



Review

Correlation Between Family Support and Emotional Regulation with The Resilience of Breast Cancer Patients in The City of Surabaya: A Literature Review

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ABSTRACT

Introduction: Breast cancer incidence has increased recently. Breast cancer patients usually feel inconvenience, psychological impact, and unstable emotions. The purpose of this study is to review the literature on the relationship between family support and emotional regulation with the resilience of breast cancer patients.

Methods: The review literature search uses a database "Google Scholar, Sinta, Jurnal Ners dan Scopus with keywords "Family Support, Emotion Regulation, Resilience, Breast Cancer, Patient" in the last ten years 2009-2019.

Results: 4,434 journals then identified for titles obtained as much as 2,142 and filtered according to abstract obtained 98 remaining journals, then review the complete full-text publication of a fully detailed 46 journal The final article that was in accordance with the inclusion criteria was 19 journals (articles). There is a significant relationship between family support and emotional regulation to the resilience of breast cancer patients.

Conclusion: Family support can affect the health conditions felt by breast cancer patients; good emotional regulation is needed so that the patient can survive. On the articles that have been reviewed, Family support and hope given to people suffering from chronic diseases can be mediators of the emergence of resilient characters With good emotional regulation Individuals can control emotions by monitoring, evaluating and modifying emotional reactions, thus acquired adaptive emotions and organized behavior, then forming good self-acceptance and the individual feeling confident in him, able to live a life of positive, optimistic, and confident

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1. INTRODUCTION

The incidence of breast cancer every year has increased, especially in developing countries

(Kementerian Kesehatan RI, 2018; Luzzati, Parenti and Rughi, 2018). In general, people living with breast cancer experience unpleasant events and impacts in their lives

(Molina *et al.*, 2014). Psychological effects that are often felt by breast cancer patients are helplessness, anxiety, stress, unstable emotions, and depression (Oetami *et al.*, 2014). Unstable emotions in breast cancer patients are associated with the ability to adapt to the disease (Vaziri *et al.*, 2017). Emotion regulation is the process of controlling emotions during or after experiences of threatening events and also stress (Garnefski, Kraaij and Spinhoven, 2007). By providing emotional regulation interventions in cancer, patients can manage negative emotions that are modified into self-motivation as well as express perceived emotions (Vaziri *et al.*, 2017).

While family support can affect the health conditions felt by breast cancer patients, at present, family support for people living with breast cancer is not good (Husni, Romadoni and Rukiyati, 2012). Support from family members can influence stress in women with gynecological cancer. Cancer patients who have the support of the family feel loved and cared for (Kirana, 2016). Resilience is one's ability to adapt to problems, survive, improve themselves, and grow in the face of crises and challenges (Connor and Davidson, 2003). At present many people with breast cancer are less able to adapt to the disease process they are experiencing so that they experience a personal burden (Habersack and Luschin, 2013). In Indonesia, the number of studies that explain in detail the relationship of family support and emotional regulation to resilience in breast cancer patients is still limited.

According to Globocan (2018b), the incidence of new cases of breast cancer in women increased from 1.7 million in 2012 to 2.1 million in 2018. Breast cancer is most commonly experienced by women in 140 countries out of a total of 184 countries worldwide, with numbers of death reached 522,000 (Union for Internasional Cancer Control, 2016). Breast cancer ranks first in new cases at 43.3% and deaths at 12.9% (International Agency for Research on Cancer (Internasional Agency for Research on Cancer (IARC), 2012). In Indonesia, breast cancer is the most prevalent cancer (WHO, 2019). The highest incidence of breast cancer in women in Indonesia is 61,682

cases (Penelitian and Pengembangan, 2013). Breast cancer occupies the highest level in East Java. In 2016, there were 3600 breast cancer clients (Kemenkes RI, 2016). The purpose of this study is to review the literature on the relationship between family support and emotional regulation with the resilience of breast cancer patients.

2. METHOD

A literature study is a method used to collect data or sources related to the topic raised in writing. Literature studies can be obtained from various sources, both journals, books, documentation, the internet, and literature. The method of literature study is a series of activities that are pleased with the method of collecting library data, reading and recording, and managing writing material (Nursalam, 2017). The methods in this review literature use a comprehensive strategy, such as article search in a research journal database, search through the internet, review articles. The search databases are used covering Google Scholar, Sinta, Ners, and Scopus journals with the keywords "Family Support, Emotion Regulation, Resilience, Breast Cancer, Patient" in the last ten years 2009-2019. Then identified titles, abstracts and criteria of inclusion, Inclusion criteria used are articles with breast cancer patients with chemotherapy, Publication years post 2009, English language, Study design: Quantitative study, Observational, Systematic/literature review, Non-experiment study.

