THE EFFECT OF NURSES' CARING ACCORDING TO JEAN WATSON'S THEORY ON THE DEPRESSION STATUS OF TERMINAL PATIENTS (BREAST CANCER) IN THE CHEMOTHERAPY ROOM OF IHC LAVALETTE HOSPITAL, MALANG CITY

Nastiti Putri Wijayanti[1], Dr. Johan Agus Yuswanto S.Kp., M.Kep[2]

Malang Applied Nursing Undergraduate Program, Nursing Department
Malang Ministry of Health Polytechnic
Email: nastiti_p17211214063@poltekkes-malang.ac.id

ABSTRACT

Breast cancer is one of the leading causes of death among women in Indonesia. Advanced breast cancer patients undergoing chemotherapy often experience physical, psychological, social, and spiritual distress, requiring a holistic nursing approach. Carative caring, based on Jean Watson's theory, emphasizes empathy, therapeutic communication, and spiritual support in nursing care. This study aims to analyze the effect of the application of Carative Caring by nurses on the depression status of terminal breast cancer patients in the chemotherapy room at Lavalette Hospital in Malang. This study used a quasi-experimental design with pre-tests and post-tests in the intervention and control groups. A sample of 100 terminal patients was selected using purposive sampling, with 50 respondents in each of the intervention and control groups. Depression status was measured using the Patient Health Questionnaire-9 (PHQ-9). The intervention group received Carative Caring care according to SOPs, while the control group received conventional care. Data analysis used the Wilcoxon and Mann–Whitney tests as comparisons to measure the depression status of both groups. The results showed a significant decrease in depression scores in the intervention group after the implementation of Carative Caring, with the average score decreasing from 17.44 to 10.74 (p = 0.000). Meanwhile, the control group only experienced a minimal decrease in scores from 17.36 to 15.94. The slight improvement in the control group was likely influenced by routine medical care, family support, or patient adaptation to the chemotherapy treatment process. The difference in depression status between the control group and the intervention group after the intervention showed significant results (U = 186.500; p = 0.000). The results of this Carative Caring study based on Jean Watson's theory proved effective in improving the depression status of terminal breast cancer patients through an empathetic approach, therapeutic communication, spiritual support, and the authentic presence of nurses. This approach is recommended as a holistic nursing strategy in the care of advanced-stage cancer patients.

***Keywords**: Carative Caring, Depression Status, Terminal Patients, Breast Cancer, Chemotherapy*