

Improving Self-Esteem In Breast Cancer Survivors Through A Monopoly Game Named *Bermain Asik Mengenal Diri (Bersinar)*

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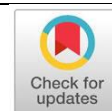
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Abstract

Background: Psychological problems experienced by breast cancer patients have a negative impact that can worsen their quality of life. Self-esteem is one of the psychological problems in breast cancer patients. Low self-esteem can have a negative impact on incomplete breast cancer treatment. One of the efforts to increase self-esteem is through game simulation using the monopoly named *Bermain Asik Mengenal Diri (BERSINAR)* (Eng: fun play to know yourself).

Objective: This study aims to determine the increase in self-esteem in breast cancer patients through the Monopoly named *Bermain Asik Mengenal Diri (Bersinar)*.

Methods: The research design used pre-experimental with a one-group pretest-posttest design without a control group to measure the increase in self-esteem in breast cancer patients through the monopoly named *Bermain Asik Mengenal Diri (Bersinar)*. The research respondents were 26 people. The sampling technique was Total Sampling. Data analysis used Marginal Homogeneity.

Results: The results of the marginal homogeneity statistical test showed a p-value of 0.000 \leq 0.05 that there is a significant difference in self-esteem before and after being given an intervention through the monopoly named *Bermain Asik Mengenal Diri (BERSINAR)*.

Conclusion: The monopoly named *Bermain Asik Mengenal Diri (BERSINAR)* had a positive impact on increasing self-esteem in breast cancer patients. It can be concluded that the game Monopoly *Bermain Asik Mengenal Diri (BERSINAR)* can improve self-esteem in breast cancer patients.

Keywords: breast cancer; bersinar monopoly; self-esteem

INTRODUCTION

Breast cancer is one of the most common types of cancer experienced by women, apart from cervical cancer. The term breast cancer is referred to as *Carcinoma Mamae*, a disease characterized by the presence of malignant tumors that grow abnormally, attacking the tissue around the mammary glands, milk ducts, and connective tissue, and can metastasize to other organs (Kemenkes, 2016). In 2020, according to the *Global Burden Of Cancer (GLOBOCAN) International Agency For Research On Cancer (IARC)*, the prevalence of breast cancer reached 685.000 deaths (Sung et al., 2021). In Palembang City, there are 367 patients with breast cancer, and 40 other women are suspected

of having breast cancer (Dinas Kesehatan Prov Sumatera Selatan, 2021).

Breast cancer causes various complaints, both from physical complaints and psychological complaints. Breast cancer patients who experience psychological problems are affected by newly diagnosed conditions when undergoing treatment. Psychological complaints that arise in breast cancer patients include low self-acceptance, fear of death, bad stigma due to physical changes, and disrupted social interactions. These perceived psychological problems are part of low *self-esteem*, which raises negative judgments about themselves and adversely affects the formation of *self-esteem* of breast cancer patients (Huang et al., 2019).

Cipora's research (2018) states that breast cancer patients who experience low to moderate *self-esteem* are 152 out of 231 patients. The low self-esteem experienced by breast cancer patients results in the most *urgent* impact, namely the incompleteness of the treatment undertaken by these patients. Unfinished treatment will be more at risk of increasing the grade and death of breast cancer. Another study from Merlin (2019) revealed that women with breast cancer complained that their roles as wives and mothers were disrupted as a result of their illness.

Preliminary studies conducted in the Community Persatuan Pendukung Wanita Penyandang Kanker Payudara (P2WPKP) Palembang region with the interview method found 5 mothers (61.8%) said the rejection of the disease is still experienced by cancer patients and the rejection experienced is getting worse with information about new tissue growth after undergoing treatment and poor laboratory results. A total of 12 mothers (92.3%) also stated that they were less than optimal in carrying out their roles as wives and mothers due to a lack of confidence in their abilities. It was partly due to the effects of chemotherapy in the form of fatigue. In addition, emotional support and appreciation support between community members received by breast cancer patients in the Community of *Persatuan Pendukung Wanita Penyandang Kanker Payudara* (P2WPKP) is still lacking, such as motivation for recovery, acceptance of the disease, and lack of confidence in undergoing treatment.

Efforts to increase self-esteem have been realized in previous research. One of the studies was conducted by Ikbal and Nurjannah (2016), applying rational-emotional behavior therapy by focusing on irrational thoughts and turning them into rational thoughts. In addition, Amita and Listyani (2022) applied game simulations using media such as Snakes and Ladders, monopoly, and cards that focused on understanding thinking, expressing emotions, and behavior in problem-solving. This study utilizes game simulation to increase *self-esteem* in breast cancer patients as the game

simulation used a method of discussion techniques and group play that made individuals analyze and directly observe the problems faced (Anggraeni & Makhmudah, 2019).

