

## Abstrak

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Hubungan Dukungan Keluarga Dengan *Burnout* Pada Pasien *Carcinoma Mammae* Dalam Masa Perawatan Di Rumah Sakit Tingkat III Baladhika Husada Jember, 2025.

Xiv + 118 Hal + 4 bagan + 10 Tabel + 17 Lampiran

### Abstrak

*Carcinoma mammae* dapat menyebabkan *burnout* akibat tekanan fisik dan psikologis selama perawatan. Dukungan keluarga berperan penting dalam mengurangi tingkat *burnout*. Penelitian ini bertujuan mengetahui hubungan dukungan keluarga dengan *burnout* pada pasien *carcinoma mammae* di Rumah Sakit Tingkat III Baladhika Husada Jember. Penelitian menggunakan desain *cross-sectional* dengan pendekatan kuantitatif. Sebanyak 70 responden dipilih melalui *purposive* sampling. Instrumen yang digunakan adalah kuesioner dukungan keluarga dan *burnout*. Hasil penelitian menunjukkan sebagian besar responden (69%) mengalami *burnout* sedang, dan sebagian besar (79%) mendapat dukungan keluarga dengan kategori baik. Hasil uji korelasi person menunjukkan hubungan yang signifikan antara dukungan keluarga dan *burnout* ( $p = 0,001$ ;  $r = -0,719$ ). Semakin tinggi dukungan keluarga, maka semakin rendah tingkat *burnout*. Penelitian ini menyimpulkan bahwa dukungan keluarga berperan penting dalam mengurangi *burnout* selama masa perawatan *carcinoma mammae*.

Kata Kunci: *Burnout*, Breast Cancer, Emotional Fatigue, Family Support, Treatment

*Abstract*

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*The Relationship Between Family Support and Burnout in Patients with Mammae Carcinoma During Treatment at Level III Hospital Baladhika Husada Jember, 2025.*

*Xiv + 118 Pages + 4 Charts + 10 Tables + 17 Appendices*

*Abstract*

*Carcinoma mammae can cause burnout due to physical and psychological stress during treatment. Family support plays a key role in reducing burnout. This study aimed to examine the relationship between family support and burnout in patients with carcinoma mammae at Level III Baladhika Husada Hospital, Jember. A cross-sectional quantitative design was used, involving 70 respondents selected by purposive sampling. Family support and burnout were measured using questionnaires. Results showed that 69% of patients had moderate burnout, and 79% received high family support. Pearson correlation test revealed a significant relationship ( $p = 0.001$ ;  $r = -0.719$ ), indicating that higher family support is associated with lower burnout. This study concludes that strong family support plays an important role in reducing burnout during cancer treatment.*

*Keywords: Burnout, Breast Cancer, Emotional Fatigue, Family Support, Treatment.*