



**THE EXPERIENCE OF TEENAGE 19 YEARS IN DEALING WITH OVARY  
CANCER STADIUM 1B WITH UNDERSTANDING SPIRITUAL: QUALITATIVE  
STUDY**

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**ABSTRACT**

Ovarian cancer has a physical and psychological impact. Experience in patients with ovarian cancer is very much needed, especially for those who have successfully gone through several stage so that they can continue to live and control their disease. Teenagers with cancer have complex problems. Adolescents with cancer who are at risk of experiencing developmental phase delays face limitations in carrying out their roles as adolescents. Objective: The purpose of this study was to determine the experience of 19-year-old adolescents in dealing with Stage 1B Ovarian Cancer with Spiritual Understanding. The case study approach uses a qualitative method, data collection using triangulation, individual in-depth interviews, documentation, and observation. Participants in this study amounted to one person. This research was conducted in August- September 2024. In the study of respondents' experiences in dealing with stage 1B ovarian cancer, there were several discussions including self-acceptance with five stages, starting from denial, anger, bargaining, depression, acceptance, and spirituality that sufferers can take wisdom, the meaning of life and have hope for his future life, and believe that everything comes from God will return to God. Cancer sufferers experience all processes of self-acceptance, this cannot be separated from various social supports, their motivation, and their desire to heal themselves. So that, spiritually, Ovarian cancer sufferers can adapt to the situation and get a new meaning and angle of life.

Keywords: adolescent; ovarian cancer; self-acceptance; spiritual

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**INTRODUCTION**

According to data from the Indonesian Cancer Foundation in Ciamis Regency, the number of cancer sufferers was 35 people with 1 ovarian cancer sufferer. According to Globocan (2020), the incidence of ovarian cancer in Indonesia reached 14,896 (7%). In 2019 in West Java, there were 11,318 patients diagnosed with cancer, namely breast cancer, cervical cancer, leukemia, and ovarian cancer (Globocan 2020," nd; Indonesian Ministry of Health 2021, nd; WCFR, 2021.,; YKIC.2021).Based on data obtained from kementerian kesehatan indonesia in 2020 there were 396,914 cases. Ovarian cancer is one of the ten cancers suffered by Indonesian women and is also the country with the highest cases of cancer. Global data for cancer itself in 2020 there were 1.8 million cases and from WCFR data (2021) the global incidence of ovarian cancer reached 5.7 per 100,000 ( IARC, 2021; WCFR, 2021).

Teenagers are vulnerable residents aged 10-19 years, according to data from the World Health Organization (WHO). A fact that the risk of getting cancer is caused by hereditary factors, to plan and prevent complications, knowledge of the occurrence and risk factors must be increased. In addition to promotive and preventive approaches, treatment control includes surgery, chemotherapy, and radiation (Momenimovahed et al., 2019).Teenagers who suffer

from ovarian cancer have significant stressors, according to the American Psychological Association (2019) cancer in its treatment it can have a serious impact on their emotions and social. The experience of adolescents with cancer treatment has pressure that makes them feel their life is heavy and long when adapting and their treatment (APA, 2019).

Not only do patients experience psychological problems, but families are often faced with several problems, including psychological, physical, and financial problems. Experience for someone to go through this and it happened to the respondents in this study who got the opportunity to live a life given by God so that they had a very beautiful storyline until they were finally declared free from cancer because the best mechanism in facing a test is yourself, but there must be external support so that psychological balance occurs. This is by the excerpt of QS. At-Taubah (40), the excerpt of the verse explains that if someone is in a state of depression, full of worry and fear, then suggest to yourself that God is with us. Whatever illness or disaster will be faced, then surrender to God. By trying and surrendering because both are God's commands

According to Corel Full Human, every human being has five characteristics where there is openness to feelings that show positive or negative self-acceptance in adjusting to subsequent experiences and self-confidence in what is faced from each situation. In the concept of self-acceptance according to Kubler's 1969 theory, there are five stages from the denial phase to the acceptance phase ( Bregman L et.al 2019; Tyrrell P et.al 2023). Researchers are interested in researching "the experience of 19-year-old teenagers in dealing with stage 1B ovarian cancer with spiritual understanding". By making it research, it can be a solution and can motivate everyone who is struggling with cancer or other diseases and can make peace with the situation they are experiencing. in accordance with the purpose of this study is to find out the experience of 19-year-old adolescents in dealing with Stage 1B Ovarian Cancer with Spiritual Understanding.

