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JURNAL KEPERAWATAN KOMPREHENSIF	VOL. 9	NO. 1	Page 1 - 127	Bandung January 2023	ISSN 2354-8428 e-ISSN 2598-8727
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Review Article

Literature Review: Description of the Psychological Impact of Social Support on Gynecological Cancer Patients

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Received : 24/11/2022

Revised : 20/01/2023

Accepted : 28/01/2023

Online : 31/01/2023

Published : 31/01/2023

Abstract

Aims : Gynecological cancer is a group of diseases that develop and attack the female reproductive organs. There are many psychological problems due to the disease, such as anxiety, stress, helplessness, so that they need social support. Objective: to analyze the impact of social support for gynecologic cancer patients,

Material and Methods: the research used in this literature study was research that included the inclusion criteria that were made and the databases used, namely the wiley online library, EBSCO, Clinical key, and Google Scholar, Proquest. The keywords used were "gynecological cancer", "psychological problems" and "social support".

Results : 229 research results have been found. and those that fit the inclusion criteria totaled six articles. The six articles resulted in findings that social support from family, friends and significant others greatly influences the psychosocial impact of patients reducing depression and increasing acceptance of cancer, having good coping mechanisms in dealing with stress, increasing quality of life and reducing anxiety levels, the patient's fighting spirit in dealing with cancer and increase patient motivation for treatment. One article describes the impact that the absence of support can lead to feelings of loneliness and loss of hope

Conclusion: Social support from family, friends and meaningful people is very useful to help the healing process of gynecological cancer patients

Keywords:

Gynecological cancer, Psychological problems, Social support

INTRODUCTION

Cancer is a non-communicable disease that has cells that are aggressive so they can attack healthy cells and metastasize to other parts of the body, and metastases occur at an advanced stage (1). Gynecological cancer is a group of diseases that develop and attack the female reproductive organs, and ovarian fear of cancer recurrence is one type of gynecological cancer which is the fifth cause of death in women (2).

According to Weaver et al after completing treatment, the number of cancer survivors

who are able to survive has increased drastically, this is due to increased early detection, effectiveness of treatment and improvements in follow-up. There are 68% of women who survive after being diagnosed with cancer (3).

The hospital set several schedules for the majority of gynecological cancer survivors who have completed treatment such as being obliged to attend outpatient care, namely carrying out routine and clinical examinations and conducting consultations. European studies conducted on cancer survivors related to survival, psychological

morbidity, patient satisfaction and cost-effectiveness of the services provided and found that the biggest problem is fear of recurrence (4). The results of Sukyati's research in 2019 the number of gynecological cancer survivors in Indonesia who experience fear of recurrence is an average of 78.25 (5).

Good family support can prevent recurrence. Women who are diagnosed with cervical cancer will have a reduced level of anxiety about their disease, when they receive support from their husbands. Family is the most important social support to reduce anxiety in gynecological cancer patients. In gynecological cancer patients, anxiety has a negative effect on health such as lowering self-confidence, increasing the incidence of insomnia, and lowering the patient's quality of life. Gynecological cancer survivors need to get emotional support, so that survivors are able to deal with the problems they face (6).

According to Roland, social support for cancer survivors is needed from peers who have the same diagnosis and treatment. Social support can cause emotional reactions and behavioral changes in people who receive this assistance and can reduce the causes of psychological stress when facing difficult times (7). According to Wijayanti, the most influential variable in reducing fear of relapse is social support. The impact of social support is that it causes emotional reactions and changes in behavior in people who receive assistance and can reduce the causes of psychological stress (8).

There are a lot of studies discussing the psychological problems of patients with gynecological cancer, but there are not yet specific ones regarding the effects of social support as a whole, so this literature review aims to see an overall picture of the impact of social support on psychosocial problems in gynecological cancer patients. Because social support is at risk of making depression lower (9).

METHODS

Searching strategies

In searching for literature, the review used is an electronic database : goggle scholar, Wiley online library, EBSCO, clinical key, ProQuest, and The keywords used was gynecological cancer, psychological problems and social support.

