

## Overview of Resilience in Breast Cancer Women Who Have a Mastectomy

Laili Fitrotul Mahfudhoh, Endang Retno Surjaningrum  
Faculty of Psychology, Airlangga University, Surabaya, Indonesia  
[lailifitrotul41@gmail.com](mailto:lailifitrotul41@gmail.com)

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### Abstract

**Introduction:** Cancer is a non-communicable disease caused by the abnormal and uncontrolled growth of body tissue cells. One of the chronic diseases that is quite often encountered in Indonesia is breast cancer. Breast cancer, also known as Carcinoma Mammae, is a malignant tumor in the form of abnormal growths that appear in breast tissue. **Objective:** This study aims to analyze how resilience is described in women with breast cancer who undergo mastectomy. To find out, it is necessary to dig up information on the extent of the individual's understanding of the experience that has been passed related to mastectomy. **Method:** This study uses a qualitative method with a phenomenological approach. Data mining was carried out through interviews with two informants, namely NH and SI who had performed mastectomy. The data analysis technique was carried out using the Interpretative Phenomenological Analysis (IPA) technique. **Result and Discussion:** The results of this study showed that participants had good resilience in terms of the ability to survive breast cancer diagnosis, treatment, mastectomy to recovery until declared cured. Participants also had good emotional regulation, optimism, causal analysis, empathy, impulse control, self-efficacy and reaching out. Participants were able to respond to the effects arising from mastectomy calmly and wisely because of their interpersonal skills. **Conclusion:** Participants have self-strength, including strong confidence, positive thinking, and full of sincerity and gratitude in facing challenges towards life resilience.

**Keywords:** Resilience; Breast Cancer; Mastectomy;

## **Introduction**

Cancer is a non-communicable disease caused by the abnormal and uncontrolled growth of body tissue cells (Alteri, 2011). One of the chronic diseases that is quite often encountered in Indonesia is breast cancer. Breast cancer, also known as *Carcinoma Mammae*, is a malignant tumor in the form of abnormal growths that appear in breast tissue. These tumors can develop in the mammary glands, glandular ducts, and breast support tissues, including fatty tissue and connective tissue. (Suparna & Sari, 2022). According to research conducted by Saputri & Valentina (2018) states that breast cancer has a high prevalence rate in Indonesia and most of the sufferers are women. Based on a study conducted by Arsi (2019) The response that arises in breast cancer women is feeling unsettled, sad, stressed, giving up easily, and feeling that their life is no longer worthwhile. The response arises because of various negative stigmas in society about cancer, such as the view that this disease is always associated with a bad lifestyle, is a deadly chronic disease, and has the potential to cause complications. In addition, breasts are often considered a symbol of beauty and have a special meaning for women, so issues related to breast cancer can carry a greater emotional burden.

Patients with advanced breast cancer often face various health problems that require intensive care. Several types of therapies that can be used to treat breast cancer include mastectomy, radiation therapy, and chemotherapy (Ministry of Health of the Republic of Indonesia, 2015). A mastectomy is a surgical procedure to remove cancer cells from the breast. For breast cancer patients, losing one of the assets that is considered important to women is a challenge that requires an adjustment process, both personally and in relation to the surrounding environment. From the beginning of diagnosis to undergoing a mastectomy procedure, patients will experience various changes in cognitive, social, and psychological aspects (Solehah et al., 2022).

Corderio (2008) who said that mastectomy has significant psychosocial consequences, especially related to changes in physical shape, which can trigger anxiety, depression, and negatively impact body image and sexual function. The breast is seen as an important organ for women that plays a role in the aspect of attractiveness. Therefore, breast loss due to mastectomy can have a serious impact on a woman's confidence. Breast loss can bring up questions in the individual's mind such as, "Am I still beautiful?" or "Does my partner still love me?", along with other negative feelings. This can cause various emotional problems for women. Therefore, the individual's ability to overcome psychological problems and move on with his or her life is crucial in situations like these.

The ability of individuals to face and overcome problems in the context of psychology is often referred to as resilience. According to Reivich & Shatte (2002) resilience is a person's ability to survive, rise, adapt, and remain strong despite facing difficult situations. For breast cancer patients undergoing mastectomy, strong resilience is needed to overcome trauma and difficulties that arise due to body changes and social stigma. With resilience, the individual can find the strength to recover and move on with life despite having to face post-diagnosis and mastectomy challenges.