## **METHOD**

The research uses a Qualitative method with a case study approach. Participants numbered 1 person, namely a teenager who had ovarian cancer. The purpose of this study was to determine experiences of 19-year-old adolescents in dealing with stage 1B ovarian cancer with spiritual understanding. This research was conducted in August- September 2024. The case study approach according to Yin's theory (2003) is defined as a research method for phenomena that occur with a focus on a person's life experience (real-life context). Case studies are exploratory, focusing on an object that is raised as a case to be studied in depth so that the reality behind the phenomenon can be revealed (Malang, 2017). Ethical approval for this research was given by the committee of STIKes Muhammadiyah Ciamis with number 046/KEPK-STIKESMUCIS/VIII/2024. Participants were given a consent form before the interview. participants agreed to be interviewed without any pressure. participants have the right to confidentiality and can withdraw at any time. in this study no participants withdrew so that the research went well.

In the implementation of this research. It has fulfilled ethical principles such as explaining the purpose of research. Maintaining the confidentiality of respondent, and providing sufficient time for data collation records. The instrument used is data triangulation including observation, in-depth interviews, and documentation. Interviews are conducted with a duration of 40 minutes. Using a camera and audio, for documentation is equipped with the results of the respondent's medical. Data validity can be achieved through an appropriate data collection process by means of a triangulation process and must have a degree of

trustworthiness, transferability, dependability, and confirmability. The method for data analysis uses data explication techniques, with several steps including gaining an understanding of the data as a whole, compiling a Description of Individual Phenomena (DFI), identifying episodes in each DFI, explicating themes in each episode, and synthesizing the explanation of each theme in each episode (Helaluddin, 2019).

## RESULT

### Experience in Dealing with Ovarian Cancer

#### 1. The Concept of Self-Acceptance

##### a. Denial Phase

The self-acceptance felt by Nn W at that time began with the denial phase. In this phase, when the interview was conducted, Nn W's voice had a sad expression and a trembling voice, expressed in the interview transcript as follows:

*"When I was first diagnosed with cancer I cried, I felt sad and scared because I know how cancer is treated."*

##### b. Anger Phase

Self-acceptance in the angry phase occurred when Nn. W was diagnosed with stage 1B ovarian cancer and had to undergo surgery to remove the tumor and had not yet accepted her condition. At this phase, when the interview was conducted, Nn. W had a sad expression on her face and ended with a smile, which was expressed in the interview transcript as follows:

*"...at that time I didn't want to get treatment for 1 year"*

##### c. Bargaining Phase

Self-acceptance in the bargaining phase, when Nn. W was still diagnosed with cancer, Nn. W communicated with God, in the interview at this stage Nn. W smiled, expressed in the interview transcript as follows:

*"...God, I'm sorry I complained to you, but why did you give me this disease?... I will accept this disease, but give me a way to find healing, God."*

##### d. Depression Phase

Self-acceptance in the depression phase, in the depression phase Nn. W went through a very long process, where Nn. W did not want to meet people and her family, she preferred to lock herself in her room and thought that the people around her had the greatest potential for her to hurt herself, in this phase when the interview was conducted Nn. W's sad facial expression and trembling voice were expressed in the interview transcript as follows:

*".....what made me depressed was when I was diagnosed with cancer, but my psychiatrist said that I had been depressed for a long time because I liked to keep it to myself and finally exploded when I was diagnosed with cancer. .... I locked myself away, no one was allowed to be around me, I couldn't communicate with my family, I even hurt myself, I even cut my hands, and I always blamed myself. because when I was depressed, I lost trust in everyone, so I couldn't communicate with anyone, because I thought that the people*

*closest to me had a high potential for me to hurt myself, to the point where I didn't want to be friends with anyone."*

The depression phase in Nn. W continued especially when she was abandoned by the person who always listened to her, became a place to complain, Nn. W was abandoned by her grandfather. This was the hardest point and the lowest point that had to be experienced.

