

ABSTRAK

UNIVERSITAS MUHAMMADIYAH JEMBER
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Ando Mangkuluhur

Implementasi *Expressive Writing Therapy* Pada Pasien Ca Paru Dengan Masalah Keperawatan Ansietas di Ruang Gardena RSD dr. Soebandi Jember

xiii + 91 hal + 12 tabel + 6 lampiran

Abstrak

Pasien Ca Paru kerap mengalami gangguan psikologis berupa ansietas akibat diagnosis yang mengancam jiwa, proses pengobatan yang berat, dan ketidakpastian masa depan. Kondisi ini berdampak negatif terhadap kualitas hidup dan kepatuhan terapi. Salah satu pendekatan non-farmakologis yang dapat digunakan adalah *Expressive Writing Therapy* (EWT), yakni teknik menulis untuk mengekspresikan emosi terdalam secara bebas dan terarah. Tujuan penelitian ini yakni mengetahui efektivitas *Expressive Writing Therapy* terhadap masalah ansietas pada pasien Ca Paru di Ruang Gardena RSD dr. Soebandi Jember. Penelitian ini merupakan studi kasus terhadap tiga pasien Ca Paru dengan masalah keperawatan ansietas. Data dikumpulkan melalui wawancara, observasi, skala GAD-7, dan lembar *Expressive Writing Therapy* selama tiga hari berturut-turut. Evaluasi dilakukan menggunakan format SOAP. Sebelum terapi, dua pasien mengalami ansietas ringan (GAD-7: 7 dan 8) dan satu pasien ansietas sedang (GAD-7: 11). Setelah tiga hari intervensi, seluruh pasien menunjukkan penurunan skor GAD-7 menjadi kategori minimal (≤ 4). Perubahan juga tampak pada perilaku: pasien lebih tenang, tidak gelisah, mampu berkonsentrasi, dan bersikap lebih terbuka dalam komunikasi. *Expressive Writing Therapy* efektif dalam menurunkan ansietas pada pasien Ca Paru. Terapi ini membantu pasien mengekspresikan ketakutan dan tekanan emosional yang selama ini terpendam. Efektivitas diperkuat oleh dukungan keluarga, pendekatan terapeutik, dan keterlibatan aktif pasien.

Kata Kunci : Ca Paru, ansietas, *expressive writing therapy*, efektivitas, GAD-7

ABSTRACT

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Implementation of Expressive Writing Therapy for Lung Cancer Patients with Anxiety Nursing Problems in the Gardena Room of dr. Soebandi Jember Regional Hospital

xiii + 91 pages + 12 tables + 6 appendices

Abstract

Lung cancer patients often experience psychological distress in the form of anxiety due to a life-threatening diagnosis, a strenuous treatment process, and uncertainty about the future. This condition negatively impacts quality of life and therapy adherence. One non-pharmacological approach that can be used is Expressive Writing Therapy (EWT), which is a writing technique to express deepest emotions freely and purposefully. The aim of this study is knowing the effectiveness of Expressive Writing Therapy on the problem of anxiety in patients with lung cancer in the Gardena Room of dr. Soebandi Jember Regional Hospital. This study is a case study of three patients with lung cancer with the nursing problem of anxiety. Data were collected through interview, observation, GAD-7 scale, and Expressive Writing Therapy sheet for three consecutive days. Evaluation was done using SOAP format. Before therapy, two patients had mild anxiety (GAD-7: 7 and 8) and one patient had moderate anxiety (GAD-7: 11). After three days of intervention, all patients showed a decrease in GAD-7 scores to the minimal category (≤ 4). Changes were also seen in behavior: patients were calmer, less agitated, able to concentrate, and more open in communication. Expressive Writing Therapy is effective in reducing anxiety in patients with lung cancer. This therapy helps patients express fears and emotional distress that have been pent up. Effectiveness is strengthened by family support, therapeutic approach, and active patient involvement.

Keywords: lung cancer, anxiety, expressive writing therapy, effectiveness, GAD-7