

Identification of Self-Concept among Cancer's Farmer Patients Undergoing Chemotherapy: A Descriptive Study

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ABSTRACT

Occupation in the agriculture sector is one of the contributors to health problems, one of which is cancer. The general treatment that can be given to cancer patients is chemotherapy. However, the side effects of chemotherapy can interfere with daily activities and cause feelings of helplessness. This condition influences changes in the self-concept of farmers. The purpose of this study is to identify the self-concept of farmers undergoing chemotherapy at Level III Baladhika Husada Hospital, Jember Regency. This study used a descriptive quantitative design. The sampling technique used purposive sampling with a total of 58 respondents. The data collection was conducted using a self-concept questionnaire. The data analysis technique used univariate analysis. The results of this study indicate that more than half of the farmers had a negative self-concept as many as 31 people (53.4%). Based on the evaluation of indicators, 31 people (53.4%) showed weak self-identity, 34 people (58.6%) had negative body image, 37 people (63.8%) had negative self-ideals, 33 people had low self-esteem (56.9%), and the disturbed role of 33 people (56.9%). The majority of farmers had a negative self-concept, which can be caused by several factors, such as changes in body condition, roles in the family, and changes in social relations. This study can be a basis for nurses to improve nursing practice by providing support and motivation to patients undergoing chemotherapy during the treatment process.

Keywords: chemotherapy; farmers; self-concept

INTRODUCTION

Cancer is a non-communicable disease and is one of the disease with the second-largest death rate in the world (Direktorat P2PTM, 2019). Cancer can be caused by lifestyle, work, and lack of self-protection. More activities in open spaces, exposure to sunlight, and chemicals such as pesticides for a long time cause farmers to have a greater risk of suffering from cancer. This is because ultraviolet (UV) rays from the sun and pesticides are carcinogenic to humans (Sumirat et al., 2022). Data from World Health Organization (WHO) states that cases and deaths due to cancer until 2018 amounted to 18.1 million cases and 9.6 million deaths. Cancer incidence in Indonesia in 2018 reached 1.79 per 1000 people (Risksdas, 2018). Farm workers are ranked 5th out of 9 types of work that contribute to cancer. This ranking makes farmers a group at risk of developing cancer (Pangribo, 2019).

The high incidence of cancer in farmers is also caused by a lack of efforts to prevent cancer. According to Trenerry et al. (2022), cancer prevention among farmers is still relatively low due to the lack of use of personal protective equipment which farmers consider to limit their activities on agricultural land. The incidence of cancer found in farmers with the highest prevalence is lung cancer, colon cancer, and prostate cancer (Sulistyaningsih and Marchianti, 2018). Cancer needs to be treated so that patients can recover, improve their quality of life, and reduce death rates. Chemotherapy is a cancer treatment that uses drugs to destroy and slow the growth of cancer cells (National Cancer Institute, 2018). One of the hospitals that handles chemotherapy for cancer patients is Level III Baladhika Husada Hospital, Jember Regency.

Level III Baladhika Husada Hospital, Jember Regency is a health facility that has superior services in the field of chemotherapy and is a referral hospital for cancer patients in the Jember and surrounding areas. A preliminary study conducted by researchers at the hospital showed that the majority of cancer patients undergoing chemotherapy had jobs as farmers. Data from January 2022 – December 2022, 109 farmers underwent chemotherapy with a total of 414 visits and the majority of patients were female. The results of interviews conducted by researchers at the Level III Baladhika

Husada Hospital, Jember Regency, found that the impact of chemotherapy caused farmers to tend to be weak and sometimes experience nausea and vomiting.

This is in line with the opinion of Darmawan et al. (2019) that physical conditions that can be experienced by patients undergoing chemotherapy include pain, allergies, hair loss, weakness, and decreased appetite. Apart from changes in physical condition, the patient's psychological condition during treatment can also reduce the level of confidence in living life. According to Lestari et al. (2020) explained that the psychological problems faced by chemotherapy patients include fear, disturbed body image, stress, low self-esteem, hopelessness, and even suicidal thoughts. Cancer patients will face many complaints about body changes and interactions with other people. The changes experienced require a long period of adjustment and can affect one's self-concept (Merlin et al., 2021).

