

ABSTRACT

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The Overview of Stress and Coping Stress of Middle Adulthood Women With Breast Cancer Who Have Had Mastectomy; Denrich Suryadi, M.Psi.. Psi. S-1 Study Program Faculty of Psychology, Tarumanagara University, (i-x; 86 pages, R1-R4, Appdx)

Middle aged women with breast cancer who underwent mastectomy had emotional changes that leads to stress, therefore they need coping stress. The sign of stresses are fear of death, sadness, and anxiety of getting mestastase. There is also differentiation in the used of coping strategies used by four subjects, two of them are using emotion focused coping, whereas the rest are using problem focused coping. This differentiations are caused by the differentiation in the cancer stadium. The aim of this research is to present an overview of stress faced and the coping strategies used by middle aged women who suffers breast cancer, notably during the periods when they were diagnosed, after undergoing a mastectomy, and post mastectomy. Method used was qualitative with depth interview. The subjects are four women who underwent mastectomy with the age of 54 years, 46 years, 47 years, and 45 years. This research was held from March until May 2016. The result is middle aged woman faced stress when they are diagnosed with breast cancer and need to go under mastectomy, and the differentiations of coping stress used based on the cancer stadium.

Key words: stress, coping stress, and mastectomy