



THE EFFECT OF MINDFULNESS BASED COGNITIVE THERAPY (MBCT) FOR OPTIMIZING EFFICACY SELF-CARE IN CANCER PATIENTS UNDERGOING TREATMENT

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ABSTRACT

Cancer is a disease that can threaten a person's life which can occur in every cancer sufferer, apart from that cancer can also cause psychological problems such as low efficacy of patient self-care which will have an impact on treatment compliance in cancer patients. Objective: The aim of this study was to determine the effect of the MBCT intervention on whether it could increase self-care efficacy in cancer patients undergoing cancer treatment. Method: The method used in this research is an experiment with a pretest-posttest design with control group design. The research subjects were 20 people who were divided into experimental and control groups with inclusive. Data analysis used the Wilcoxon and Mann-Whitney tests. Results: The results showed an increase in self-care efficacy after administering the mindfulness-based cognitive therapy (MBCT) intervention with a self-care efficacy value of $Z = -2.660$ and $p = 0.008$. Conclusions: The research results show that mindfulness based cognitive behavior therapy (MBCT) can increase patient confidence in carrying out treatment regularly. Cancer patients who Applying MBCT in everyday life they can also feel the effects such as tense muscles becoming more comfortable, better conscious breathing begins to feel the impact on the subject's calmness, and increased ability to detect the body. Mindfulness-based cognitive therapy (MBCT) changes the behavior of each participant to be able to accept themselves in any situation, more easily adapt to changes that occur in their physical and life and establish social relationships with other people.

Keywords: cancer patients; mindfulness based cognitive therapy (MBCT); treatment efficacy self; treatment phase

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INTRODUCTION

Cancer is a disease that disrupts the body's cells so that they cannot function normally and cannot develop properly. Individuals who receive a cancer diagnosis can experience various psychological responses such as denial, anxiety and self-isolation. Apart from that, there are negative feelings that a cancer sufferer has, namely feelings of shock, despair, worry when initially diagnosed with cancer and ongoing worry. Patients diagnosed with cancer are more likely to experience depression and higher anxiety (Safitri, 2023). Psychological vulnerabilities such as anxiety experienced by cancer patients are caused by low self-efficacy in cancer patients who will undergo treatment such as surgery or chemotherapy. In addition, the demands on patients are challenged to face a series of self-care strategies to maximize new lifestyle patterns alongside their cancer (Lestari et al., 2020). The difficulties faced by cancer patients in carrying out various treatments independently, result in the ability to carry out treatment playing an important role in how they deal with various treatments. Patients who have high self-care efficacy will be better able to comply with treatment and lifestyle adjustments recommended by health professionals. Beliefs in the efficacy of self-care are the basis of motivation in increasing treatment compliance, a behavior that is considered to improve health and psychological well-being (Oberoi et al., 2020).

Self-efficacy is an individual's confidence in dealing with symptoms and complications resulting from cancer treatment during chemotherapy. Self-efficacy is very important to increase a person's confidence in their abilities, which is demonstrated by the amount of effort made and time spent facing challenges (Kartika, 2022). If the subject believes in the abilities that exist within him, then the subject will be more able to face obstacles and obstacles when carrying out treatment, that increasing the level of self-care efficacy has a positive impact on health behavior, controlling symptom recurrence, cancer patient treatment compliance, as well as physical symptoms and psychological experience felt by the patient. This is because self-care efficacy can influence behavior, cognition, and motivation to achieve certain goals. Self-care efficacy influences a person's ability to set goals and face various problems. Patients who do not have confidence in achieving their goals can cause stress due to a lack of confidence in achieving a better level of health, which actually worsens their health and immune system (Glasgow et al., 2022). Psychological factors such as stress, anxiety, can worsen various diseases and pathological conditions and reduce the immune system which affects treatment (Oberoi et al., 2020).

