IMPLEMENTATION OF COGNITIVE BEHAVIORAL THERAPY (CBT) TREAT BODY IMAGE DISORDER IN PATIENT WITH BREAST CANCER FOLLOWING A MASTECTOMY IN THE SERVICE AREA OF JANTI PRIMARY HEALTH CENTER

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ABSTRACT

Patients with breast cancer who have undergone a mastectomy are prone to body image disturbances due to changes in body shape following the loss of one breast. This condition can lead to feelings of shame, loss of self-confidence, difficulty accepting physical changes, and negative thoughts that impact quality of life. This study aims to identify the application of Cognitive Behavioral Therapy (CBT) for body image disturbances in patients with breast cancer following mastectomy in the service area of the Janti Community Health Center. This study used a single-subject case study design involving a participant with moderate body image disturbances as assessed by the Body Image Scale (BIS). Data were collected through interviews, observations, and measurements of the severity of body image disturbance using the BIS. The intervention was administered over 8 progressive visits spanning a 20-day period. The study results showed a decrease in the level of body image disturbance from a score of 20 (moderate body image disturbance) to 7 (mild body image disturbance). In addition, there was an increase in acceptance of the signs and symptoms of body image disturbance, such as changes in body shape; a reduction in feelings of shame and negative thoughts; increased self-confidence; and the client's ability to resume activities and socialize. The use of Cognitive Behavioral Therapy (CBT) is effective in reducing body image disturbances in breast cancer patients following mastectomy and may therefore be considered as a nonpharmacological intervention in nursing practice.

Kata kunci: Cognitive Behavioral Therapy (CBT), body image disorder, breast cancer, mastectomy