3. RESULT

International literature sought using the Google Scholar database, Sprout, Nurse Journal and Scopus with the keywords "Family Support, Emotion Regulation, Resilience, Breast Cancer, Patient" in the last ten years 2009-2019 obtained 4,434 journals then identified for titles obtained as much as 2,142 and filtered according to abstract obtained Sebanyak 98 remaining journals, then review the complete full-text publication of a fully detailed 46 journal The final article that was in accordance with the inclusion criteria was 19 journals (articles) (See Table 1).

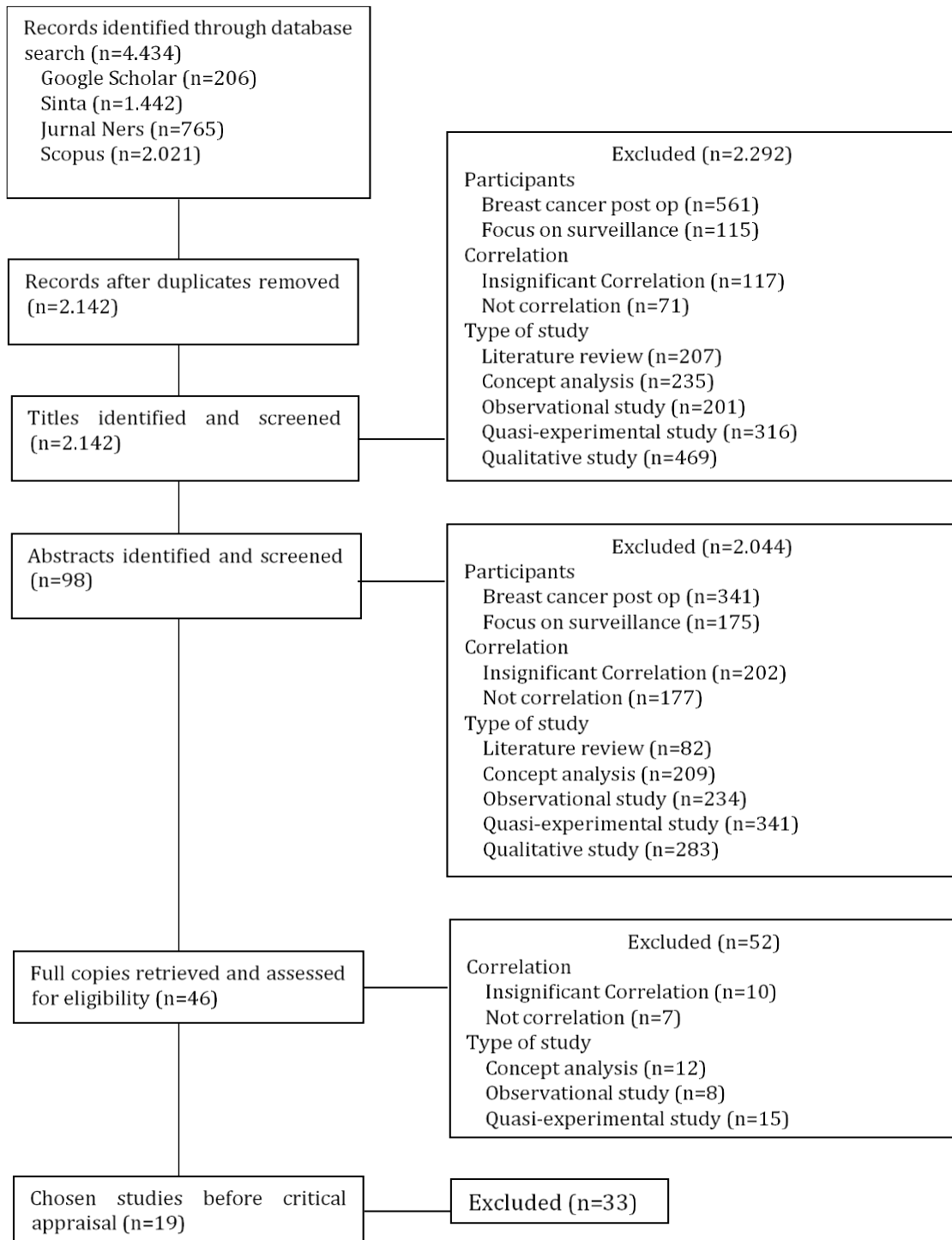


Figure 1. The focus of this review literature is knowing the relationship between family support and emotional regulation with the resilience of breast cancer patients.

