwa 55,1% responden memiliki aktivitas fisik sedang, dan kualitas hidup sebanyak 73,0% dengan kualitas hidup sedang. Hasil uji statistik *chi-square* didapatkan hasil bahwa terdapat hubungan antara aktivitas fisik harian dengan kualitas hidup penyintas kanker payudara di poli bedah RSUP DR. M.Djamil Padang ($p\text{-value}=0,034$). Dapat disimpulkan perlunya pemberian motivasi, dukungan sosial juga perawatan paliatif kepada penyintas kanker payudara agar tetap memiliki semangat hidup dan tetap melakukan aktivitas fisik untuk meningkatkan kualitas hidup yang baik.

Kata Kunci : *Kualitas Hidup, Aktivitas Fisik, Kanker Payudara*
Daftar Pustaka : 130(2001-2021)

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**THE RELATIONSHIP BETWEEN DAILY PHYSICAL ACTIVITY AND
QUALITY OF LIFE AMONG BREAST CANCER SURVIVORS**

xiii + 98 pages + 9 tables + 2 charts + 13 attachments

Abstract

Quality of life in breast cancer survivors has decreased physical and psychological symptoms accompanied by fear of death, in addition breast cancer survivors limit daily physical activity for fear of affecting their health. However, this can have a negative impact on the quality of life. One indicator of success in improving the quality of life is to do daily physical activity. The purpose of this study was to determine the relationship between daily physical activity and the quality of life of breast cancer survivors. The research method is a quantitative approach with a cross sectional design. The sample of this study was breast cancer survivors who were treated at the surgery oncology out patient clinic of DR.M.Djamil Padang Hospital. The sampling technique used was purposive sampling technique as many 89 survivors. Data collection tool with International Physical Activity Questionnaire–Short form and WHOQOL-BREF Questionnaire. The results showed that 55.1% of respondents had moderate physical activity, and quality of life was 73.0% with moderate quality of life. The results of the chi-square statistical test, it was found that there was a relationship between daily physical activity and the quality of life of breast cancer survivors at the surgical clinic of RSUP DR. M.Djamil Padang (p -value=0.034). Then it. The need for providing motivation and social support as well as palliative care for breast cancer survivors in order to keep the spirit of life and keep doing physical activities to improve a good quality of life.

Keywords : *Quality of Life, Physical Activity, Breast Cancer*
Bibliography : *130(2001-2021)*