Self-concept is an individual's subjective view of himself which involves thoughts, attitudes, and perceptions. The self-concept that farmers have is the basis for motivation and behavior to become good farmers (Sommeren, 2019). Patients who have a negative view of their condition can create feelings of helplessness which will affect their motivation to overcome the problems they face (Padaallah et al., 2022). Farmers whose self-concept decreases when undergoing chemotherapy are at risk of not being able to fulfill their role in fulfilling their family's expectations. Psychological aspects in the treatment of cancer patients are important to pay attention to because they can cause psychological stress which has an impact on the healing process. Based on this description, researchers are interested in examining the self-concept of farmers undergoing chemotherapy in Level III Baladhika Husada Hospital, Jember Regency.

METHOD

This research uses a quantitative descriptive design. The research population was 109 farmers undergoing chemotherapy with 58 samples that met the research criteria. The sampling technique uses purposive sampling. The sample criteria in this study consisted of inclusion criteria and exclusion criteria. Inclusion criteria include patients who work as farmers or farm laborers identified through medical records and farmers who have received at least one chemotherapy. Meanwhile, the exclusion criteria in the study included patients with decreased consciousness and patients who did not complete the instrument filling completely. Data collection used a self-concept questionnaire adopted from research by Sugo et al. (2019) with a total of 20 statement items. This research uses univariate analysis. Testing the normality of the self-concept variable using Kolmogorov-Smirnov resulted in normally distributed data, so the cut-off point value used a mean of 58,22. This research has passed the ethical test at the Faculty of Nursing, Jember University with certificate number 254/UN25.1.14/KEPK/2023.

RESULT

Chemotherapy treatment causes several side effects, both physical and psychological. One of the psychological impacts of farmers undergoing chemotherapy is the influence on the farmers' self-concept which includes self-identity, body image, self-ideal, self-esteem, and their role in the family and society. The results of the research are described below, including the characteristics of respondents, the self-concept of farmers, indicators, and levels of self-concept of farmers undergoing chemotherapy at the Level III Baladhika Husada Hospital, Jember.

Respondent Characteristics

Table 1. Characteristics of Farmers Undergoing Chemotherapy Based on Age in Level III Baladhika Husada Hospital, Jember Regency (n=58)

Respondents' Characteristics	Mean	Min	Max
Age	51.43	27	73

The results of the respondents' age characteristics show that the average age of respondents is 51.43 years with the lowest age being 27 years and the highest age being 73 years.

Table 2. Characteristics of Farmers Undergoing Chemotherapy in the Level III Baladhika Husada Hospital, Jember Regency (n=58)

Variable	Frequency	Percentage (%)
Gender		
Man	8	13.8
Woman	50	86.2
Education		
No school	11	19.0
Elementary school	30	51.7
Junior high school	11	19.0
Senior high school	6	10.3
College	0	0
Length of Working		
Part time	33	56.9
Full time	25	43.1
Type of Farmer		
Rice farmers	34	58.6
Corn farmers	10	17.2
Tobacco farmers	6	10.3
Orange farmers	1	1.7
Coffee farmers	6	10.3
Rubber farmers	1	1.7
Employment Status		
Actively working	3	5.2
Not actively working	55	94.8
Length of Chemotherapy Treatment		
Less than 1 year	52	89.7
More than 1 year	6	10.3
Type of Cancer Experienced		
Head and neck cancer	6	10.3
Lung cancer	2	3.4
Breast cancer	36	62.1
Gastrointestinal cancer	7	12.1
Lymphoma cancer	0	0
Prostate cancer	0	0
Cervical cancer	2	3.4
Other cancers	5	8.6
Sources of Financing		
BPJS	58	100
General	0	0
Other insurance	0	0

The results show that the majority of farmers are female, numbering 50 respondents (86.2%). The last level of education was at Elementary School for 30 respondents (51.7%). Length of work indicates part-time work for 33 respondents (56.9%) with 34 respondents (58.6%) as rice farmers. The work status of farmers is no longer actively working for 55 respondents (94.8%). The length of chemotherapy was \leq 1 year for 52 respondents (89.7%) with 36 respondents (62.1%) for breast cancer. The source of financing comes from BPJS insurance (100%).

Self-Concept

Table 3. Self-Concept of Farmers Undergoing Chemotherapy in the Level III Baladhika Husada Hospital, Jember Regency (n=58)