Carver (2015) explains that everyone has a different way of coping with cancer and dealing with the emotional burden associated with it. This difference can be influenced by environmental factors as well as the personal abilities of each individual. Results Goddess & Kahija (2020) shows that each breast cancer patient has a different meaning to their experience. This variation in meaning occurs because each individual goes through a variety of different events from diagnosis to the completion of the treatment process.

Similar research was also conducted by Saputri & Valentina (2016) and Arsi (2019), which resulted in conclusions related to resilience in women with breast cancer who underwent mastectomy. However, to gain a deeper understanding of the resilience process, more specific follow-up research is needed. To understand the picture of resilience in women with breast cancer who undergo mastectomy, it is important to know the extent of their understanding of the experience they have gone through. In addition, this study also requires information about the psychological impact experienced by individuals after a mastectomy and how they interpret the experience. The purpose of the research conducted is to find out how individuals understand the mastectomy that has been performed, to find out how the self-image felt by individuals after mastectomy, to find out how individuals interpret the experiences that have been faced.

## **Method**

The type of research used is a qualitative type of research, based on the problem and the purpose of this study is to explore the experience of resilience of breast cancer women who perform mastectomy, so this study will use a phenomenological approach. The phenomenological research is in accordance with this study because the author wants to explore more deeply the personal experiences of the participants and explore the meaning of the participants' experiences related to resilience in breast cancer women who undergo mastectomy.

The unit of analysis that is the focus of this study is resilience in breast cancer women who undergo mastectomy, because women with breast cancer do not live their daily lives like women in general. As explained in the previous chapter, breast cancer patients can have an impact on the physical and psychological. Participants in this study were selected using *the purposive sampling* method The specific criteria that have been determined are as follows:

1. Woman
2. Have had breast cancer
3. Have had breast lift surgery (mastectomy)
4. Be willing to participate in a series of studies

The research process was carried out in January 2022, March 2022. Data collection was carried out online with the media following the capabilities and approval of the

research. The researcher organizes and analyzes the data after the data collection is carried out. After that, the researcher conducted a *member check* with the research participants.

**Table 1**

Research Data Collection				
No.	Participant Code	Date	Location	Information
1.	NH110122	Tuesday, 11 January 2022	Online ( <i>Google Meet</i> )	Participant 1
2.	SI031122	Wednesday, 2 March 2022	Online (Zoom)	Participant 2

The data mining technique that will be used in this study is interview, the type of interview that will be used by the researcher is a semi-structured interview. From the results of the analysis of participant data in the first and second interviews, the author sent the results of the analysis to the participants as a step to strengthen the credibility of the research (*membercheck*). This study uses the *Interpretative Phenomenological Analysis* (IPA) data analysis technique. In this study, the author uses one of the credibility consolidation techniques, namely *membercheck*, this technique is carried out by asking informants to check the correctness of the information that the researcher has interpreted by reading, understanding, reducing or adding information.

## Results and Discussion

### Result

#### Description of Participant Discovery 1 (NH)

##### 1. Breast Cancer Post-Diagnosis Response

The subject was very surprised when she was diagnosed with breast cancer. This was also exacerbated by the doctor's reprimand for having just checked the pain experienced by the oncologist. Subject tells a story,

*"Of course, I was shocked. At that time, I was also scolded by the oncologist because of such a diagnosis..." (NH110122:26).*

The subject also said,

*"Even when I was first diagnosed, I was very shocked and thought, 'Oh Allah, why does the trial that befalls me have to be like this?...' (NH110122:126)*

The subject is afraid of the risks obtained from the disease suffered. This fear arises from information obtained from the surrounding environment.

*"The fear was definitely there. Because what I saw at the time was that if someone had breast cancer, they usually had to undergo continuous chemotherapy. In fact, some couldn't endure it and passed away. Moreover, what I feared the most was that if I had cancer, I would go through such suffering." (NH110122:156)*

The subject shows the emotion of the burden by crying.