The game simulation used in this study is the monopoly named *Bermain Asik Mengenal Diri* (BERSINAR) game, in which there are aspects of self-esteem consisting of power, significance, virtue, and competence. The aspects of self-esteem describe problems that are relevant to the experiences of breast cancer patients regarding *self-esteem*. This game technique is by exchanging opinions between fellow players according to the topic discussed. Thus, breast cancer patients can be actively involved during the game process (Fitriani & Isnari, 2020).

Game simulations that utilize monopoly media to increase self-esteem in breast cancer patients have not been found. Previous research utilized monopoly media to increase *self-esteem* in adolescents. Thus, researchers are interested in modifying the monopoly game in Fitriani and Isnari's (2020) with the target of breast cancer patients and *self-esteem* problems experienced differently from adolescents. Based on existing problems, it is important to overcome the impact of low *self-esteem* in breast cancer patients. One of them is with the media monopoly named *Bermain Asik Mengenal Diri* (BERSINAR). This study aims to determine the increase in self-esteem in breast cancer patients through the monopoly named *Bermain Asik Mengenal Diri* (BERSINAR).

METHOD

This research is a *pre-experimental* study with a *one-group pretest-posttest* design without a control group. The design of this research is an experiment using the monopoly game named *Bermain Asik Mengenal Diri* (BERSINAR) on breast cancer patients and then looking at its effect on increasing *self-esteem*. The research was conducted in the Community *Persatuan Pendukung Wanita Penyandang Kanker Payudara* (P2WPKP) in the Palembang area. The research was conducted in March 2023. The population in this study was the target population, namely all breast cancer patients who participated in the *Persatuan Pendukung*

Wanita Penyandang Kanker Payudara (P2WPKP) in October 2022, with 26 respondents. The respondents used a Total Sampling analysis with a total of 26 respondents.

Data collection used the *Rosenberg Self-esteem Scale (RSES)* questionnaire, which was modified in Sudana's (2016) research. The scale used was a *Likert scale*. The questionnaire used to assess *self-esteem* variables is based on three categories, namely low (data < 63), medium (63 ≤ data < 81), and high (data ≥ 81). The content of the questionnaire was divided into four aspects, namely power, significance, virtue, and competence. The results of the validity and reliability test of the questionnaire were the alpha coefficient value of 0.930 > 0.6, so the questionnaire was reliable. The intervention is that respondents are given an approval sheet and informed consent. Furthermore, respondents were given a pretest questionnaire before starting to play. Then, the respondents followed the game procedure, which lasted for ±40 minutes, and then the respondents were asked to fill out the post-test questionnaire again.

Monopoly *Bermain Asik Mengenal Diri (BERSINAR)* is a game modified from the game "Simas Gadir" from Fitriani's research (2020) in its application to increase *self-esteem* in adolescents. BERSINAR monopoly game applies aspects of *self-esteem* to the contents of the game, which are outlined in questions and statements on a question card, "Sun Card," and a challenge card, "Moon Card," which contains aspects of strength (power), self-acceptance (significance), ability to achieve

something (competence), and *self-esteem*. In this game, breast cancer patients can recognize themselves and can accept themselves despite physical and psychological limitations due to breast cancer treatment.

Research ethics in this study are that all data obtained from respondents, both personal data and other information, will only be used for research purposes according to the principles of research ethics, namely respecting the privacy and confidentiality of research subjects. This research has previously passed the ethical feasibility test with protocol number 016-2023. In addition, the principle of research ethics takes into account the benefits and disadvantages (balancing harms and benefits), namely the intervention process, which is quite long and can cause fatigue and boredom in respondents' discussion. During the game, "ice-breaking" was given to overcome boredom, and 10-15 minutes of muscle stretching were given. Statistical tests used normality tests, namely Shapiro Wilk and marginal homogeneity tests, to analyze differences in self-esteem before and after playing the Monopoly named *Bermain Asik Mengenal Diri (BERSINAR)*.

RESULT

Through title and abstract screening, we eliminated irrelevant articles following the search statement, inclusion, and exclusion criteria. A total of 22 articles were retrieved from the process. Among 22 articles, nine were eliminated. As shown in Figure 1, 13 articles were selected for further analysis.

