

ABSTRAK

ZAINUL HIDAYATUL K. *Personal Distress* Pada Suami Penderita Kanker Payudara. *Skripsi*. Program Studi Psikologi, Fakultas Ilmu Sosial dan Ilmu Budaya, Universitas Trunojoyo Madura, 2016.

Penelitian ini bertujuan untuk mengetahui gambaran dan faktor-faktor *personal distress* suami penderita kanker payudara. Metode penelitian menggunakan kualitatif deskriptif dengan pendekatan studi fenomenologi. Teknik penentuan subjek menggunakan *purposive sampling*, serta metode pengumpulan data menggunakan wawancara semi terstruktur. Adapun kriteria subjek adalah seorang pria yang berusia 40 tahun ke atas, memiliki istri yang menderita kanker payudara pada stadium lanjut (3-4). Dari kriteria subjek peneliti mendapatkan dua orang subjek penelitian. Teknis analisis data menggunakan model Miles dan Huberman, yakni dengan mereduksi data, penyajian data, dan verifikasi atau penarikan kesimpulan.

Hasilnya, gambaran *personal distress* suami penderita kanker payudara. 1. Terdapat pengalaman tidak menyenangkan yang dialami oleh orang lain di sekitar subjek, istri subjek menderita kanker payudara. Istri subjek mengalami perubahan-perubahan fisik dan psikologis. Muncul beberapa hambatan-hambatan pada subjek seperti pekerjaan, kondisi kesehatan, anak subjek yang menikah, dan istri subjek yang tidak mau melakukan operasi. 2. Subjek mengalami empati, subjek merasa kaget dan cemas ketika istrinya didiagnosis kanker payudara. Subjek tidak tega melihat istrinya merasa kesakitan, dan subjek ingin membagi rasa sakit istrinya pada subjek. subjek melakukan segala hal untuk membantu istrinya. 3. Subjek tidak dapat mengontrol emosinya sehingga menimbulkan emosi negatif seperti marah, khawatir, ketakutan, dan depresi. Adapun faktor pendukung *personal distress* adalah 1. Faktor perbedaan pengalaman yang dihadapi, subjek tidak memiliki pengalaman sebelumnya mengenai penyakit kanker payudara, dan subjek tidak menyangka istrinya terkena kanker payudara. Subjek mencari informasi pada teman dan keluarganya. 2. Perbedaan persepsi pada situasi yang dihadapi, menurut subjek penyakit kanker payudara merupakan penyakit yang berat dan merupakan ujian dari Tuhan. 3. Perbedaan hubungan dengan orang lain, subjek mendapatkan bantuan dari keluarga besar, anak, dan teman-teman subjek. 4. Kesiapan subjek untuk mengalami empati, subjek menerima perubahan fisik istrinya, subjek tidak dapat menjaga kesehatan tubuhnya, subjek merasa berat dengan biaya pengobatan istrinya.

Kata Kunci: suami, penderita kanker payudara, *personal distress*.

Daftar Pustaka : 25 (1986-2014)

ABSTRACT

ZAINUL HIDAYATUL K. *Personal Distress*. Husband of breast cancer pasien. *Skripsi*. Psychology Study Program, Faculty of Social and Culture Science, Trunojoyo University of Madura, 2016.

This research has purpose for knowing image and factors of *personal distress* of husband of breast cancer pasien. The research method uses descriptive qualitative with fenomenology study approachment. The determining technique for subject uses *purposive sampling*, and also the method of collecting data uses structured semi interview. The subject criteria is the 40 years older man who has wife that being breast cancer pasien on advanced stages (3-4). From research subject criteria gets two person subjects. The analysis technique uses miles and Huberman model, that are with reducing data, data presentation, and verification or getting conclusion.

The result, personal distress image of breast cancer pasien. 1. There is unhappy experience that is happened to people around the subject of wife that being breast cancer pasien. Subject's wife gets physical change and psychological. Appear some obstacles to the subject such as job, healthy condition, children that is getting merried, and the subject's wife that doesn't want to do operation. 2. The subject gets emphaty, subject feels shocked and worried when his wife is diagnosed as breast cancer pasien. The subject can't see his wife feels the pain. He want gets her pain too. He want do anything to help his wife. 3. The subject can't control his emotion so that appear negative emotions such as angry, worry, affraid, and depression. The supporting factors of *personal distress* are: 1. The different experience, Subject never gets the experience before about breast cancer disease, Subject never think that his wife gets breast cancer. Subject look for information to his friends and family. 2. The different of perception to situation that is happened, according to subject breast cancer disease is hard disease and it is the test from God. 3. The different of relation with other people, subject gets help from big family, children, and subject's friends. 4. The readiness of subject to get empathy, subject accept physical change from his wife, subject cant keep her healthy, subject feels hard for cost of his wife therapy.

Key Words: Husband, Breast Cancer Pasien, *personal distress*.
Book List: 25 (1986-2014)