

RELATIONSHIP BETWEEN LIFESTYLE FACTORS AND BREAST CANCER IN INPATIENTS AT LAVALETTE HOSPITAL MALANG

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ABSTRACT

Breast cancer is a global health problem that continues to increase, and is also often associated with lifestyle factors. This study aims to analyze the relationship between lifestyle and breast cancer incidence in inpatients at IHC Lavalette Hospital Malang. The method used is a descriptive correlational design with 81 respondents selected through purposive sampling. Data were collected using a questionnaire about consumption of fatty foods, alcohol, smoking, and coffee. Data analysis was performed using the Chi-Square test. The results showed that the majority of respondents were aged 41-50 years, with the most common cancer stage being stage 2. A total of 41 respondents sometimes consumed fatty foods. The habit of drinking alcohol and smoking was very low. However, almost half of the respondents 35 were often exposed to cigarette smoke. Bivariate analysis showed a significant relationship between consumption of fatty foods ($p = 0.000$) and exposure to cigarette smoke ($p = 0.002$) with the incidence of breast cancer. In contrast, drinking alcohol ($p = 0.425$), smoking ($p = 0.174$), and drinking coffee ($p = 0.219$) did not show a significant relationship. The conclusion of this study is that there is a significant relationship between consumption of fatty foods and exposure to cigarette smoke with breast cancer, while drinking alcohol, smoking, and drinking coffee did not show a significant relationship. This study emphasizes the importance of a healthy diet and reducing exposure to cigarette smoke in preventing breast cancer, as well as the need for educational programs to increase public awareness of the risk of breast cancer.

Keywords: consumption of fatty foods, alcohol, coffee, smoking, breast cancer