4. DISCUSSION

Stressful situations and conditions, such as those experienced by people with breast cancer, have the potential to cause negative emotions (Burgess, 2006). Emotional

reactions that are not appropriate, extreme, or uncontrolled will disrupt individual functions, so it is necessary to regulate emotions every time (Gross, 2014). Emotional regulation is important for someone to be able to control his emotions in the face of pressure; being able to express the

Table 1. Article Synthesis

Title	Methods	Results
Social support and resilience in breast cancer patients (Case study of breast cancer patients undergoing chemotherapy) (Kirana, 2016)	Design: Qualitative Sample: Purposive sampling Variables: Social support and resilience Instrument: Observation and indepth interview Analysis: Interactive model data analysis	The results showed all four subjects received support from family and friends so they felt loved and cared for. This resistance is influenced by the subject's ability to arise and survive breast cancer.
Picture of endurance in women with breast cancer (Saputri, <i>et al.</i> , 2018)	Design: Phenomenology Study Sample: Four women over the age of 40 who have been diagnosed with breast cancer over one year and are undergoing medical treatment before Dependent variable: Women with breast cancer Independent variable: Resilience picture Instrument: Interview and observation Analysis: The Stevick-Colaizzi-Keen Method	The results showed that all four respondents showed a good picture of resilience. Emotional regulation, being able to control pressure, having hopes for the future, and being able to identify problems were the most instrumental aspects in forming resilience.
Ways of Coping With Stress and Perceived Social Support in Gynecologic Cancer Patients (Sema D <i>et al.</i> , 2015)	Design: Cross sectional Sample: Purposive sampling Dependent variable : Women with gynecological cancer Independent variable : Sosial support Instrument: Questionnaire Analysis: Correlational	Social support from family members is a mainstay for dealing with stress in women with gynecological cancer
Cognitive emotion regulation: characteristics and effect on quality of life in women with breast cancer (Ziongzhou <i>et al.</i> , 2015)	Design: Sample: 665 women with breast cancer 662 healthy women Dependent variable: Women with breast cancer Independent variable: Regulation of cognitive emotions; characteristics and effects on quality of life Instrument: Questionnaire CERQ and QOL Analysis: Descriptive analyses, t-tests,	Compared with control subjects, patients reported less use self-blame, rumination, positive refocusing, refocusing on planning, positive reappraisal, and blaming others, and more often using acceptance and disaster
The Effect of Self-Efficacy, Family Support, and Socio-Economic Factors on the Quality of Life of Patients with Breast Cancer at Dr. Moewardi Hospital, Surakarta (Lusiatun, 2016)	Design: Cross Sectional Sample: Purposive Sampling Dependent variable : Quality of life Indepnden variable: Self-acceptance, family support, socio-economic factors Instrument: Questionnaire Analysis: Multiple Logistic Regression	Self-effectiveness, family support, education, and family income have a positive and significant effect on global health status
Phenomenology Study:	Design: Qualitative Descriptive Sample: Purposive Sampling	This information is very influential on the success of care and treatment of the client, so