*"The lowest point at that time was when I had to fight cancer and fight depression, on one hand, I had to be strong and really ready to fight cancer and want to live, but on the other hand depression pushed me not to live. .... the closest person to me died, namely my grandmother, the person who really listened to all the stories, when I was little I was always with her, she taught me to ride a bike, even discussions about college were with her, so my hardest point was when no one wanted to listen "*

#### **e. Acceptance Phase**

Acceptance phase, where in this phase Nn. W has accepted her illness, is willing to make peace with the situation, and is willing to seek treatment again for her recovery, as is expressed in the interview transcript as follows:

*"By accepting and making peace with the situation, but don't give up"*

## **2. Social Support**

At this stage, Nn. W revealed that when she was suffering from cancer, support was given by her family when an interview was conducted. Nn. W with teary eyes and a smile, expressed in the interview transcript as follows:

*"Parents always accompany during treatment, and not only accompany but also support in various areas, especially since the cost of cancer treatment is not cheap"*

When experiencing ovarian cancer, support was also given by those closest to her, as expressed by Nn. W with a broad smile indicating joy, as expressed in the interview transcript as follows:

*"...a high school friend who always listens to stories when I have a headache, I always tell him, and he is a good listener for me, so I can survive..."*

## **3. Spiritual, Motivation, Hope**

At this stage, the researcher asked Nn. W what wisdom Nn. W felt when undergoing stage 1B ovarian cancer. Nn. W gave her answer with a smiling face and a straight gaze, which illustrated honesty and sincerity. expressed in the interview transcript as follows:

*"There are many lessons, don't forget to be grateful, you have to maintain a lifestyle that is very important, diet, thoughts too because you shouldn't think too much, so you really change your personality, you have to be grateful for whatever there is, no matter how difficult it is, there must be a way out, first of all, I can't imagine being able to recover from cancer, because the treatment is complicated, cancer itself is also complicated to cure, and I recovered, that's the lesson that can be taken"*

At this stage, the researcher asked Nn. W what her hopes were after being declared cured of stage 1B ovarian cancer. Nn. W expressed her answer enthusiastically, expressed in the interview transcript as follows:

*"Hopefully she will be healthy, because in the medical world, what is cancer? There is no such thing as a cure for cancer, there is remission, but there is also fear now that she will be given continued health, no relapse, for the future if for example I go to the gynecologist and have an ultrasound, there is only 1 ovary left, I have to get married quickly, the doctor is also worried that there is growth in the right ovary, so hopefully she will always be healthy and one day have her own children. And for ovarian cancer, it is a hereditary disease, so if have children, my children must be vaccinated."*

At this stage, the researcher asked Nn. W, after being declared cured of ovarian cancer, what is the meaning of life that you feel? Nn. W answered with a smiling face, feeling happy and with teary eyes. expressed in the interview transcript as follows:

*"I didn't think I could get this far, I was chosen by God to run this beautiful scenario, with such a long process and at the point where I was looking for an answer to the questions that popped up in my mind every day, and in the end I found the answer, up to this point it was not an easy process, cancer requires a spirit of life from within oneself, not only from the environment, it's useless if the environment supports, if there is no spirit from within oneself, maybe I was given the opportunity by God so that I am more grateful for everything"*

## **DISCUSSION**

### **The Concept of Self Acceptance**

Based on the respondents' experience when facing stage 1B ovarian cancer, where the respondents experienced all stages of self-acceptance, according to Kubler Ross's theory (1969), the stage of self-acceptance with psychological responses, starts from the individual's first reaction when he or she is diagnosed with the disease is denial, anger, bargaining, depression, acceptance (Murhayeni et al., 2023) Respondents in this study when undergoing ovarian cancer 1B, experienced all stages of self-acceptance. Starting from rejection or denial, in this study respondents experienced denial, in the form of sadness, crying, and fear, as the results of the study S. Wulandari, (2019). Which states that negative feelings experienced by cancer sufferers are in the form of shock, drop, and initial confusion when diagnosed with cancer. After the denial stage, it is continued with the anger phase, in this study the respondent experienced this stage with the expression that he did not want to undergo treatment for one year. Continued with the bargaining stage, seeing from the results that there was communication with God, where there was rebellion and did not accept the disease he felt, but over time he asked God to give him healing, and continued with the depression stage, for the depression stage the respondent experienced a very long stage different from the other stages.