No.	Statement	Answer choices							
		Strongly disagree		Don't agree		Agree		Strongly agree	
		n	%	n	%	n	%	n	%
Self-identity									
1.	I remain a complete man or woman even though I have cancer	1	1.7	10	17.2	35	60.3	12	20.7
2.	I can still be a good parent/spouse/child after cancer	0	0	4	6.9	43	74.1	11	19.0
3.	I can still mingle with the people	4	6.9	7	12.1	34	58.6	13	22.4
4.	I feel inferior because my condition is no longer normal	20	34.5	31	53.4	6	10.3	1	1.7
5.	I haven't been able to make my family happy since suffering from cancer	12	20.7	24	41.4	17	29.3	5	8.6
6.	I didn't have a future anymore after I had cancer	23	39.7	29	50.0	6	10.3	0	0
Body image									
7.	I don't worry about my imperfect body shape anymore after suffering from cancer	5	8.6	14	24.1	27	46.6	12	20.7
8.	I can still carry out my functions as a man or woman well	3	5.2	10	17.2	34	58.6	11	19.0
9.	The physical condition of my body was not attractive after I had cancer	7	12.1	19	32.8	22	37.9	10	17.2
Self-ideal									
10.	I want to always appear good in front of the people I care about	0	0	0	0	12	22.4	45	77.6
11.	I can't be a complete man or woman	9	15.5	31	53.4	17	29.3	1	1.7
12.	I always try to maximize myself in carrying out my functions as a parent/ partner/child in the family	2	3.4	1	1.7	29	50.0	26	44.8
Self-esteem									
13.	I'm sure my family never ignored me even though I had cancer	1	1.7	0	0	26	44.8	31	53.4
14.	I'm afraid that my family will not sincerely accept my current condition	22	37.9	24	41.4	10	17.2	2	3.4
15.	Cancer is not an obstacle for me to carry out daily activities	11	19.0	19	32.8	17	29.3	11	19.0
16.	I would be embarrassed if anyone else knew about the condition of the disease that I'm currently experiencing	21	36.2	30	51.7	5	8.6	2	3.4
Self-role									
17.	I'm still able to take care of my family well even though I have cancer	3	5.2	11	19.0	34	58.6	10	17.2
18.	I can still carry out social activities in the community well since I suffered from cancer	11	19.0	4	6.9	36	62.1	7	12.1
19.	I've not been able to carry out my duties as a parent/spouse/child optimally since I suffered from cancer	5	8.6	14	24.1	22	37.9	17	29.3
20.	I feel that my family does not trust my abilities in certain areas while I carry out my functions as a parent/spouse/child	3	5.2	14	24.1	10	17.2	31	53.4

The research results showed that the self-concept of farmers who underwent chemotherapy, seen from their self-identity, had the largest opinion, namely that respondents could still be good parents/partners/children after suffering from cancer with 43 respondents (74.1%) answering in the affirmative. On the body image indicator, respondents had the most opinions, namely that they could carry out the functions of a man or woman well, with 34 respondents (58.6%) answering agree. The majority of respondents' self-ideal indicator said they wanted to always appear good in front of their loved ones with 45 respondents (77.6%) answering strongly agree. The results of research on self-esteem indicators show that the most opinion is that the family never ignores them even though they suffer from cancer with 31 respondents (53.4%) answering strongly agree. In the last indicator, namely the role of self, respondents had the most opinion, namely that they

were still able to carry out social activities in the community well since suffering from cancer with 36 respondents (62.1%) answering in the affirmative.

Self-Concept Indicators

Table 4. Self-Concept of Farmers Undergoing Chemotherapy According to Indicators in the Level III Baladhika Husada Hospital, Jember Regency (n=58)

Indicator	Frequency	Percentage (%)
Self-identity		
Strong	27	46.6
Weak	31	53.4
Body image		
Positive	24	41.4
Negative	34	58.6
Ideal-self		
Positive	21	36.2
Negative	37	63.8
Self-esteem		
High	25	43.1
Low	33	56.9
Self role		
Role isn't interrupted	25	43.1
Role is disrupted	33	56.9

The results showed that 31 respondents (53.4%) had weak self-identity. Body image was found to be negative for 34 respondents (58.6%). A total of 37 respondents (63.8%) had a negative self-ideal. Farmers' self-esteem was in the low category as many as 33 respondents (56.9%). The role of self was also found to be disturbed by 33 respondents (56.9%).

Self-Concept Level

Table 5. Self-Concept of Farmers Undergoing Chemotherapy in the Level III Baladhika Husada Hospital, Jember Regency (n=58)

Category	Frequency	Percentage (%)
Positive	27	46.6
Negative	31	53.4
Total	58	100

The results show that the level of self-concept of farmers undergoing chemotherapy is more in the negative category with 31 respondents (53.4%).

DISCUSSION

The present study describes self-concept the farmer's cancer patients undergoing chemotherapy in military hospital in Jember area. The research results showed that the average age of farmers undergoing chemotherapy was 51.43 years. The American Cancer Society (2022) explains that a person's risk of developing cancer increases with age. This is in line with the opinion of Nugroho and Sucipto (2020) that those aged over 45 years are prone to cancer. However, research by Sharfina and Indriawati (2021) states that there is no relation between age and the incidence of cancer. So researchers assume that age can influence the incidence of cancer due to the aging process. However, other factors also influence the increase in cancer incidence.