Low levels of self-care efficacy indicate that they are not ready to face challenges. For cancer sufferers, perspective in implementing self-care efficacy is considered very important because the long cancer healing process can cause indiscipline and irregularity in carrying out the treatment (Doli Tine Donsu et al., 2017). Therefore, an attitude of self-care efficacy is very important for cancer sufferers because it will make them disciplined and organized in carrying out chemotherapy and be better prepared to face various problems that arise in the future as a result of the treatment they are undergoing (Agung et al., 2022). Self-care efficacy has a positive effect on health behavior in controlling symptoms and adherence to treatment. So if the efficacy of self-care is low it will have an impact on treatment compliance, poor communication with doctors, sub-optimal (poor) self-care behavior, and psychological distress which will cause the effect of the treatment to not be optimal (de Rooij et al., 2018). Currently, efforts to improve psychological health among cancer sufferers are of the utmost importance because they are related to compliance with treatment and mortality (Sumarni et al., 2021). One of the main modalities for cancer patients is chemotherapy, which is given for curative, life-extending, and palliative purposes (Wuryansari & Subandi, 2019). Long-term treatment has physical and psychological effects. When patients undergo treatment such as chemotherapy, their condition will get worse, causing physical symptoms such as headaches and body aches. However, not many of these interventions have been reviewed regarding efforts to increase the efficacy of self-care in cancer patients. Patients who demonstrate decreased self-care efficacy, increased anxiety (Sari et al., 2022), and poor physical condition are at risk of experiencing setbacks in the treatment process and require additional attention and support to prevent further psychological morbidity (Sumarni et al., 2021) (Unique, 2016).

Stated that MBCT works better in accelerating the process of increasing awareness of changing patterns of thoughts, emotions and body sensations that usually occur automatically. According to previous research, there are two functions of MBCT. First, MBCT teaches individuals to develop new methods of responding to situations that are considered unpleasant without immediately reacting (Dr. Bhavesh A. Prabhakar & डॉ. गुरुदत्त पी. जपी, 2023). Subjects are trained to realize that there are situations that cannot always be changed, but they can be taught in a way that is aware and accepting. Additionally, MBCT offers exercises that focus on bodily sensations, feeling those sensations, and then observing them for what they are (Lestari et al., 2020). So apart from the aim of mindfulness, namely to increase awareness regarding current thoughts, feelings and sensations, it is widely used to relieve anxiety and

depression in cancer patients. The cognitive therapy protocol in MBCT has been shown to increase the efficacy of short-term self-care in managing the symptoms of cancer patients and increase the readiness of assistance to care for patients. So this research aims to find out whether MBCT can increase the efficacy of self-care in cancer patients who are undergoing treatment (Park et al., 2020).

METHOD

The design of this study uses an experimental pre test post test with control group design, namely comparing the comparison of certain treatments given to two groups. The experimental group was given treatment or intervention, while the control group was not given treatment or intervention but was given information after the research ended. The subjects of research II were 20 respondents consisting of inclusion criteria: 1) adults aged 19-60 years; 2) diagnosed by a doctor as having stage 1-3 cancer; 3) obtain health care from a hospital; 4) Having a history of irregular medication; 5) Experiencing excessive anxiety. The subject exclusion criteria are; 1) never received assistance or psychological treatment from other professionals; 2) declared not cured by a doctor. Sampling in this research used purposive sampling. Where purposive sampling is a technique for determining or taking research samples according to the objectives of the research to be conducted. In this experimental research, subjects will be divided into two groups, namely the experimental group and the control group. The experimental group was given to 10 subjects who were given treatment and the control group was given to 10 subjects who were given different treatment to the experimental group. Before implementing the intervention on respondents, an initial screening was carried out using the self-care efficacy scale (SUPPH). After knowing the subject scores, 10 subjects were selected who had low to medium scores.