Eligibility Criteria

In compiling a literature review, the articles used must meet inclusion criteria such as; (1) free full-text papers from 2012 to 2022 , (2) research on the psychological impact of social support for gynecological cancer patients, (4) using English (5) original research using quasy experimental studies, randomized control and trial methods, qualitative research and cross sectional studies (6) using English. The exclusion criteria in compiling this literature review are: research on the psychological impact of social support outside of gynecological cases 2) literature review/systematic review research

Data Extraction

The time to search for articles was from June to July 2022. PICO was used as a strategy to find articles from journals. The population in this literature review is gynecological cancer patients with social support interventions. The comparison in the literature review is that of gynecological cancer patients who do not get social support. The result is reduced anxiety. The keywords used in compiling the literature review were gynecological cancer, psychological problems and social support.

In searching for articles or journals, the keyword used is "and" with the aim of increasing search specifications so that it is easy to choose/determine the appropriate journal. Besides that, an initial selection is also carried out by looking at the contents of the abstract and studying articles and adjusting them to the inclusion criteria. Articles that do not comply will be excluded and those that do comply are retained for further review.

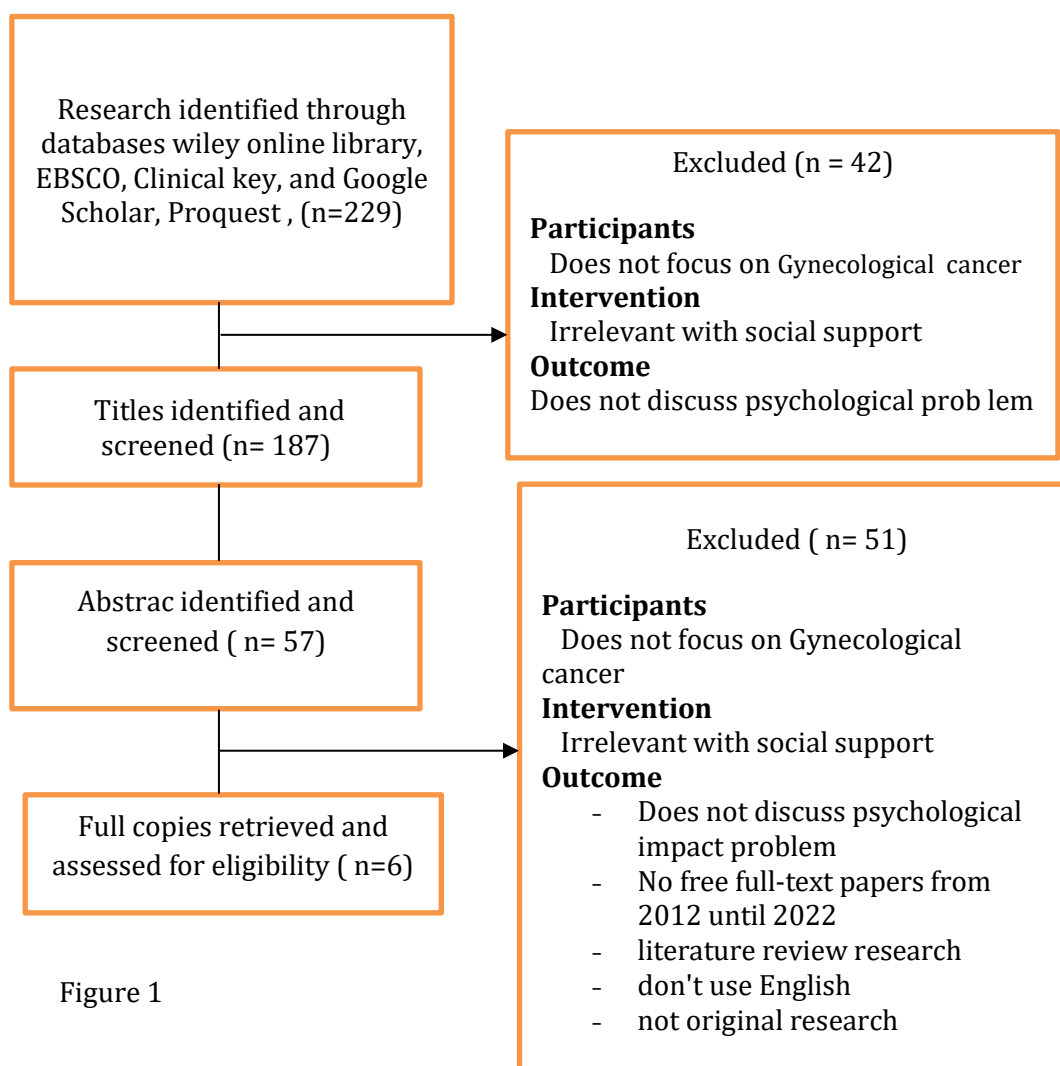


Figure 1

The process of selecting articles included in the literature review

No	Author	Participant	Intervention and instrument	design	Result
1.	Yağmur (10)	Respondents consisted of 190 women with gynecological cancer living in the province of Turkey	The intervention is that gynecological cancer patients get social support from family, friends and closest people. the questionnaire used is MSPSS and MAC	descriptive research	Gynecological cancer patients who get social support from family, friends and other people will have a positive impact on them, namely increasing the patient's fighting spirit in fighting the disease and decreasing feelings of hopelessness
2.	Dirar et al (11)	11 cervical cancer patients at Tikur Anbessa Specialized	interview	qualitative research	the importance of social support from family (husband, relatives), close friends and neighbors because it has the benefits

		Hospital, Addis Ababa, Ethiopia			of reducing stress, getting smooth treatment, meeting household needs and patients feeling not lonely because there are family members who accompany carrying out treatment at the hospital.
3.	Pinar et al (12)	Respondents consisted of 187 women who had been diagnosed with gynecological cancer who were being treated in a hospital in Turkey.	patient information form to obtain the sociodemographic data of the patients, (b) the Multidimensional Social Support Scale (PMSSS) to evaluate the adequacy of the social support, (c) the European Organization for Research and Treatment of Cancer Quality of Life to evaluate quality of life, and the (d) Hospital Anxiety Depression (HAD) Scale to evaluate the anxiety-depression situation.	cross-sectional design	the greatest social support comes from the family 92.9%, as many as 91.4% feel they have support from nurses, 67.4% feel they get support in terms of fighting the disease and feel received support from family and 76.8% felt that they had sufficient support