The results show that the majority of farmers who underwent chemotherapy were female, namely 50 respondents (86.2%). This is in line with research from Dewi et al., (2020) which stated that 75.5% of the 53 respondents were female chemotherapy patients. Women have a greater risk factor for developing cancer due to genetic factors or hormonal imbalances (Wardana and Ernawati, 2019). However, the results of this study contradict research by Waruwu and Silaen (2023) which states that there are more male chemotherapy patients than female. According to Sharfina and Indriawati

(2021), there is no relation between gender and the risk of cancer. Women experience more cancer because some more specific cancers often occur in women and are easier to detect quickly.

This research shows that the highest level of education among respondents was at the elementary school level with 30 respondents (51.7%). Education is needed to obtain information to support health and improve a good quality of life. The higher the level of education, the greater the knowledge one has to make or take the right decisions in maintaining one's health (Ge'e et al., 2021). According to Fajia Sihombing (2021), a low level of education influences a person's knowledge about disease. So it can be concluded that the level of education influences a person's search for information about health problems and impacts the healing process.

The results showed that 33 respondents (56.9%) of farmers undergoing chemotherapy worked part-time. Part-time workers have normal working hours of less than 5 hours per day. This is in line with research from Herawaty et al. (2022) that 76 respondents (60.3%) worked less than 5 hours per day. Prolonged work on agricultural land can increase the risk of exposure to pesticides in the body. So it can be concluded that the longer farmers work, the more vulnerable they are to the risk of experiencing work-related diseases without any preventative efforts being taken.

The majority of farmers undergoing chemotherapy manage rice-producing agricultural land, 34 respondents (58.6%). Rice farmers often use chemical pesticides to prevent pests from destroying crops (Situmorang et al., 2021). Continuous exposure to pesticides can increase the risk of disease. So it is important to be aware to use personal protective equipment to prevent and reduce risks that have a negative impact on health conditions.

This research shows that the majority of farmers are no longer actively working on agricultural land, with 55 respondents (94.8%). The weak physical condition causes a decrease in the ability to work which is indicated by stopping or postponing work (Risdayanti and Herlina, 2020). The researchers' findings stated that the majority of farmers stopped working due to unhealthy conditions and wanted to focus on treatment. A total of 3 respondents (5.2%) continued to carry out their activities as usual. This is done to eliminate thoughts of illness as well as discomfort and pain in the body if you remain silent. Researchers assume that farmers' activities are influenced by their way of tolerating illness and habits that are not easy to break.

This research showed that the majority of farmers underwent chemotherapy for less than 1 year, 52 respondents (89.7%). Chemotherapy treatment for more than 1 year has the potential to experience many physical changes (Nuraini and Tobing, 2022). Psychological responses will appear in someone diagnosed with cancer as a response to existing stimuli (Lestari et al., 2020). Researchers assume that the length of chemotherapy in farmers can have an impact on their self-concept assessment.

Breast cancer is the type most frequently experienced by farmers undergoing chemotherapy in the Level III Baladhika Husada Hospital, Jember Regency, namely 32 respondents (62.1%). The cause of breast cancer is not yet known with certainty (Ketut, 2022). Breast cancer is frightening for woman because this cancer is more often found at an advanced stage (Nurrohmah et al., 2022). The large number of farmers with breast cancer in this study was because the majority of respondents were female.

The source of financing for all respondents while undergoing treatment came from BPJS insurance (100%). According to Risdayanti and Herlina (2020) stated that assistance with health costs is a factor in the environment that influences the patient's condition in undergoing treatment. Researchers assume that having a source of financing from insurance can increase farmers' compliance and enthusiasm for undergoing chemotherapy.

Self-Concept of Farmers Undergoing Chemotherapy Based on Indicators

This research shows that 31 respondents (53.4%) have weak self-identity. In line with Sihombing (2022) who stated that 17 out of 30 chemotherapy respondents had a negative self-identity. In contrast to research by Atmojo (2020), 60 out of 67 respondents found breast cancer survivors to have a positive self-identity. Based on comparisons with the results of previous research, researchers believe that the self-identity of patients who are still undergoing chemotherapy tends to be in the weak category when compared with the self-identity of cancer survivors. This can be influenced by the different stages that patients go through in undergoing treatment. Nurses can be involved in strengthening the self-identity of farmers undergoing chemotherapy by providing education and counseling to make them aware that each person is unique with different characteristics.