*"Well, as a woman, we tend to be more sensitive. So, when I met my siblings, relatives, husband, and children, I often ended up crying a lot" (NH110122:72)*

The subject described how the emotional journey was when receiving a diagnosis from an oncologist. The subject was very surprised when he first found out that the subject had a chronic disease, namely breast cancer. The expression of emotion shown by the subject can be seen from the unstoppable crying when with family members such as husbands, children or children. This illustrates that the subject feels more comfortable expressing his fear and sadness in front of those closest to him

## **2. Response in Social Interaction**

After being diagnosed with breast cancer, the subject told his child about the disease and the risks that might occur.

*"When I arrived home around 11 p.m., I immediately woke up the children to explain the possibilities and risks of the disease I was experiencing, which was breast cancer. I also said that I might not know whether I would survive or not." (NH110122:26)*

Although he was surprised, the subject did not show any sadness or pain suffered, the subject also told about his illness to friends who were usually talked to. The subject continued to carry out daily activities, including work. Subject tells a story,

*"Because I didn't want to appear ill, Alhamdulillah, two weeks after the surgery, I was already able to carry out my usual activities, including examining students. In addition, I also practiced moving to regain normal activity." (NH110122:104)*

Despite facing a chronic illness with a fairly profound emotional impact, the subject still showed a strong and optimistic attitude towards his environment. The subject tried not to show any sadness or pain suffered, especially in front of children. The subject also does not want to look down in front of the people around him because he does not want to cause a sense of worry. The subject continued to carry out his daily activities even before entering the operating room. This shows that the subject tries to be professional and does not dissolve in difficult times. The attitude shown by the subject has a positive effect on his environment

## **3. Self-Efficacy**

Since breast cancer is not the first chronic disease suffered, subjects believe that every disease must have a cure. What happened also made the subject's belief in his God increase. The subject said,

*"In my opinion, I accepted it with optimism, believing that every illness given surely has its cure. Moreover, at that time, my mother, when she was still alive, once said, 'You have to stay healthy. If you're sick, who will I rely on?' However, my mother*

*has since passed away. Her words ultimately became my motivation to recover."*  
(NH110122:98)

The subjects showed a good level of *self-efficacy*, characterized by self-confidence in the ability to face and overcome the disease experienced. This is because the subject had suffered from a similar disease, namely a bone tumor. In addition, the motivation from his mother during his life to always be healthy and strong also added to the subject's confidence. The subject's faith in God also increased with the belief that everything that happened was God's plan. The subject believes that the given exam will be accompanied by the ability to face it

#### **4. Optimism**

The subject tries to give a positive affirmation to himself to overcome the side effects he faces. The subject's ability to overcome these side effects is supported by the subject's knowledge of psychology. Subject explained,

*"In my opinion, all the problems we face depend on each individual's perspective. If we perceive the problems we face as heavy, they will feel heavy. However, if we see them as light, we will be better able to handle them. Therefore, we should avoid comparing ourselves to the people around us. If we keep comparing ourselves to others, we will not be grateful."* (NH110122:110)

The subjects have high confidence in dealing with the disease suffered. Subjects rely on positive affirmations that are always instilled. The subject believes that the view of a problem has a great influence on a person. The subject tries to remain grateful and look at the problem lightly

#### **5. Attitudes Towards Breast Cancer**

The subject can accept the suffering illness well and take lessons from what happened.

*"Of course, everyone surely wants to be healthy and contribute positively to their life. Moreover, when tested by Allah like this, it feels like being given a reminder to live more carefully. However, Alhamdulillah, I was given an early reminder by Allah, allowing me to live life more cautiously"* (NH110122:106)

The subject is able to accept what is faced with self-introspection to his Lord. Even though the subject has gone through tough times, the subject still has a life expectancy. The subject hopes to become a better person. In responding to his illness, the subject realized that what happened was a warning from God to be more careful in living life. The subject also realizes that there may be mistakes or attitudes that need to be corrected both to God and to others, including the husband. Even though they have gone through difficult times, the subject still has a life expectancy to become a more useful person, not

to be involved in negative things and to die in good circumstances. The subject accepts all changes with a positive attitude, self-introspection and full of humor