4.	Yilmaz et al (13)	221 women with gynecologic cancer in a university hospital in Istanbul, Turkey	multidimensional scale of perceived social support, and the third with the scale of ways of coping with stress	cross-sectional design	it was found that high social support results in gynecological cancer patients with characteristics of being married, high level of education, working status and having a balanced income and social support from family members of friends being the main factors Social support from family members of friends be a major factor in dealing with stress in women with gynecologic cancer.
5.	Li et al (14)	110 participants with stage I-II cervical cancer in the Department of Gynecologic Oncology of Chang Gung Memorial Hospital (CGMH) at	The instruments used are demographic questionnaires, diseases, Rosenberg's self-esteem scale, social support surveys and qualitative questionnaires	cross-sectional design	the highest social support results are 80.99 with the status of the patient being married, but with divorced status. the results of social support are 53.33. And the results of social support have no effect on age, education level and work status and high social support has an effect on improving the quality of



		LinKou			life of gynecologic cancer patients.
6.	Manne et al (15)	174 women with gynecological cancer across seven hospitals in the northeastern United States.	Three items from the FACT-G [support family and friend)	cross-sectional design	patients who have the support of family and friends and have a good stage of disease acceptance

RESULTS

There are 229 articles that fit the research objectives. There were 6 articles that met the inclusion criteria, so that 223 articles were excluded. Below is an explanation of 6 articles that met the inclusion criteria

Research conducted by Yagmur on 190 women who had suffered from gynecological cancer in DiyarBkir from November 2013 to October 2014. The Pinstrument tests used are the Multidimensional Scale of Perceived Social Support (MSPSS) and Mental Adjustment to Cancer (MAC). The MSPSS is used to measure patients who receive social support from family, friends and significant others. There are 12 scale items with a total score of 12-84. The highest score results indicate that the patient gets greater social support. MAC is used to measure the patient's psychological response and has 16 items consisting of 6 items of helplessness/despair, 9 items of anxiety, 8 items of fatalism and 1 item of denial. On the MAC instrument there is no total score. The average score is calculated based on the subscale. The total MSPSS score is 65.8. This means that gynecological cancer patients have high morale and motivation in undergoing treatment and dealing with their illness because they get a lot of social support from family, friends and those closest to them.