Farmers who underwent chemotherapy experienced changes in their body conditions such as hair loss and black skin color. Changes in body appearance are considered to be a stressor that affects body image. The research results showed that 34 respondents (58.6%) had a negative body image. This shows that the respondents has not been able to accept the physical changes that have occurred to him. Body image disturbance occurs when there is a change in the appearance and function of the body which can be characterized by attitudes or behavior such as not accepting the changes that occur (Arfina et al., 2022). As is the case with the statement from Waluyo and Deska (2023) that patients

feel uncomfortable with their physical condition due to chemotherapy, resulting in feelings of dissatisfaction with their body image. Nurses can get to know the patient's feelings better by helping to inform them about the patient's condition and providing motivation to improve their attitude and good assessment of themselves.

The research results showed that 37 respondents (63.8%) had negative self-ideals. In line with Sihombing (2022) who stated that 22 out of 30 chemotherapy respondents with breast cancer had negative self-ideals. Meanwhile, Atmojo (2020) research conducted on breast cancer survivors found that 62 out of 67 respondents had positive self-ideals. Researchers assume that farmers' hopes and aspirations are high, but limitations during treatment affect their ideals. Nurses can help provide a supportive environment by involving the family in healing and maintaining the farmer's psychological condition.

The self-esteem of farmers undergoing chemotherapy was categorized as having low self-esteem, namely 33 respondents (56.9%). According to Ajis et al. (2022) stated that the self-esteem of patients undergoing chemotherapy is related to the support provided by the family. Patients undergoing chemotherapy have low self-esteem because they feel their ability to carry out activities is reduced, resulting in dependence on their families to meet their needs. Nurses can be involved in strengthening the self-esteem of farmers undergoing chemotherapy by providing education and counseling and involving family members to provide support in undergoing treatment.

The results of the self-role research showed that 33 respondents (56.9%) had a disturbed self-role. The majority of farmers in this study did not actively work on agricultural land, so their roles in the family were replaced by other members. In line with research by Ausrianti and Rifka (2023) which stated that 75% of 40 patients were not actively working due to decreased productivity due to physical limitations and pessimistic feelings about abilities. Researchers believe that the self-role that farmers have is an indicator that influences their self-concept. Nurses can help improve their role by assessing the tolerance of activities that can be carried out by farmers undergoing chemotherapy and involving families to provide support and trust to farmers.

Self-Concept of Farmers Undergoing Chemotherapy

This research shows that 31 respondents (53.4%) have a negative self-concept with an average age of 51.43 years and have undergone chemotherapy for less than 1 year. In line with Riskawaty (2021) who stated that 60% of 70 respondents had a negative self-concept with the majority aged 41-59 years. This is different from the results of research from Nuraini and Tobing (2022) which states that the majority of chemotherapy patients have a positive self-concept with a duration of chemotherapy of less than 1 year. The average farmer's negative self-concept has only undergone chemotherapy for less than 1 year, which means they are unable to adapt to the changes they are experiencing. The changes experienced by the patients cause their feel uncomfortable so they wants to stay away from their social environment. Changes or decreased social function can cause patients to experience decreased activity (Waluyo and Deska, 2023).

However, on the contrary, 27 respondents (46.6%) had a positive self-concept. Researchers found that farmers with a positive self-concept were able to accept changes in themselves as a form of test from the Almighty and felt they were always supported by their families. Therefore, it can be concluded that farmers with a negative self-concept are caused by decreased activity due to changes in self due to chemotherapy, so they are unable to do work, reduced social relation and lack of family support during the treatment process. The role of nurses is very important to examine patterns of relation with family and society so that they can provide counseling to help farmers find solutions to overcome the problems they are experiencing.

This research has limitations, namely during the data collection process. Respondents were limited in understanding Indonesian, so researchers needed to translate the aims, objectives, research procedures, and statements in the questionnaire into a language that respondents easily understood.

CONCLUSION

Based on the results and discussion of research, the assessment of the self-concept of farmers undergoing chemotherapy according to indicators consists of the self-identity of the majority of farmers showing the weak category, the majority's body image is negative, the majority's self-ideal is negative, the self-esteem of the majority is low, and the self-role of the majority is disturbed. Thus, the results of self-concept identification in farmers with cancer who underwent chemotherapy in the Level III Baladhika Husada Hospital, Jember Regency were overall in the negative category. The role of nurses and families becomes very important during the treatment process to increase positive assessment of the farmers' self-concept.

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