Table 1. Demographic Characteristics of Respondents (n=26)

No	Variables	Results
1	Age (n/%)	
	Early Adulthood (26-35 age)	2/7.7
	Late Adulthood (36-45 age)	6/23.1
	Early Elderly (46-55 age)	10/38.5
	Late Elderly (56-65 age)	8/30.8
	Total	26/100
2	Education (n/%)	
	No School	0/0
	Elementary School	2/7.7
	Junior High School	1/3.8
	Senior High School	11/42.3
	Diploma/College	12/46.2
	Total	26/100
3	Employment (n/%)	
	Unemployed	23/88.5
	Employed	3/11.5
	Total	26/100
4	Type of Treatment (n/%)	
	Chemotherapy	3/11.5
	Hormonal Therapy	23/88.5
	Total	26/100
5	Length of Treatment (n/%)	
	< 1 year	6/23.1
	1-5 year	9/34.6
	> 5 year	11/42.3
	Total	26/100
6	Cancer Stage (n/%)	
	Stage 1	5/19.2
	Stage 2	9/34.6
	Stage 3	10/38.5
	Stage 4	2/7.7
	Total	26/100
7	Self-esteem Pre Intervention (n/%)	
	Low	6/23.1
	Medium	14/53.8
	High	6/23.1
	Total	26/100
8	Self-esteem Post Intervention	
	Low	0/0
	Medium	3/11.5
	High	23/88.5
	Total	26/100

Table 1. The table above shows that in the age category, most of the respondents are early elderly (46-55 years) (38.5%), in the education category, namely Diploma/college (46.2%), in the occupation category, namely not working (88.5%), in the category of treatment type, hormonal therapy (88.5%), in the category of the length of treatment, namely > 5 years (42.3%), in the category of cancer

stage, namely stage 3 (38.5%), and *self-esteem* before being given intervention from 26 respondents, namely low (23.1%), moderate (53.8%), high (23.1%) categories. After the intervention, the self-esteem of 26 respondents changed to the category of medium self-esteem (11.5%) and high self-esteem (88.5%).

Table 2. Differences in *Self-Esteem* Before and After the Intervention of Monopoly Game Named *Bermain Asik Mengenal Diri* (BERSINAR) (n=26)

<i>Self-Esteem</i> value	Pre Test		Post Test		<i>p-value</i>
	n	%	n	%	
Low <i>Self-Esteem</i> (data < 63)	6	23.1	0	0	0.000
Medium <i>Self-Esteem</i> (63 ≤ data < 81)	14	53.8	3	11.5	
High <i>Self Esteem</i> (data ≥ 81)	6	23.1	23	88.5	
Total	26	100	26	100	

Table 2 above shows that there is a difference in *self-esteem* before and after; namely, 23 respondents (88.5%) have a high *self-esteem* category with a *p-value* Of 0,000 $\alpha \leq 0.05$ indicating a change in *self-esteem* value before and after the intervention of the monopoly game named *Bermain Asik Mengenal Diri* (BERSINAR).

DISCUSSION

Based on the results of demographic data in the age category, breast cancer patients are in the early elderly category, namely 46-55 years old. The research of Ajis *et al.* (2022) stated that increasing age will affect a person's psychological development based on knowledge and experience and have an impact on individual mindsets in dealing with a problem. In terms of the education category, respondents were in the Diploma/ college education category as many as 12 respondents (46.2%). It relates to Anggraini (2017) that a high level of education owned by an individual affects his mindset and decisions in dealing with a problem. A positive mindset will have an impact on the adjustment of good conditions for individuals, and individuals do not consider the problem to be something that can worsen their psychological state.

In the category of treatment types, 23 respondents (88.55%) were at the hormonal therapy treatment stage, namely, therapy that utilizes drugs to overcome hormonal problems in breast cancer patients. According to Haryati and Sari (2019), the side effects of the treatment have an impact on reducing body function. According to Kim *et al.* (2016), physical complaints experienced include nausea, vomiting, hair loss, and body fatigue, while psychological complaints experienced in the form of hopelessness, anxiety, low *self-esteem*, and emotions. Physical and psychological complaints are

in line with the length of treatment undertaken. Based on the results of the study, respondents had undergone breast cancer treatment for > 5 years (42.3%). Of course, it has an impact on the less than optimal for breast cancer patients in carrying out their role as a wife or mother.

Psychological impacts are often not the focus of attention in breast cancer patients. Yaribeygi *et al.* (2017, cited from Lestari, 2020) stated that the psychological impact experienced by breast cancer patients could worsen the patient's condition as stress can reduce the cytotoxic activity of T lymphocyte cells as natural killer cells that can increase the growth of malignant cells in breast cancer patients. This cancer cell growth will increase the stage of cancer. The results of this study found that as many as 10 respondents (38.5%) were already at stage III.