#### **6. Strategies To Overcome The Effects Of Breast Cancer**

The subject considered the disease suffered not to be a serious stress. The subject felt that he had been living a healthy lifestyle such as maintaining a diet and exercising regularly. The subject also occupied himself with useful activities so that there was no time for negative thoughts. To overcome the obstacles experienced, the subject also told her husband to feel relieved and listened to even though he did not provide a solution to what he was experiencing. This is told by the subject,

*"Perhaps I do not see this as a serious burden. I always rely on Allah, knowing that this is a test. Why do I think so? Because, in my opinion, I am someone who is quite diligent in exercising, and InsyaAllah, I do it regularly. Alhamdulillah, there is a stationary bike at home, so I can exercise routinely. Additionally, I believe my eating habits are also quite healthy." (NH110122:66)*

To overcome the effects of the disease, subjects habituate themselves to healthy living such as maintaining a diet and exercising regularly. The subject feels that he has done his best for his health so that he is not too worried

#### **7. Self-Acceptance of Change**

The subject was quite anxious to face the changes after the mastectomy treatment because he felt that he had shortcomings. However, the subject was able to rise after receiving support from fellow sufferers. Subject tells a story,

*"At first, I naturally felt uneasy about losing one of my feminine organs. However, over time, during my check-ups, I met people with similar conditions, and we supported each other." (NH110122:68)*

The subject's faith in his God is able to provide a positive affirmation to continue to be enthusiastic and grateful for what happened. This was conveyed by the subject,

*"Allah has given each of us strengths and weaknesses. We only need to be grateful to Allah for the many blessings He has bestowed upon us. Therefore, there is no need to dwell too much on our weaknesses, because in my opinion, such an attitude can make us less grateful for the blessings we have received. In fact, our condition might worsen if we focus too much on our shortcomings." (NH110122:145)*

The subject initially experienced anxiety after undergoing a mastectomy because he felt he was missing an important part of his female identity. However, support from fellow breast cancer sufferers helps subjects to rise and see the positive side of what is happening. The subject also prefers to be grateful and sincere for what he has and consider it as part of God's plan

## **Description of Participant Findings 2**

### **1. Breast Cancer Post-Diagnosis Response**

When the subject first gets a diagnosis of breast cancer, the subject feels anxious and afraid of the disease he suffers from. Subject tells a story,

*"At that time, I felt anxious, but I had no other choice. I had to undergo treatment immediately because I was more afraid of the cancer than the treatment itself"*  
(SI031122:30)

The subject also felt chaotic because he had to fight the disease in the midst of the personal problems he was facing. To vent the emotions felt, the subject chooses to cry in order to feel relieved. To relieve his feelings of anxiety and fear, the subject chose to express his emotions by crying so that he felt relieved and able to prepare himself for the next steps of treatment. The subject seeks to accept the situation and calm down in a way that makes him comfortable

### **2. Response in Social Interaction**

In the midst of treatment for the disease suffered, the subject tried to look fine in front of his family. The subject did not complain of pain felt. The subject chose to self-isolate after undergoing chemotherapy. This is done to protect his family from possible disease transmission. Subject tells a story,

*"... At home, I stayed in my room for several days to isolate myself. During that week, I didn't interact much with them. For instance, with my child, I only hugged and kissed them after a week."* (SI031122:90)

The isolation period only lasted two weeks. After the isolation period is over, the subject carries out daily activities as usual even though his body is still weak. Subject explained,

*"... After undergoing chemotherapy, my body still felt weak and uncomfortable, but I was still able to carry out normal activities. One to two weeks after chemotherapy, I began to recover, felt refreshed, and was able to go anywhere...."* (SI031122:76)

In the face of treatment, the subject shows a strong attitude and tries not to show his weaknesses in front of his family. The subject chooses not to complain about the pain he feels and continues to go about his daily life with a rigid attitude. After the isolation period passed, the subjects returned to interact and carry out daily activities even though their bodies still felt weak. The subject tries not to let his illness get in the way of the activities that can be enjoyed

### **3. Attitudes Towards Breast Cancer**

The subject is convinced that the afflicted disease is the way to cleanse the sins committed in the past. The subject said,



*"I constantly pray that this will serve as a way to erase the mistakes I have made since childhood up until that moment, with the hope of becoming a purified person."*  
(SI031122:118)

