CONTRIBUTION OF HOPE AND SOCIAL SUPPORT ON *RESILIENCE* IN CANCER PATIENTS

Arum Wulandari [1] **, Nilam Widyarini** [2]
Master of Psychology Education Program
Gunadarma University

Abstract. Most patients who have been diagnosed with cancer are filled with anxiety and fear of facing the threat of death and pain while undergoing therapy. Many previous studies discussed social support for hope. So is research that discusses social support for resilience. Interestingly there are no studies that specifically discuss expectations, social support for resilience. This study examines the role of hope and social support, towards resilience in cancer patients. This study uses quantitative methods. The response of this study consisted of 52 respondents consisting of 14 men and 38 women. Based on the results of the study, concluded that there was a significant effect of expectations and social support on resilience in cancer patients.

Keywords: Hope, social support, resilience

INTRODUCTION

Today there are various kinds of chronic diseases that can cause death to sufferers, one of which is cancer. According to the American Cancer Society, (2012), cancer is a general term that describes disease in humans in the form of abnormal cells appearing in the body that transcend the limits. These cells can attack other parts of the body.

Cancer is one of the chronic diseases which has a high increase now. According to US statistics, cancer accounts for around 23% of the total number of deaths in the country and becomes the second most deadly disease after heart disease (IARC, 2012).

Indonesia is a country with a high burden of cancer. According to Riskesdes data in 2013, tumor / cancer prevalence in Indonesia is 1.4 per 1,000 population or around 347,000 people, and the most experienced by women is breast cancer and cervical cancer. In terms of financing, based on data from BPJS until September 2017, cancer has cost IDR 2.1 trillion. Occupying second place after heart disease (MOH, 2018).

Resilience is the ability or capacity of a person that is owned by a person, group or society that makes it possible to deal with, prevent, minimize and even eliminate the adverse effects of unpleasant conditions, or even change the miserable

conditions to be a natural thing to overcome . which is needed in everyone (Desmita, 2006).

Everall, Altrows, and Paulson (2006), explain three factors that influence resilience, namely: (a) Individual factors include individual cognitive abilities, self-concept and self-esteem and social competence that individuals have. (b) Family factors related to resilience, namely close relationships with parents who have care and attention, have a warm upbringing pattern such as establishing friendly relationships and giving a message that he is valued, has an orderly and conducive life. (c) External factors or resilience community is a community that focuses on protective factors that encourage its members to have good resilience.

The ability of patients to get up and adapt, should be helped by growing hope and social support around them. This source of social support can come from family, friends and the hospital. The existence of social support indirectly gives strength to individuals to rise up against their disease. This is in accordance with the opinion of Baron & Byrne (2000), which states that patients who are recovering will recover faster if they have family and relatives who can help. Support received by patients from the social environment, especially the family, will make the patient feel cared for and not alone in undergoing chemotherapy so that will be a strength for patients in undergoing a series of chemotherapy processes (Hartanti, 2002).

Patients who have high expectations are more likely to engage in positive thoughts and lead to more positive outcomes so that they can fight psychological problems and even tend to be calm when facing cancer treatment and difficult situations so that they can tolerate pain.

Hope gives individuals positive resources to combat psychological problems as depression and anxiety while protecting against perceptions of vulnerability and uncertainty. Patients with high level of expectation tend to have fewer mood symptoms. Hope also has therapeutic value for patients with cancer. A positive relationship between expectations and efficacy of treatment in patients with breast cancer Pulvers' research shows that the higher the level of expectation, the more cancer pain that patients can tolerate. (Saleh, 2001; Felder, 2004; Pulvers and Hood, 2013; Yuen, Ho and Chan, 2014).

When expectations of cancer patients are high, it affects the increase in resilience in patients. This finding is in line with research conducted by Vartak (2015), which revealed that someone who

has high expectations will help improve the mental health of cancer patients.

When the perception of social support possessed by the patient is high, it will affect the increase in resilience. This finding is in line with previous studies which showed that social support can influence resilience through improved welfare, self-esteem and motivation, but the level of total support was also found to be a significant and direct predictor of resilience among cancer patients (Abestza, 2001; Pinquart, and Duberstein, 2009; Ikeda et al, 2013; Dreyer and Schwartz, 2014).

Individuals who receive social support will feel that they are loved, valued and are part of their social environment. Individuals who have a low level of social support will cause negative psychological consequences (Smith & Renk, 2007).

Horton & Wallander (2001), stated that social support and expectations given to people suffering from chronic diseases can be a mediator of the emergence of a character of resilience. Individuals of good resilience will face problems well and be able to find ways to get out of stressful situations (Sarafino, 2011).

Positive beliefs are related to physical illness in terms of developing healthier behaviors. Individuals who have a positive understanding of their meaning, are confident in their control, and are optimistic about the future, will be more inclined to practice healthy habits seriously. Of course this requires hope and social support from the environment around the patient so that it can help them in overcoming the problems at hand.