The assessment of *self-esteem* depends on how we perceive problems as positive or negative. It is related to one's expectations and life satisfaction so accepting oneself is an important point for individuals who have high *self-esteem* (Rehman & Munawar, 2022). The results of this assessment showed that before being given the intervention of the monopoly named *Bermain Asik Mengenal Diri* (BERSINAR), most respondents were in the medium and high *self-esteem* categories. The result of this study is in line with previous research, namely research by Aprilianto *et al.* (2021). This study found that 27 breast cancer patients (48.2%) had moderate *self-esteem*.

The result of this study also showed differences in the increase in *self-esteem* among respondents. The acceptance of information by the research subject is influenced by attentional factors and environmental factors (Notoatmodjo, 2014). The researcher

assumes that information received by individuals is directly related to perceptions and behavioral changes. Behavior change can improve coping skills and individual quality of life (Pakpahan *et al.*, 2021). Permata's research (2023) on the utilization of monopoly media as a medium to increase *self-confidence* in vocational students showed that the level of self-confidence in vocational students was in the range of high self-confidence levels, namely 179, after being given a monopoly game intervention. It is in line with the statement from Marsela (2023) that the Monopoly game using truth and dare games is made based on a behavioral approach, a theory from B.F. Skinner's figure regarding *operant conditioning* theory. The theory explains that behavior can be controlled by being preceded by the introduction of belief in the problem.

The Monopoly *Bermain Asik Mengenal Diri* (BERSINAR) also uses the media of question cards, "Sun Card," and challenge cards, "Moon Card," whose concept is the same as truth and dare cards containing aspects of power, self-acceptance (significance), ability to achieve something (competence) and *self-esteem*. The confidence of breast cancer patients in participating in the Monopoly game illustrates the spirit motivation of breast cancer patients in increasing self-esteem. It is in line with the statement from Rochmah (2018) that someone who has high self-confidence affects success in self-development, and this illustrates the positive assessment of individuals in dealing with situations both from within themselves and the environment.

The selection of health education methods provided is one of the factors in the success of health education. The method used in this study is the discussion technique. The discussion technique has advantages as a method in health education. One of the advantages is that it directly involves individuals in discussing a problem, creating a process of interaction between player members in exchanging experiences, feelings, and thoughts. It becomes a strategy for getting behavior change. Irwan (2020) states that the discussion technique is effective so that the message or information conveyed is not one-way.

The success of health education is also supported by the selection of health education media. The media used in the study is a monopoly named *Bermain Asik Mengenal Diri* (BERSINAR). This game contains challenges and questions related to self-esteem. It is adjusted to the *self-esteem* problems that arise in breast cancer patients. This game requires all group members to complete the challenges and questions that have been provided. The researcher assumes that the group discussion can establish close social support in the playing process.

The timing of the research also supported the success of this game. The research was conducted at the monthly meeting of the Community of *Persatuan Pendukung Wanita Penyandang Kanker Payudara* (P2WPKP). The results of an interview with the head of the community showed that this monthly meeting was held as a forum for breast cancer patients to share experiences and stories about the course of the disease and the treatment that was being undertaken. The researcher assumes that this warm and interactive atmosphere makes breast cancer patients not feel alone and can learn to be themselves. It has a good impact on the high *self-esteem* of breast cancer patients.

Increased *self-esteem* in breast cancer patients illustrates the level of basic human needs from Abraham Maslow's theory. At that level, it describes the need for respect for oneself and others. In this study, most individuals had increased self-esteem in the medium and high categories, indicating that breast cancer patients have a positive assessment of themselves. It is in line with the statement from Jankowska-Polanska *et al.* (2020) stating that the amount of self-acceptance of the disease experienced will have a good impact on the quality of life of breast cancer patients, which makes breast cancer patients more optimistic about undergoing treatment.

CONCLUSION

There was an increase in *self-esteem* in breast cancer patients through the game Monopoly named *Bermain Asik Mengenal Diri* (BERSINAR). 23 respondents (88,5%) were in the high *self-esteem* category, and there were 14 respondents (53,8%) in the medium *self-esteem* category. There was a significant difference in *self-esteem* before and after

the intervention, with a *p-value* of 0,000 $\alpha \leq 0,05$. It can be concluded that the game Monopoly *Bermain Asik Mengenal Diri* (BERSINAR) can improve *self-esteem* in breast cancer patients.

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