Title	Methods	Results
Expectations of breast cancer clients who received chemotherapy about family support in Jakarta's Dhramais Cancer Hospital (Kardiyudiani 2012)	Variable: Expectations of breast cancer clients Instrument: Interview and observation Analysis: Colaizzi	that various forms of family support that the client hopes can be used as a basis for further research in the form of qualitative and quantitative research
The Role of Family Support and Coping of Patients with Cancer Against Chemotherapy Treatment at the RBI Central Haji Adam Malik Hospital Medan (Saragih, 2010)	Design: Descriptive Sample: Purposive sampling Dependent variable : Chemotherapy treatment Independent variable : family support Instrument: Questionnaire Analysis: Chi square test	Family support for patients undergoing emotional based chemotherapy is not good and only good spiritual diverts pain
Relationship Between Family Support and Coping Mechanisms for CA Mammae Patients in the District Health Center of Semampir District, Surabaya (Fitriana, 2015)	Design: Cross sectional Sample: Purposive sampling Dependent variable : Coping mechanism for CA Mammae patients Independent variable : Family support Instrument: Questionnaire Analysis: Rank Test Spearman Test	Spearman rank test results obtained $p = 0.00 < 0.05$ so that H_0 is rejected H_1 is accepted, which means there is a relationship
Implicit loneliness, emotion regulation, and depressive symptoms in breast cancer survivors (Marroquin <i>et al.</i> , 2016)	Design: Descriptive analytic Sample: 390 women Dependent variable: Loneliness, emotion regulation, signs and symptoms of depression Independent variable : Survivor breast cancer Instrument: Questionnaire Analysis: Descriptive statistics, Multivariate logistic regression	The results show that explicit and implicit breast cancer-related emotion regulation has a different relationship with depressive symptoms, and implied loneliness moderates the effects of an implicit emotional approach.
Correlation between Family Support Against Cure Motivation in Patients with Cancer Undergoing Chemotherapy at Keraton District Hospital in Pekalongan Regency (Muthmainah <i>et al.</i> , 2010)	Design: Correlative descriptive Sample: Purposive sampling Dependent variable: Motivation of cured cancer patients Independent variable : Family support Instrument: Questionnaire with a check list Analysis: Uji Spearman Rank Test	There is a relationship between the two variables with a correlation coefficient = 0.730 which means the combination is strong
Relationship of Family Support to Motivation of Breast Cancer Patients in Undergo Chemotherapy in Cendrawasih Hospital in Arifin Achmad Regional Hospital in Riau Province (Mahwita, <i>et al.</i> , 2012)	Design: Cross sectional Sample: Purposive sampling Dependent variable: Motivation to undergo chemotherapy Independent variable: Family Support Instrument: Questionnaire Analysis: Pearson Rho's Correlation Test	P value = 0.008 (p value < 0.05) with OR = 9,000 (95% CI = 1,958-41,364), meaning that H_0 is rejected. So it can be concluded that there is a significant relationship between support for the motivation of breast cancer patients in undergoing chemotherapy
Emotional regulation in the treatment of cancer patients a literature review (Seprian & Warih, 2019)	Design: Study of literature	The results of the 10 journals, 7 journals found that there is psychological pressure on cancer patients include helplessness, negative emotions, denial, adjustment, anxiety,

Title	Methods	Results
Relationship of Family Support with Quality of Life of Cancer Patients Undergoing Chemotherapy at Keraton District Hospital in Pekalongan Regency (Hakim <i>et al.</i> , 2011)	Design: Correlative descriptive Sample: Purposive sampling Independent variable: Family support Dependent variable: Quality of life of cancer patients Instrument: Questionnaire Analysis: Chi square test	depression, anxiety, sleep disturbance patterns, and fear in disease recurrence, especially for patients who have finished doing treatment procedure, as well as the results of emotional regulation interventions in cancer patients there is a significant relationship between emotional self-regulation with improved quality of life in cancer patients. There is a relationship between family support and the quality of life of cancer patients undergoing chemotherapy at Keraton Regional Hospital in Pekalongan Regency with p value = 0.014 < α (0.05)
A comparison of cognitive emotion regulation, lifestyle, and dimensions of adjustment in 3 groups of patients with multiple sclerosis, patients with cancer under chemotherapy and patients relieved from brain tumor (Jahan Miri, 2018)	Design: Causal-comparativ Sample: Convenience sampling method, 72 pastients Dependent variable : Regulation of cognitive emotions, lifestyle Independent variable: Cancer patients with multiple sclerosis Instrument: Questionnaire Analysis: Multivariate analysis	The results showed that in the regulation scores of positive and negative cognitive emotions, the average score of the MS group was significantly more than the cancer group. In lifestyle, the average score of the brain tumor group is significantly more than the other two groups. In the adjustment and dimensions of personal, social, work, and family, the cancer group scores significantly more than the other two groups.
Relationship of Family Knowledge and Support with Chemotherapy Compliance with Clients with CA Mammae (Hartini, 2017)	Design: Cross sectional Sample: Random sampling Independent variable: Knowledge, family support Dependent variable: Chemotherapy compliance in patients CA Mammae Instrument: Qusetionnaire Analysis: Spearman Rho analysis test	Most of the family's knowledge belongs to the category of sufficient knowledge and sufficient family support in providing support to Ca Mammae's clients who are undergoing chemotherapy and most of the compliance levels of clients who are undergoing chemotherapy in the compliant category
Correlation between family support with anxiety in breast cancer patients in Pacar Keling Surabaya Health Center (Rizky, 2015)	Design: Cross ssectional Sample: Purposive sampling Dependent variable : Anxiety in breast cancer patients Independent variable: Family support in breast cancer patients Instrument: Questionnaire & observation Analysis: Non-parametric correlation	The results showed that the value of p = 0.00 and r = 0.86. This indicates a strong and significant relationship between family support and anxiety in breast cancer patients.
Regulation in women with premenstual syndrome (PMS) explicit and implicit assessments (Eggert <i>et al.</i> , 2016)	Design: Case control study Sample: 54 women with PMS cases and 52 women who have not PMS Variable: PMS women's emotional regulation Instrument: Questionnaire, SAP Analysis: T test, ANOVA	The results showed that PMS was associated with changes in the emotional regulation process, as assessed both explicitly and at an implicit level. Further research on the etiology of PMS should focus more on cognitive-emotional processes and their interactions with biological changes related to the menstrual cycle.

Title	Methods	Results
Correlation between family emotional support and resilience with anxiety facing chemotherapy in cancer patients at Dr. Moewardi Hospital in Surakarta (Setyaningsi <i>et al.</i> , 2011)	Design: Cross sectional Sample: 50 respondents taken using purposive incidental sampling Dependent variable: Anxiety with chemotherapy Independent variable: Family emotional support and resilience Instrument: Questionnaire Analysis: Uji <i>T-test</i>	There is a significant negative relationship between family emotional support and anxiety in dealing with chemotherapy. The relationship of resilience to chemotherapy anxiety was not significant as seen from the t test results
Correlation between family support with the level of motivation of breast cancer patients to take chemotherapy at Dharmais Hospital, West Jakarta (Yuliawati, 2006)	Design: Correlation Sample: Purposive sampling Dependent variable: The level of motivation of breast cancer patients to take chemotherapy Independent variable: Family support Instrument: Questionnaire Analysis: Univariat and bivariat	There is a relationship between family support and the level of motivation of breast cancer patients to take chemotherapy

right feelings will help foster resilience in a person (Nasution, 2011). Research on emotion regulation states that the ability to manage emotions can help someone in controlling themselves, especially when faced with pressure so that the ability to control oneself well can help someone direct their behavior (Mawardah and Adiyanti, 2014). In patients with breast cancer, good emotional regulation is needed so that the patient is able to survive, overcome stress so that it can be said as a patient who has resilience (Connor and Davidson, 2003). (Horton and Wallander, 2001). The support given by the family to sufferers in the form of motivation, information, moral support in the form of enthusiasm can increase the ability of resilience in patients characterized by the emergence of the patient's enthusiasm for recovery (Shally and Prasetyaningrum, 2017).). Patients with good resilience can help patients to reduce the negative impact of the treatment process they are undergoing and tend to be able to deal with the disease appropriately and maintain a balance of mental, psychological conditions (Molina *et al.*, 2014).

Based on previous research, in increasing the resilience of breast cancer patients, religious cognitive intervention/therapy is carried out (Alifia, 2018). Based on the

resilience theory model developed by (Deshields *et al.*, 2016), Based on the resilience theory model developed by (Deshields *et al.*, 2016), resilience has basic attributes in the form of personal and environmental aspects. The basic attribute can be protective or can be a dangerous factor. Internal protective factors can be found in aspects of personality, cognitive components, previous life experiences, intelligent individuals, able to express themselves emotionally, or who have better self-control. Environmental factors are factors outside one's personal, including this aspect; for example, social support, some of these factors can increase resilience in people with breast cancer.

5. CONCLUSION

Emotional regulation is important for a person to be able to control his emotions in the face of pressure, in patients with breast cancer good emotional regulation is needed so that the patient is able to survive, overcome stress so that it can be said as a patient who has resilience. Family support can also affect the health conditions felt by breast cancer patients. Support provided by the family to sufferers in the form of motivation, information, moral support in the form of enthusiasm can increase the ability of

resilience in patients characterized by the emergence of the patient's enthusiasm for recovery.

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