#### **4. Optimism**

The subject believes that a good mindset will also have good consequences. The subject is confident that if he can recover from the disease, then the subject can save his child. The subject believes that his recovery will have a positive impact on the environment, especially his child,

*"We must save ourselves first in order to save our children. Essentially, it's a mindset. They might think, if I undergo chemotherapy, who will take care of the child? And if the cancer gets worse to the point where I can't do anything, who will care for the child then? There will always be a solution. Everything can be managed, it's not impossible. Therefore, prioritizing yourself is essential."*  
(SI031122:136)

The subject also thinks that the illness he suffers from is a way to purify himself from past sins. In addition, the subject also thinks that by saving himself, he will also save his child. The subject believes that the positive mindset built plays a big role in his recovery

#### **5. Self-Efficacy**

To overcome the constraints of his personal problems, the subject tries to focus on the treatment of the disease suffered. The subject put aside his personal problems and only thought about how he could rise up to fight his illness. The subject said,

*"I focused more on my own life, trying to survive and save myself. His matters could be dealt with later, as I didn't have the time or energy for that at the moment. My entire focus was on recovering and fighting this illness."* (SI031122:76)

The subject always convinces himself to keep fighting even though the odds are small. The subject has a very strong passion and belief in his recovery. The subject also always assures himself that with the treatment he undergoes then his cancer will be cured. The subject also thinks that the illness he suffers from is a way to purify himself from past sins. In addition, the subject also thinks that by saving himself, he will also save his child. The subject believes that the positive mindset built plays a big role in his recovery

#### **6. Strategies To Overcome The Effects Of Breast Cancer**

In addition, the subject also makes a commitment to himself not to dissolve too much in sadness. The subject limits himself to when to be sad and when to get back up. The subject recounts,

*"....I remember those heavy moments when I felt like being sad or crying, so I just let myself cry. I talked to myself and gave myself time. When I first heard the cancer*

*diagnosis, I gave myself three days to cry. I set that time limit, so on the first and second days, I cried, and by the third day, I thought, "I already promised myself to cry for just three days." I set that limit because otherwise, I might have stayed sad endlessly. By limiting it to three days, I allowed myself to cry as much as I wanted, from morning until noon, even to the point where my eyes were swollen. For three full days, I cried until I felt completely exhausted." (SI031122:136)*

The subject also prefers to think about what to do rather than linger in grief. The subject always tries to fight his fear and think positively about what he is living. To overcome the side effects of treatment, the subject suggests to himself that the side effects indicate that the disease is dead or gone. This shows the subject's commitment to remain optimistic and focused on healing and believes that all his efforts will lead him to recovery.

## **7. Self-Acceptance of Change**

Even though the subject had physical deficiencies due to the disease suffered, the subject was still grateful that he was still able to recover and carry out his usual activities. The subject considers that his shortcomings are no more important than his life, his children and his family. The subject tries to always feel grateful and lucky with his current situation. The subject also hopes that everything will bring blessings and goodness. As stated by the subject,

*"I did experience shock, sadness, and stress. It's only natural because, as a human being, losing something important is undeniably hard. However, I chose to see it from another perspective: this is not more important than my life. I focused more on my life with my child and my family. I also never truly felt that I had lost my luck. I still feel very fortunate because I can handle everything on my own without any real shortcomings. If I have to face this, it means I have the strength to get through it. There's no way I would be given a challenge I couldn't handle. I hope that what I'm going through becomes something that brings blessings and goodness." (SI031122:136)*

The subject's self-acceptance is reflected through his sincerity in undergoing treatment, his focus on health and family, and his understanding of the broader meaning of life. The hope and gratitude of the subject became a strong foundation to continue living with courage and calmness

## **Discussion**

### **Resilience Overview**

The ability to survive a threatening situation or condition, such as illness, loss of a partner, disaster, or calamity, is referred to as resilience (Prasetyo & Kustanti, 2015). The level of resilience of each individual can vary. The level of resilience of an individual can be seen from the following main components:

**a. Emotion Regulation**

Emotional regulation is the ability of individuals to remain calm under pressure. Based on the results of the study, all participants had good emotional regulation. Although initially feeling sad and scared and even crying after being diagnosed with breast cancer, the participants were equally able to get back on their feet. NH continued to carry out his activities after the diagnosis received. Meanwhile, SI can also still plan what to do after a cancer diagnosis. This shows that the participants continue to try to do all daily activities and do not show the emotional impact felt in front of others.