The research instrument for measuring the efficacy of self-care in patients uses the self-care efficacy scale for the treatment of cancer patients, namely the strategies used by people to promote health (SUPPH) scale proposed by (Lev & Owen, 1996). This scale is widely used to measure cancer patients' self-confidence in carrying out self-care strategies during the course of their disease. SUPPH according to (Lev & Owen, 1996) is considered capable of detecting clinically significant changes over time (at 4 and 8 months) after a patient is diagnosed with cancer. This scale has a reliability value of 0.97 which was tested on cancer patients. After that, the SUPPH test tool was adapted into Indonesian and tested on 30 cancer patients, giving a reliability value of 0.77.

RESULTS

Based on the results of research data analysis conducted on twenty subjects. All subjects were divided into two groups consisting of an experimental group carried out individually and a control group. Each group consists of ten subjects.

Table 1.

Respondent characteristics (n= 20)

Respondent characteristics	Experiment		Kontrol		Sig
	M	SD	M	SD	
Age	39,4	12,5	42	8,4	0.274

In the research data distribution table above, it is known that the experimental group and the control group have an average age that is not much different, as can be seen from the experimental group mean, namely 39.4 and the control group mean 42. Then when the homogeneity test was carried out, they got a sig value of 0.274 which has assumption if the data is homogeneous. The results of data analysis were tested using Wilcoxon to determine the differences in pretest and posttest in the experimental and control groups. Then a

hypothesis test was carried out using Mann Whitney to see the hypothesis. Based on the results of the Wilcoxon test, the self-efficacy of the experimental group has a value of $Z = -2.032$ and $p = 0.043$. while the control group had a value of $Z = -2.023$ and $p = 0.043$. When viewed based on the mean or average value, it appears that the experimental group has a higher mean value than the control group. In the hypothesis test using Mann Whitney, the results obtained were $Z = -2.660$ and $p = 0.008$, which means that if the hypothesis is accepted, namely that MBCT can increase the efficacy of self-care in cancer patients who are undergoing treatment.

DISCUSSION

Mindfulness based cognitive therapy (MBCT) is an intervention to generate a state of awareness characterized by attentive monitoring without passing judgment on emotions, sensations, cognitions and perceptions at any time on thoughts related to the past and future (Long et al., 2018). Focused attention and open monitoring are two key elements in mindfulness-based cognitive practice (MBCT) (Wang et al., 2023). In this research, subjects gain understanding and awareness of how their behavior, feelings, and thoughts will impact their physical and psychological health. The ability to control emotions and thoughts is very important so that the subject remains stable and optimal as long as the treatment is carried out as planned. Cancer sufferers who have low self-care efficacy tend to experience anxiety about treatment and the impact of their disease (Tahmassian & Moghadam, 2011). Subjects admitted that they worried about things that were irrational, which had an impact on avoidance behavior when faced with negative stimuli or increased stimuli. Where Mindfulness based cognitive therapy (MBCT) is able to increase the efficacy of self-care in chronic patients so that the patient will have less anxiety (Martos-Méndez, 2015).

Mindfulness based cognitive therapy (MBCT) given to the subject makes the subject better able to understand the symptoms of low self-care efficacy as a result of difficulty accepting the situation, denial using mindfulness based cognitive therapy (MBCT) techniques (McPhail et al., 2015). Based on experiences learned from other people, it can help the subject to convince himself that regular treatment and changes in living arrangements can produce positive results (Tahmassian & Moghadam, 2011). This is because other people's experiences can be symbolic of increasing confidence in being able to master emotions and assignments to produce similar results (Ajeng et al., 2014). During the mindfulness based cognitive therapy (MBCT) intervention, subjects can participate cooperatively in each session and can carry out focused training. Mindfulness of the breath training gives participants results if they become more focused, calmer, and better able to control their emotions (Martos-Méndez, 2015). Apart from that, it was found that the subject's sleep was of better quality, those who previously experienced muscle tension began to recover, headaches reduced and the body became much more relaxed (Jati & Pramadi, 2023). The tension felt as a result of cancer makes it easy for subjects to experience physical sensations such as headaches and restless sleep (Tahmassian & Moghadam, 2011).