Dirar et al conducted a study of 11 cervical cancer patients who were undergoing treatment at the Tikur Anbessa Special

Hospital. The method used in collecting data in this study was semi-structured in-depth interviews. All interviews were recorded in seconds of audio after obtaining permission from each patient interviewed, with a duration ranging from 40-60 minutes. The results of the interviews in this study contained 6 themes, namely the first theme of the family providing very meaningful support, the second theme: a caring husband, the third theme: very helpful close friends, the fourth theme: extraordinary support from neighbors, this helps reduce stress. In the fifth theme, some relatives and friends stay away, causing loneliness and loss of hope. Then the sixth theme, patients really need support from professional health workers to provide accurate information, and have a sense of care and empathy. Can mean gynecological cancer patients really need social support from partners, family or friends, the impact of the absence of support will cause feelings of loneliness and loss of hope.

Research related to the impact of social support for gynecological cancer patients was also carried out by Pin ar on 187 women undergoing treatment in Turkey. The instruments used are the European Organization for Research and Treatment of cancer Quality of life (EORTC-QOL30) and Hospital Anxiety-Depression (HAD) scales, the multidimensional Social Support scale (PMSSS). The average total score for quality of life was 57.9 with a score for each symptom, namely fatigue 77.5%, nausea 70%, vomiting 68.2%, pain 67.3%, loss of

appetite 66.8%, anxiety 61.4% and difficulty sleeping 60%. While the average score of the HAD subscale was 11.66 for anxiety and 12.04 for depression. Of the 187 participants 80.2% experienced depressive symptoms. There are several criteria for getting a high PMSS score, namely gynecological cancer patients feel there is family support, nurses, have sufficient information about their disease, the patient is married and the severity of the disease is at an early stage and has a higher economic status. The results of this study indicate that there is a strong correlation between social support, anxiety and depression. The occurrence of decreased quality of life and decreased levels of anxiety associated with the high support found

Manne et al conducted a cross-sectional study in seven hospitals in the northeastern United States. The instrument used was functional impairment, which consisted of 26 items to assess functional impairment. The benefit finding which consists of 17 items to find the benefits of both interpersonal and intrapersonal changes from cancer with the top ranking results is: "It has helped me become more aware of the love and support available from others. Depressive symptoms, Acceptance of emotion and Social support each of the three instruments contribute to each other, the results of this study indicate that the discovery of benefits can reduce depression and increase cancer acceptance. Gynecological cancer patients who receive social support will increase their ability to process an event cognitively.

Li et al conducted a cross-sectional study of 110 patients at CGMH (Chang Gung Memorial Hospital) in LinKou from September 2013 to February 2014. The instrument used was the quality of life for cancer treatment (EORTC QLQ-C 30) measuring five functional subscales (physical, role, emotional, cognitive and socio-functional dimensions), three symptom subscales (fatigue, nausea/vomiting and pain) six single item subscales (dyspnea, insomnia, loss of

appetite, constipation, diarrhea and financial impact). Rosenberg's self-esteem scale (RSES) to assess feelings of self-acceptance and general self-worth using a Likert scale ranging from 4 to 1 and higher scores indicate higher self-esteem and the Medical Outcomes Study Social Support Survey (MOS-SSS) consists of 19 items to measure the four dimensions of social support (informational, emotional, tangible and affection and positive social interaction support). Each item is scored using a Likert scale of 1-5, a high score means better social support. The results of this study obtained an average RSES score of 28.83 and a total MOS-SSS score of 80.99 and a total EORTC QLQ-C30 global Qol score of 58.79 which means that gynecological cancer patients who have divorced marital status affect the level of depression and quality of life (14).