**b. Optimism**

Optimism is an individual's belief in his or her ability to overcome misfortunes that may one day occur. Based on the results of the study, participants have high and strong confidence in dealing with breast cancer. NH subjects feel that they have done their best for their health, such as maintaining their diet and exercising regularly. Meanwhile, SI subjects are determined to struggle for survival through continuous treatment. The subject is confident that it can kill cancer cells in his body and bring him to recovery.

**c. Causal Analysis**

*Causal analysis* is the ability of individuals to be able to identify the causes of the problems they are facing. Based on the results of data analysis, the breast cancer experienced by the participants was both caused by hormonal factors. The participant's *causal analysis* ability is shown through self-introspection of what happened. The subject of NH realized that what happened was a rebuke from God to be more careful in living life. Meanwhile, the subject of SI thinks that what happened is a way to purify oneself from past sins.

**d. Empathy**

Empathy is the ability of individuals who are skilled enough to interpret non-verbal language shown by others such as facial expressions, voice intonation. Based on the results of data analysis, participants had high empathy for others. The subject of NH showed his empathy by not looking down in front of others. This is done so that others do not worry about their situation and keep the environmental situation stable. Meanwhile, SI subjects showed their empathy through their efforts in self-isolation during chemotherapy. The subject did this to prevent his family from possibly contracting bacteria from his body.

**e. Impulse Control**

*Impulse control* is the ability of an individual to control his or her impulses, desires, and pressures. Based on the results of data analysis, the participants had good *impulse control*. The subject of NH is able to control the situation faced more calmly and wisely through positive affirmations that are always instilled in him. The subject believes that the view of a problem has a great influence on a person in living it. Meanwhile, SI subjects control the situation with commitment to

themselves and positive affirmations instilled. The subject makes a commitment to himself to focus on treatment and rule out other problems.

**f. Self-Efficacy**

Self-efficacy is the belief in the individual to solve the problems he is facing so that he can achieve success. Based on the results of data analysis, the participants had quite good self-efficacy. The subject of NH is convinced in his Lord that what he is facing is His plan and will definitely be accompanied by the ability to deal with it. Meanwhile, the SI subject believes that saving himself is a way to save his child's life in the future.

**g. Reaching Out**

*Reaching out* is the ability of individuals to achieve positive aspects of life after misfortune has befallen them. Based on the results of the research, participants were able to take lessons from the situation that had been passed. NH subjects have a life expectancy to become a more useful person, not to be involved in negative things and to die in good circumstances. Meanwhile, the positive aspects of the SI subject are shown by his efforts to teach his children about the importance of seeing someone from their qualities, not only from their external aspects.

Participants were able to survive breast cancer diagnosis, treatment, mastectomy until they were declared cured. All stages were passed by the participants well although sometimes they faced several obstacles and challenges. Shally & Prasetyaningrum (2017) conveys that good resilience occurs when a person is able to survive and bounce back from a negative situation effectively, while most others may not succeed in doing so. Firmiana (2019) describes resilience like a ball bouncing back up when thrown to the ground. When a person is in a mental state of falling, with resilience, they will be able to get back on their feet. Participants were able to recover quickly from their slump and survive until the final stage of treatment. This shows a good level of resilience from the participants.

**How to Respond to the Challenges of the Effects of Mastectomy**

The experience when a person is diagnosed with breast cancer is a traumatic experience, both for the patient and his immediate family. Breast cancer patients generally seek to improve their quality of life by undergoing medical treatment in a healthcare facility or using herbal remedies. Doing both of these approaches can provide a stronger feeling of survival (Rifda et al., 2023).

Based on the results of the study, participants showed a strong and positive response in facing the challenges of post-mastectomy. NH subjects can respond to the challenges of the effects of mastectomy calmly and wisely because they have suffered from a similar disease, namely bone tumors. In addition, armed with her psychological knowledge, the subject prefers to occupy herself with useful activities and devote her heart to her husband rather than thinking negatively about what she feels after the mastectomy. Meanwhile, the attitude of SI subjects in facing the challenges of the mastomy effect by instilling

positive affirmations in them. When he wanted to give up undergoing excruciating chemotherapy, the subject suggested that with the treatment carried out, the cancer cells would die and the subject would recover immediately. The subject also thinks that the safety of his life is very important in order to save his child's future.

