

# PERSEPSI PASIEN DAN SUAMI TENTANG PENGARUH MASTEKTOMI TERHADAP CITRA TUBUH DAN FUNGSI SEKSUAL

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## Abstrak

Penelitian ini bertujuan untuk menggali secara mendalam persepsi isteri dan persepsi suami tentang pengaruh mastektomi terhadap citra tubuh dan fungsi seksual. Penelitian ini menggunakan rancangan deskriptif eksploratif (*descriptive explorative design*) dengan metode riset kualitatif. Lima pasien kanker payudara yang menjalani mastektomi dan suaminya diwawancara mulai dari satu minggu sebelum mastektomi hingga sebulan setelah mastektomi. Temuan penelitian ini adalah: 1) persepsi istri dan persepsi suami tentang pengaruh mastektomi terhadap citra tubuh dan fungsi seksual dalam perkawinan memberikan gambaran fenomena yang tidak terpisah tetapi merupakan interaksi dari berbagai faktor; 2) terdapat perbedaan persepsi istri dan persepsi suami terhadap citra tubuh dan fungsi seksual, istri merasa suami tidak tertarik pada penampilannya, sedangkan suami merasa takut menyakiti isterinya jika berhubungan seksual; 3) pengaruh mastektomi terhadap citra tubuh sudah dipersepsikan pasien bahkan sejak sebelum mastektomi dilakukan; 4) upaya mencari dukungan sudah dilakukan sejak sebelum mastektomi, meliputi dukungan spiritual, dukungan social, dan dukungan professional; 5) temuan yang muncul yaitu beban lain psikologik, stigma social, dan financial yang dipersepsikan oleh pasangan; 6) besarnya pengaruh mastektomi terhadap citra tubuh dan fungsi seksual dalam perkawinan ditentukan oleh kualitas hubungan perkawinan khususnya komunikasi. Rekomendasi: 1) mengembangkan program pelatihan Bimbingan Antisipatif bagi perawat; 2) memfasilitasi komunikasi yang lebih terbuka antara pasien dan suaminya; 3) mengembangkan program *self help group* yang terdiri dari pasien dan suaminya; 4) menyediakan informasi tentang sumber bantuan yang tersedia di fasilitas kesehatan maupun masyarakat; 5) mempertahankan kesinambungan asuhan keperawatan; dan 6) melakukan penelitian lanjutan menggunakan pendekatan antropologis dan sosiologis.

**Kata kunci:** kanker payudara, mastektomi, citra tubuh, fungsi seksual, sistem budaya

## Abstract

*The purpose of the study was to explore the perception of breast cancer patients and their husband on the influence of mastectomy towards body image and sexual functioning. A descriptive explorative design with qualitative method of research was used. Five selected breast cancer patients and their husbands meeting criteria were interviewed from the first week after diagnose until one month after mastectomy. The findings were: 1) the influence of mastectomy on body image and sexual functioning as perceived by wives and their revealed the contributions of multi factors and dimensions; 2) there were different perceptions between the patients and their husband on the influence of mastectomy towards body image and sexual functioning, patients felt their husband were not attracted to them anymore while their husbands were afraid to hurt the patients if they had sexual relationship; 3) the influence of the mastectomy on body image had been perceived by the patients even before the mastectomy; 4) both patients and*

*husbands had seeking for spiritual, social and professional supports before mastectomy; 5) other theme revealed were: psychological, social stigma, and financial burdens; 6) the extent of mastectomy had influence body image and sexual functioning was determined by the quality of marriage, particularly the openness of communication. Recommendations were: 1) to develop anticipatory guidance training program for nurse; 2) facilitate open communication between patients and their husband; 3) to develop self group program for patients and their husbands; 4) to provide information on resource available in the community; 5) to sustains continuity of care for patients and family; 6) to conduct further research using anthropological and social approaches.*

**Key words:** *breast cancer, mastectomy, body image, sexual functioning, cultural system*