Yilmaz et al conducted a descriptive study on 221 gynecological cancer patients and the instruments used were the multidimensional scale of perceived social support, and the third with the scale of ways of coping with stress. In the MSPSS instrument, there are 12 items with 3 subscales, namely family, friends and meaningful people, each subscale consisting of 4 items, which get a score of 1-7. Meanwhile, in The way of coping Inventory consists of 66 items and the assessment uses 4 Likert scale points and has 5 subscales, namely optimism, self-confidence, hopelessness and seeking social support. These subscales are grouped into ECWS (effective coping ways) which consist of optimistic, confident and seeking social support approaches and two other subscales, namely hopeless and obedient approaches are included in ICWS (ineffective coping ways). The results of this study showed that the majority were married (79.2%) with elementary education level (67.9%), came from nuclear families 85.5% and did not work 77.4%. The MSPSS total score was 56.70, the ECW and ICW scores were 45.83 and 33.94, which means gynecological cancer patients who get social support from family, friends

and people which means they have good coping mechanisms in dealing with stress (18).

DISCUSSION

Six eligible articles are listed; four are cross-sectional research types, one descriptive research and one qualitative research. In the article there are variations in the number of respondents, with the lowest number being 11 respondents and the most number being 221 respondents. The research results from the six articles describe the impact caused by social support from family, friends and meaningful people, namely reducing depression and increasing acceptance of cancer having a good coping mechanism in dealing with stress, increasing quality of life and reducing anxiety levels in patients' fighting spirit. coping with cancer and increasing patient motivation to undergo treatment. One article describes the impact that the absence of support can lead to feelings of loneliness and loss of hope.

There is one article that describes the four dimensions of social support that must be measured, namely informational, emotional, real and affection and positive social interaction support (14). Based on the research results, Dirar explained that social support is not only obtained from family, friends or significant others, but the role of professional nursing staff is highly expected, such as caring, empathy, providing clear information in their treatment. Gynecological cancer patients need information to be able to deal with and cope better with their disease (5). According to Zhang et al it is important to increase high communication between patients and health professionals so that patients can effectively get informational and emotional support (16). Many gynecological cancer patients report that most of the information received from health professionals. Adam and Koranteng (17) And one article explains that the

highest social support comes from the partner's family, which is intimate. (12).

Based on the results of research analysis from 9 articles, it can be concluded that social support for gynecological cancer patients is obtained from friends, family and nurses. According to Pinar the highest social support comes from the family, namely intimate partners (12). According to Dragest et al good social support causes fewer physical effects and symptoms of depression (18). Meanwhile, the results of the analysis of 9 articles related to the impact of social support for psychological gynecological cancer patients, namely reducing stress, anxiety, depression and hopelessness / helplessness, and increased quality of life.

The six articles found that social support from family, friends and significant others greatly influences the patient's psychosocial status. This is in line with the results of a study found by Lamkin Slavish that in patients with gynecological cancer, social support greatly influences the psychosocial status of patients, which has an impact on patients being able to accept their illness and enthusiasm in undergoing treatment (19).

Of the six articles, two articles stated that gynecological cancer patients who received support satisfaction would have an impact on improving quality of life, this is in line with research conducted by Ivan that satisfaction with sources and types of support is positively related to quality of life. Patients who undergo treatment such as chemotherapy will experience a decreased quality of life (20).

There are research results that are not in line with the six articles found, namely gynecological cancer survivors want support from sesame survivors, peers who have the same diagnosis, treatment, this is due to disappointment from family, friends who do not empathize with their illness (7)

LIMITATION

This research is only limited to looking at the description of psychological problems that occur after gynecological cancer patients receive social support.

CONCLUSION

The highest social support is obtained from the family. The impact of good social support is reducing stress, anxiety, depression and hopelessness and increasing quality of life. There is a positive relationship between social support and increased mental strength in dealing with cancer.

ACKNOWLEDGMENTS

The author expresses his sincere thanks to:

Ns.Yuanita Panma M.Kep. Sp.Kep.MB, as Director of the Pasar Rebo Akper. Lucia F, M.Kes, as Chair of LPPM. Friends who provide endless support and moral assistance in the making of this literature review. All parties who have helped that cannot be mentioned in its entirety.

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