According to Sulistyarini et al. (2022) Concerns about body image, sexuality, and anxiety about the well-being of those closest to them often influence treatment decisions for patients with breast disease, especially when the disease interferes with their lives. Participants initially also felt sad, anxious and scared in dealing with the effects of mastectomy. However, due to his interpersonal skills, the subject was able to survive until he was declared cured. Participants have the ability to express themselves well so that they can wisely respond to the challenges of the mastectomy effect. Ulfah et al. (2018) states that individuals with good interpersonal skills have the ability to communicate effectively with others and can manage feelings and impulses associated with the illness they are experiencing. They tend to share stories with others, and are not easily depressed or stressed about their condition.

### **Self-image in solving challenges**

One of the sources of resilience is related to individual efforts in solving problems and achieving success through one's own abilities (Ancient, 2023). Each individual has unique ways of dealing with challenges and adapting to their situation. The efforts made to overcome these challenges will affect how a person adapts to their circumstances. If the efforts made are positive, then the individual will be able to adapt in a positive way, which in turn forms resilience or resilience (Arofah & Hendriani, 2024).

Based on the results of the study, participants had a strong belief in solving problems. NH subjects believe that every disease must have a cure. The subject's faith in his God also strengthens him that God must give tests according to the ability of his servants. Meanwhile, SI subjects are confident in their recovery if they carry out treatment continuously. The subject is also determined to fight and does not give up because he thinks that by saving himself means that he will also save his child. Participants are also able to think positively in solving every problem they face. Virtual participants believe that a positive outlook or mindset has a big influence on their recovery. Instead of being depressed and thinking negatively, participants both chose to focus on preoccupying themselves with the healing process and their families. By thinking positively, participants are able to take lessons from what is happening for the next life. Like the subject of NH who conveyed the wisdom of the disease he suffers from, namely to be more careful in living life. Meanwhile, according to the subject of SI with the disease suffered, it provides an understanding that it is important to see a person from his quality, not only from the outside.

In addition, the participants also solved the problems they were facing with gratitude and sincerity. Although initially restless because of the loss of an important part of feminine identity, NH subjects were able to rise and regain confidence thanks to the support of fellow breast cancer patients. NH Subject prefer to be grateful and sincere for

what we have now and consider it as part of God's plan. This is also done by SI subjects. SI subjects prefer to remain grateful and do not see their shortcomings as important. What is important to him is his life as well as his existence for his children and family. Highly resilient individuals have good coping skills when facing life's challenges, as well as the ability to maintain health and continue to grow. Resilient people are able to survive under pressure or sadness without constantly showing negative moods. When a person's resilience increases, he will be able to develop his potential, become more optimistic, show courage, and have more mature emotions (Antari et al., 2023).

Participants faced challenges in their lives with strong confidence, positive thinking, and full of sincerity and gratitude. These results are in line with the results of the research Sulistyarini et al. (2022) which states that the immune mechanism of breast cancer patients involves adaptation to their condition, gratitude, and surrender of life's problems to God. The self-image arises from the participant's self-strength. Participants have high confidence in themselves so that they are able to solve the problems they face. According to Fitriana (2017), resilient individuals feel proud of themselves and what they have achieved. When faced with problems or difficulties, high self-confidence and self-esteem will helping them overcome these challenges.

## **Conclusion**

The picture of resilience in women who undergo mastectomy due to breast cancer is an important factor to move towards the recovery phase. Resilience can be formed from within oneself supported by the closest people such as family. Women have different patterns of resilience seen from how they go through the process. In addition, religiosity is an important factor during the process towards resilience in addition to the aspects of resilience that have been mentioned in this study.

Initially, resilience arises from within oneself, then the more *support* is received, the better the process to become resilient. In addition, relationships with those closest to you can be a spirit to be able to accept your own situation and have confidence in yourself and a sense of optimism to achieve healing is very necessary in achieving resilience. Doing various activities can make you calm down and focus more on not thinking about things that trigger negative and depressed feelings.

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