

ABSTRAK

Latar belakang: Kualitas hidup pasien kanker nasofaring merupakan aspek penting dalam evaluasi pasca-terapi karena pengobatan tidak hanya bertujuan memperpanjang harapan hidup, tetapi juga meningkatkan kesejahteraan secara menyeluruh yang sering kali menurun akibat efek samping terapi. Penilaian kualitas hidup dilakukan menggunakan instrumen EORTC QLQ-C30 karena bersifat komprehensif, tervalidasi dalam bidang onkologi, dan mampu memberikan gambaran holistik terhadap *World Health Organization Quality of Life* (WHOQOL) pasien.

Tujuan: Menganalisis perbedaan skor kualitas hidup EORTC QLQ-C30 penderita kanker nasofaring dengan modalitas terapi tunggal dan kombinasi di RSUP Dr. Kariadi Semarang

Metode: Jenis penelitian analitik observasional dengan metode *cross-sectional*. Sampel penelitian berupa 46 pasien kanker nasofaring RSUP Dr. Kariadi Semarang yang terbagi dalam 2 kelompok, yaitu kelompok terapi tunggal dan kelompok terapi kombinasi.

Hasil: Tidak ditemukan perbedaan bermakna skor kualitas hidup EORTC QLQ-C30 pada variabel modalitas terapi sebagai variabel utama maupun pada variabel tambahan, yaitu jenis kelamin, lama sakit, dan pendapatan. Perbedaan bermakna ditemukan pada variabel usia terhadap skala kesehatan global ($p=0,028$), serta pada variabel stadium terhadap skala fungsional ($p=0,04$), skala gejala ($p=0,006$), dan skala kesehatan global ($p=0,002$).

Kesimpulan: Tidak terdapat perbedaan skor kualitas hidup EORTC QLQ-C30 antara pasien kanker nasofaring dengan terapi tunggal dan kombinasi, sehingga dalam pendekatan *patient-centered care* pasien disarankan mengikuti rekomendasi dokter untuk mencapai hasil dan kualitas hidup yang optimal.

Kata kunci: Modalitas Terapi, Kualitas Hidup, EORTC QLQ-C30, Pasien Kanker Nasofaring, RSUP Dr. Kariadi Semarang

ABSTRACT

Background: The quality of life of patients with nasopharyngeal carcinoma represents a crucial aspect of post-treatment evaluation and is often a primary concern for patients following therapy, as treatment aims not only to prolong survival but also to enhance overall well-being, which often declines due to therapy-related side effects. Quality of life was assessed using the EORTC QLQ-C30 instrument, which is comprehensive, validated in oncology, and provides a holistic representation of patients' World Health Organization Quality of Life (WHOQOL).

Objectives: To analyze differences in EORTC QLQ-C30 quality of life scores among nasopharyngeal carcinoma patients receiving single or combination therapy at Dr. Kariadi General Hospital, Semarang.

Methods: This study employed an observational analytic design with a cross-sectional approach. The sample consisted of 46 nasopharyngeal carcinoma patients at Dr. Kariadi General Hospital, Semarang, divided into two groups: single therapy and combination therapy.

Result: No significant differences in EORTC QLQ-C30 quality of life scores were found in the main variable of therapy modality or in additional variables such as sex, duration of illness, and income. Significant differences were observed in age on the global health status ($p=0.028$) and in cancer stage on the functional ($p=0.04$), symptoms ($p=0.006$), and global health status ($p=0.002$).

Conclusion: There was no difference in EORTC QLQ-C30 quality-of-life scores between nasopharyngeal carcinoma patients receiving single or combined therapy; therefore, within a patient-centered care approach, patients are advised to follow their doctor's recommendations to achieve optimal outcomes and quality of life.

Keyword: Therapy Modality, Quality of Life, EORTC QLQ-C30, Nasopharyngeal Cancer Patient Dr. Kariadi General Hospital Semarang