The stages of depression experienced by respondents in this study were isolating the nerves, despair, not wanting to talk to anyone, self-harm, and suicidal thoughts. In line with the research conducted Setiyarini & Effendy (2017). Which found that depression can cause patients to harm their lives and commit suicide. For depression itself, respondents are still being helped with antidepressants until now, but have started to reduce their use of drugs, and have been able to carry out activities normally ( Pruneti C1 et al., 2020 ; Setiyarini & Effendy 2017). The acceptance stage is when the respondent wants to seek treatment again has received the answers in his mind, and sees himself as strong enough to face his illness.

### **Social Support**

Social support greatly helps respondents in accepting their illness, respondents become motivated by the support given by family, the Health Team and those closest to them, informative and instrumental support greatly helps individuals in exploring their illness, while emotional support helps individuals in accepting the situation and trying to treat their illness. The views of the family, closest people, and medical personnel in handling respondents were very positive, there was support and encouragement for respondents, so that they would not give up in facing their illness and undergo treatment until finally the respondent was declared cured. Social support greatly helps respondents in accepting their illness, respondents become motivated by the support given by family, the Health Team, and those closest to them, informative and instrumental support greatly helps individuals in exploring their illness, while emotional support helps individuals accept the situation and trying to treat their illness. The views of the family, closest people, and medical personnel regarding the respondents were very positive. There was support and encouragement for respondents so that they would not give up on facing their illness and undergoing treatment until finally, the respondent was declared cured. The research results are in line with the research of Supradewi & Sukmawati (2020) the results show that support is needed for cancer patients from several parties. In this study, respondents felt pessimistic and did not want to continue treatment, but with good support from family, closest people, and health workers, respondents were willing to undergo treatment dialaminya (Supradewi & Sukmawati, 2020). Strengthened by research Bagiyo & Siswantoro, (2023) The role of family members in providing life support for people with cancer will have a big impact on them Family assistance makes patients feel calmer and more comfortable in undergoing treatment Family can give them strength in facing (Bagiyo & Siswantoro, 2023)

### **Spiritual, Motivation, Hope**

Based on the results of the interview in the spiritual stage, motivation, hope, wisdom, and meaning of life were obtained after being declared cured of cancer. The motivation that made him continue to fight was his grandmother also suffered from ovarian cancer. In this study, it was found that the spiritual stages carried out by respondents were praying for themselves, having the belief that choosing respondents to carry out their life mission as cancer sufferers, would make respondents closer to God and more grateful for what they felt, when respondents were declared clean from ovarian cancer, they stated that God had given them the opportunity. The existence of a self-approach with God makes the respondent feel at peace so that he believes there is a cure or a way to cure his illness. So in facing cancer, the respondent has the hope that he will be given health, ovarian cancer does not grow on the right side, and when married he has his children, the respondent said the wisdom felt when he had cancer, namely do not forget to be grateful, because the incident of being diagnosed with cancer in his body at that time changed him to be better.

The research results are in line with the research of Junovandy et al., (2019) Individuals who have high expectations have goals in life, are able to develop a way to achieve their goals, and have confidence in being able to achieve their goals, develop a way to achieve their goals, and have confidence in being able to achieve their goals through the methods they develop to achieve their goals through the ways they develop Short-term goals (Junovandy et al., 2019). The meaning of life felt by respondents in this study is that God has allowed respondents to live because, for ovarian cancer sufferers, it is a process that is not easy to go through everything, there must be a spirit of life within oneself to recover (Phenwan et al., 2019). The spiritual stage felt by respondents is by Ah Yusuf's book (2017) that spirituality is the spirit of life in giving meaning to life, hopes, and wisdom that is experienced, by research Janitraet al.,

(2021) with results stated that patients with ovarian cancer view their illness as an adventure, make meaning of life, are grateful, hopeful and believe in the coming of healing (Janitra et al., 2021; Yusuf et al., 2017).

## **CONCLUSION**

Experience of ovarian cancer patients with stage 1B, who went through a long process of self-acceptance, starting from denial, anger, bargaining, depression, acceptance, from the beginning of being diagnosed with cancer until being declared clean, this cannot be separated from several social supports, namely, family, medical personnel and people closest to them, the existence of motivation and desire to heal from themselves, so that spiritually ovarian cancer patients managed to adjust to the situation and gain meaning and a new perspective on life.

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