This study was conducted to analyze the influence between expectations and social support for resilience in cancer patients. The hypotheses used are: (1) there is an influence of expectations on resilience. (2) there is an influence of social support for resilience. (3) there is a joint influence of expectations and social support on resilience.

METHODOLOGY

The method used in this study is a quantitative method. Respondents in this study were patients who were detect with cancer, who underwent therapy, and those who came for treatment or post-treatment consultation. The total respondents were 52 cancer patients.

In this study there are three scales used, namely *resilience* scale (*Connor - Davidson Resilience ce Scale*) , when hope (*The State Hope Scale*), and scale social support (*Multidimensional Scale of Perceived Social Support*) .

Connor-Davidson Resiliensice Scale. Resilience referred to in this study is the

ability to deal with, overcome, and become strong over the difficulties experienced by individuals. In this study, researchers used 32 items of modified Connor-Davidson Resiliensice Scale consisting of 8 items representing hardiness. Then on 9 items that represent optimism. Then on 7 items representing resourcefulness and on 8 items representing purpose. This resilience scale is arranged in the form of a Likert scale that uses 4 alternative answers.

The State Hope Scale . Expectations referred to in research are individual abilities to produce many ways, in order to achieve and realize his wish. In this research, researchers used 12 items of *The State Hope Scale* consists of 6 items that represent *pathway thinking* , then 6 items which represents the *agency thinking*. Scale hope are arranged in scale Likert who uses 4 alternative answers.

Multidimensional Scale of Perceived Social Support . The social support referred to in this study is a support that comes from people who can provide comfort, care, self-esteem or assistance that is available to someone else, by caring for it or appreciating it. This scale of social support is measured by modifying the Multidimensional Scale of Perceived Social Support developed by Zimet, Dahlem, Zimet and Farley (1988). In this study, researchers used 18 items of Multidimensional Scale of Perceived Social Support consisting of 6 items that represented the family. Then 6 items that present friends. Then the 6 items that present significant others. This scale of social support is arranged in the form of a Likert scale that uses 4 alternative answers.

Data analysis was carried out using multiple regression analysis techniques between hope, social support and *resilience* in cancer patients. The variables examined in this study are expectations, social support as independent variables and *resilience* as the dependent variable.

RESULTS

Description of research respondents consists of type categories sex, age and education, can be seen in table 3.1:

Table 3.1: Description of the research response

Characteristics of Responden		total	%
Age	20-39 years	16	30.8%
	40-59 years	25	48.1%
	60-79 years	11	21.2%
Gender	Man	14	26.9%
	Woman	38	73.1%
Education	Elementary school	3	5.8%
	High school	27	51.9%
	College	22	42.3%

In terms of age, it varies from age 20 to 79 years . For sex dominated by women, while in education the majority is dominated by the last education of high schools and universities.

The results of multiple regression analysis test showed that between expectations and social support for *resilience* obtained F value of 4.426 with a significance of 0.04 (p> 0.05), it can be concluded that there is a linear relationship between expectations and social support variables. While the results of testing the linearity of the variance a bell

of hope and *resilience* obtained F value of 6.448 with a significance of 0. 015 (p <0.05), it can be concluded that there is a linear relationship between the vari a bell of hope and *resilience.*

Based on the data above, the researcher obtained a Thitung value of 6.980 with a sig value. amounting to 0.002 (p <0.05) it can be concluded that the hypothesis is accepted, meaning that the variables of social expectations and support have a significant effect on resilience.

While Regression analysis results obtained by the researchers, can be seen through the following table:

Table 3.2: Recap the results of multiple regression analysis **.**

Relationship	T count	Sig
H → R	-2,066	0.044
DS → R	2,518	0.015
H & DS → R	6,980	0.002

Information :

H : Hope DS : Social Support

R : Resilience → : To

Based on the data above, it shows that the sig value for hope is 0, 044 (p <0.05), therefore the expectation variable has a significant effect on *resilience* . Whereas for social support variables, the data above shows a value of 0, 015 (p <0.05), therefore social support variables have a significant effect on *resilience* .

Based on the data above, the researcher obtained T_{count} value of 6.980 with a sig value. amounting to 0.002 (p <0.05) it can be concluded that the hypothesis is accepted, meaning that the variables of social expectations and support have a significant effect on *resilience* .

Table 3.3: Effective contribution

R	R Square	Adjusted R Square	Std. Error
0.471	0.222	0.190	0.715

Regression test results show that there is a relationship between expectations and social support with *resilience* with a value of R = 0, 521 this indicates that the relationship between variables is moderate, R Square value is 0.222 which means 2 2 % of the variance of expectations and social support can be explained by changes in *resilience* variables , while the rest is

explained by other factors outside the model.

