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Post-traumatic Growth in Post-Mastectomy Breast Cancer Patients Middle Age

Abstract

This study aims to examine the dynamic an overview of Post-traumatic growth in patients with post-mastectomy breast cancer middle adulthood. Post-mastectomy and breast loss makes women bring a variety of reactions. The initial reaction is generally negative. However, these negative emotions can be transformed into positive emotions that can make improvement in the psychological aspects of self-perception, relationships with other people and philosophy of life. These changes are influenced by internal factors, namely mid adult woman who has an unstable emotion. With emotional stability, more adult women will associate produce positive emotions when doing self-reflection and expression. This study used a qualitative approach to the case study method. The subjects of this study were breast cancer patients who have a mastectomy between 1-5 years. The study subjects were middle-aged adult women 47-55 years old. Data obtained through interviews with subjects and significant others. Results showed that patients initially experience negative emotions after undergoing a mastectomy. After doing reflection and self-expression, they change the outlook on life. Subjects can develop themselves towards psychological growth, which is better than ever. This process is also influenced by the presence of social support and belief in God.

Keyword: Post-traumatic, growth, post-mastectomy, middle, age,

Daftar Pustaka: