

ABSTRACT

Endang Sari. Conceptual design of cognitive intervention to degrade the level depressionvitas in patient with post mastectomy breast cancer. Cancer represent the very fearful disease for every human being in this time. Cancer as one of disease type which to date difficult to be healed to become the second best death cause in world. One of most famous cancer in Indonesia and to date take possession of the sixth as death cause in Indonesia mostly suffered by womankind is breast cancer. Breast cancer is cell which below par grow and split the self in breast and form a kind of tumor. Organ localization attacked by have of course have the separate appliance for every patient. Mastectomy of an organ lionized for the patient of will give the heavier reaction. This matter caused breast function by self as source of nutrition baby (matronly symbol), symbol of sexual maturity, as woman esthetics (appearance). Individual to physical existence incurred by a cancer generate the psychological impact. Term which commonly use for the circumstance of this that is the existence of tendency experience of the depression at certain level having the character of individually. Depression according to Beck (1967) depicting deviation of feeling, cognitive and behavior. Negative thought inundating individual real cause from emotion defeating individual self by self. Negative thought have come to the part of individual life so that the opinion turn into an automatic matter. Patient look into the self, its future and its experience by idiosyncratic that is predominated by cognitive pattern which are negative. Scheme at individual depression contain the idea trussed at one particular typical theme depression. The interpretation of experience, clarification to things of around his and view to future show the theme of self retreating, blaming negative expectation and self. Is hence needed by special handling, one of them is cognitive therapy. Cognitive therapy from Aaron T Beck special therapy developed to overcome the symptom depression. Cognitive therapy represent an psychotherapy which structure, what aim to assuage the symptoms disease and assist the client of so that can learn the way of more effective to overcome the difficulty causing their grief so that degrade or overcome the natural symptom depression it and he become better and also earn the its accept condition. Research method used by is descriptive with the approach qualitative. Measurement conducted by BDI questionnaire to determine the sample and later in through interview. Sample used in this research is cancer of ill breast post mastectomy at Hasan Sadikin Hospital. Sum up the sample is 30 people. Technique of performed within intake sample is purposive random sampling. Data obtained to be processed by using analysis to know the cognitive distortion themes. Result obtained by that patient own the difficult to cognitive distortion theme among other things eliminate the mind of concerning death and children chance, emerge the mind that self of function loss as mother and wife, existence of mind of concerning physical change which do not again, thinking social lose interest handicapped self condition so that, always to think the existence of cancer spreading to breast the other one. Based on this result, is compiled by an conceptual design of intervention which aim to eliminate or at

least lessen as maximum psychological impact is which is because of physical trouble to all patient of breast cancer.

Key words : mastectomy, depression, cognitive therapy