Mindfulness technique is a technique that aims for individuals to practice observing and accepting experiences as they are (Prasetyo Nugroho & Halwati, 2022). Intervention using mindfulness based cognitive therapy (MBCT) is very beneficial for people with physical disorders, emotional sensitivity and self-acceptance towards various emotional expressions are increased through mindfulness-based cognitive therapy (MBCT) (Neugut & Prigerson, 2017). When the mind body scanning was carried out, the participant explained that he felt a reaction in the painful part of his head and body parts. Then, after carrying out mind body scanning, participants said that physical pain sometimes came to them. Often participants feel

anxious if the illness comes even though it is not at a very painful level. However, now participants are more able to understand, relax and calm than usual when they feel heavy in their body parts. The body also produces sensations when it feels stressed, worried, or anxious. Subjects were trained to identify bodily sensations that emerged through mind body scanning, which were supported by their statements. The factors that increase the self-care efficacy of the subject are mainly internal factors in the form of mental readiness to undergo treatment, enthusiasm for living each day as a patient diagnosed with cancer, and positive assumptions that the treatment will be successful (Long et al., 2018).

Apart from that, the external factor that increases the subject's self-care efficacy is the experience gained from the success of other people's treatment (Wang et al., 2023). So that most subjects will model their lifestyle and perceive future events calmly and positively in accordance with the experience they have learned from the successful treatment of other patients (Wang et al., 2023). 22 Intervention using MBCT helped the subject grow in confidence and follow routine treatment according to the doctor's recommendations (Setiawan & Pramadi, 2023). And the subject believes that just following treatment is not enough. However, lifestyle changes such as maintaining nutritional intake and getting enough rest also affect the effects of treatment. The mindfulness based cognitive therapy (MBCT) intervention provides the subject of my MBCT diary which functions to include cognitive therapy sessions in it (Safitri, 2023). The consequences of poor physical function have the potential to influence subjects in undergoing treatment with confidence (Tahmassian & Moghadam, 2011). After undergoing mindfulness-based cognitive therapy (MBCT), the subject experienced several changes. They become better able to control negative thoughts, become more aware of their current situation, feel calmer, and experience more positive emotions (Widyastuti & Wulandari, 2024). Found that there is a significant relationship between the self-efficacy of patients with chronic diseases and changes in lifestyle, decision making and beliefs (Oberoi et al., 2020). During the research, there were several obstacles, namely the physical condition of cancer patients who get tired easily and have to divide their time between the intervention activities they are taking part in and also the treatment activities that have been scheduled by the hospital. This causes the intervention to not be carried out optimally.

CONCLUSION

The research results show that mindfulness based cognitive behavior therapy (MBCT) can increase patient confidence in carrying out routine treatment according to the schedule given by the doctor. Cancer patients who implement MBCT in their daily lives can also feel the effects. Subjects can feel the impact of the mindfulness-based cognitive therapy (MBCT) intervention, such as tense muscles becoming more comfortable, better conscious breathing begins to have an impact on the subject's calmness, and an increase in the ability to detect the body. In addition, MBCT makes it easier for subjects to control their emotions and remain calm when subjects face unpleasant events. There were changes made on the cognitive side, which made 23 subjects better able to understand their thought patterns, which influenced their feelings. This can help them understand positive and negative conditions or situations to create new, better patterns. Mindfulness-based cognitive therapy (MBCT) changes the behavior of each participant to be able to accept themselves in any situation, more easily adapt to changes that occur in their physical and life and establish social relationships with other people. This research has implications for the subjects of cancer patients, namely that they should continue to carry out mindfulness based cognitive therapy (MBCT) activities in their daily lives so that they are still able to be more concerned about their own condition in facing future treatment. Apart from that, in future research, further research should be carried out regarding the efficacy of self-care which is related to anxiety in cancer patients.

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