DISCUSSION

From the research that has been done, two main findings emerged. The first major finding is that hope has an influence on resilience. When expectations of cancer patients are high, it affects the increase in resilience in patients. This finding is in line with research conducted by Vartak (2015), which revealed that someone who has high expectations will help improve the mental health of cancer patients.

As stated by Tschudy (2010), that hope is the ability to acquire strategies and motivate themselves to survive in achieving goals. In addition, hope is also the existence of emotion has a role in assessing the cognitive of the individual, thus giving rise to positive emotions. A person with high expectations, tends to be calm in facing difficult situations.

Based on research conducted by Ebright and Lyron (2002), most cancer patients feel fear of things that will happen about their disease so that hope is considered as an effective coping to help get through difficult situations and achieve the desired goals. Hope can also help cancer patients to reduce the level of depression, anxiety, psychological distress and symptoms that are delayed by treatment among patients (Lutgendorf, 2011).

Patients who have high expectations are more likely to engage in positive thoughts and lead to more positive results so that they can fight psychological problems and even tend to be calm when facing cancer treatment and difficult situations so that they can tolerate pain (Synder, 2000). Hope has been found to help patients adapt and give meaning to cancer, maintain a high level of well-being, and provide clues and reasons for survival (Balneaves et.al., 2016).

Hope gives individuals positive resources to combat psychological problems as depression and anxiety while protecting against perceptions of vulnerability and uncertainty. patients with a high level of expectation tend to have fewer mood symptoms, because the hope of a higher person is more likely to be involved in thoughts related to positive cancer and leads to more positive results. Hope also has therapeutic value for patients with cancer. A positive relationship between expectations and efficacy of treatment in patients with breast cancer Pulvers' research shows that the higher the level of expectation, the more cancer pain that patients can tolerate. (Saleh, 2001; Felder, 2004; Pulvers and Hood, 2013; Yuen, Ho and Chan, 2014).

This proves that patients who have high expectations can adapt to the surrounding environment, especially with their illness. Positive thinking begins to emerge so that it can reduce the pain that is felt both physically and psychologically.

The second main finding of this study is the influence of social support for *resilience* . When the perception of social support possessed by the patient is high, it will affect the increase in *resilience* .This finding is in line with previous studies which showed that social support can influence *resilience* through improved welfare, self-esteem and motivation, but the level of total support was also found to be a significant and direct predictor of *resilience* among cancer patients (Abestza , 2001; Pinquart, and Duberstein, 2009; Ikeda et al, 2013; Dreyer and Schwartz, 2014).

Social support can be received support (support received) and perceived support (perceived support) (Cohen, Underwood & Gottlieb 2000). Received support is support received from people around the individual or social facts received from the surrounding environment, while perceived support is how individuals feel the support they receive regarding cognition in individuals who receive social support. In perceived support there is a perception.

Individuals who receive social support will feel that they are loved, valued and are part of their social environment. Individuals who have a low level of social support will cause negative psychological consequences (Smith & Renk, 2007).

The above phenomenon is also strengthened by the results of Maisel & Gable's (2009) study that conducted experiments by giving the same support to two different people who found different effects. The study also concluded that the effects of social support can be different for each individual influenced by perceived support (how individuals perceive received support).

This proves the phenomenon that occurs where social support obtained by cancer patients will indirectly lead to resilience in these patients. The resilience that is formed will ensure individuals have confidence in themselves in dealing with various unpleasant conditions due to cervical cancer. Resilience can arise or form from several sources, namely personal strength (I am), interpersonal ability (I can) and external support and resources / social support (I have). The existence of social support received by cancer patients can indirectly grow resilience in someone. This resilience will ensure individuals have confidence in themselves in the face of various

unpleasant conditions due to suffering from cancer so that these patients can adapt to the difficulties and illnesses that ultimately patients will continue to find a way to get healing and improve health (Matthew, 2005).

In the end, this proves that the size of the expectations received by the patient and the high and low level of social support that the patient has will contribute to the improvement of resilience in the patient so that it can be said that when patients get hope and have high social support, the patient will have high resilience.

CONCLUSIONS

Based on the results of data analysis , it can be concluded that there are significant influence of expectations on *resilience* . Patients who have high expectations, can adapt to the surroundingenvironment, especially with their illness .

In addition to this, there is also a significant influence of social support for resilience. Patients who have high social support can adapt to the surrounding environment, especially with their illness.

Furthermore, there is a significant influence between expectations and social support together with resilience. In the end, the size of the expectations received by patients and the high and low level of social support that patients have will jointly contribute to increasing resilience in patients so that it can be said that when patients get hope and have high social support, patients will have resilience. high.

SUGGESTION

Based on the results of the study, researchers hope that by having the hope of cancer patients can find a source of strength so as not to give up easily in living this life or in the future. Besides that, it is expected that cancer patients can realize that the role of social support also plays an important role as a reinforcement and the formation of resilience. So it is necessary for cancer patients to develop themselves and improve their competence and expand the network of social relationships, so as to gain hope and social support as a source of resilience.

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