

**PROGRAM STUDI S1 KEPERAWATAN
FAKULTAS ILMU KEPERAWATAN DAN KESEHATAN
UNIVERSITAS MUHAMMADIYAH SEMARANG**

Skripsi, April 2020

Sunoto

**GAMBARAN TINGKAT KECEMASAN PADA PASIEN KANKER TIROID
YANG MENDAPATKAN TERAPI ABLASI IODIUM 131 DI RSUP DR. KARIADI
SEMARANG**

xiv + 55 halaman + 9 tabel + 2 bagan + 7 lampiran + 32 kepustakaan



ABSTRAK

Latar Belakang : Pasien kanker tiroid yang menjalani ablasi iodium 131 dapat mengalami komplikasi dan efek samping yang dapat muncul segera seperti, mual, kadang-kadang muntah, nyeri pada kelenjar ludah, ludah berkurang dan kehilangan rasa nyeri dan bengkak pada leher terutama jika sisa kelenjar tiroid masih banyak serta penurunan jumlah leukosit. Efek yang dapat timbul dikemudian hari (*late effect*) adalah perubahan genetik atau kromosom. Pasangan usia produktif akan sulit menerima jika belum mempunyai keturunan atau menambah anak dengan adanya efek perubahan genetik. **Metode Penelitian** : Jenis penelitian deskriptif. Populasi penelitian adalah pasien kanker tiroid yang mendapatkan terapi ablasi iodium 131 radioaktif sebanyak 27 kasus. Sampel penelitian sebanyak 25 orang dengan teknik *purposive sampling*. **Hasil Penelitian** : Tingkat kecemasan pada pasien kanker tiroid yang mendapatkan terapi ablasi iodium 131 sebagian besar berat sebanyak 19 responden (76%). Hal ini ditunjukkan merasa hidup tidak berharga sebanyak 84%, perubahan kegiatan jantung dan denyut nadi tanpa stimulasi oleh latihan fisik sebanyak 88% dan sebanyak 100% merasa banyak menghabiskan energi karena cemas. **Saran** : Rumah sakit sebaiknya menyediakan leaflet dan poster tentang terapi ablasi untuk menambah informasi pada pasien sehingga dapat mengurangi kecemasan pasien yang mendapat terapi ablasi.

Kata kunci : Tingkat Kecemasan, Pasien Kanker Tiroid, Mendapatkan Terapi Ablasi Iodium 131

Daftar Pustaka : 32 (2006 - 2018)

**UNDERGRADUATE NURSING STUDY PROGRAM
FACULTY OF NURSING AND HEALTH SCIENCES
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**DESCRIPTION OF ANXIETY LEVELS IN THYROID CANCER PATIENTS WHICH
GET IODIUM 131 ABLATION THERAPY IN RSUP DR. KARIADI SEMARANG**

xiv + 55 pages + 9 table + 2 chart + 7 attachment + 32 literature

ABSTRACT

Background : Thyroid cancer patients undergoing iodine ablation 131 can experience complications and side effects that can appear immediately such as nausea, sometimes vomiting, pain in the salivary glands, reduced saliva and loss of pain and swelling in the neck especially if the remaining thyroid gland there are still many and decreased numbers of leukocytes. Effects that can arise in the future (late effect) are genetic or chromosomal changes. Couples of productive age will find it difficult to accept if they do not have children or add children with the effects of genetic change. **Research Method** : Descriptive research type. The study population was thyroid cancer patients who received 131 radioactive iodine ablation therapy in 27 cases. The research sample of 25 people with purposive sampling technique. **Results** : The level of anxiety in thyroid cancer patients who received iodine ablation therapy 131 was mostly severe by 19 respondents (76%). This is shown to feel life is worthless as much as 84%, changes in heart activity and pulse without stimulation by physical exercise as much as 88% and as much as 100% feel a lot of spending energy because of anxiety. **Suggestion** : Hospitals should provide leaflets and posters about ablation therapy to add information to patients so that they can reduce the anxiety of patients receiving ablation therapy.

Keywords : Level Anxiety, Thyroid Cancer Patients, Getting Iodine Ablation Therapy 131

Bibliography : 32 (2006 - 2019)