

***THE EFFECT OF HEALTH EDUCATION WITH THE THERAPEUTIC
COMMUNICATION APPROACH TO SELF-ACCEPTANCE OF POST
SURGICAL MASTECTOMY PATIENTS AT LAVALETTE HOSPITAL***

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ABSTRACT

Mastectomy is an attempt to remove the breast to prevent breast cancer. Women who undergo a mastectomy will experience problems in self-acceptance, this requires health education with a therapeutic communication approach as an effort to provide health information. This study aims to analyze the effect of health education with a therapeutic communication approach on self-acceptance of post-mastectomy patients at Lavalette Hospital. The research design uses a quasi-experiment with a one group pretest-posttest approach. The independent variable is health education with a therapeutic communication approach, the dependent variable is patient self-acceptance after mastectomy surgery. The sample size was 20 respondents. The sampling method uses the Non-Probability Sampling technique with purposive sampling, data analysis uses the paired t-test. The results of the research showed that post-mastectomy patients' self-acceptance at Lavalette Hospital before being given the most treatment was in the negative self-acceptance category and after being given the most treatment in the positive self-acceptance category. The results of the paired t-test obtained a p-value (0.000), which means that there is an influence of providing health education with a therapeutic communication approach on the self-acceptance of post-mastectomy patients at Lavalette Hospital. Because apart from providing health information, to increase the patient's knowledge and self-acceptance, with therapeutic communication the patient is more open to the educator and a relationship of mutual trust is established which will influence his self-acceptance.

Keywords: Education, Therapeutic Communication, Self-Acceptance, Mastectomy