

# COMPARISON OF QUALITY OF LIFE IN ADVANCED-STAGE NASOPHARYNGEAL AND LARYNGEAL CARCINOMA PATIENTS UNDERGOING CHEMORADIATION

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## ABSTRACT

**Background:** Head and neck cancers, particularly nasopharyngeal carcinoma (NPC) and laryngeal carcinoma, represent a major global health burden. In advanced stages, chemoradiation is the primary treatment modality. However, this therapy is associated with various adverse effects that may significantly reduce patients' quality of life (QoL). **Objective:** To compare the quality of life between patients with advanced-stage nasopharyngeal carcinoma and laryngeal carcinoma undergoing chemoradiation therapy. **Methods:** This study employed an analytical observational design with a cross-sectional approach conducted at Dr. Kariadi General Hospital, Semarang. The subjects were patients diagnosed with stage III–IV nasopharyngeal carcinoma and laryngeal carcinoma who underwent chemoradiation therapy. Quality of life was assessed using the validated University of Washington Quality of Life (UW-QoL) questionnaire. Data were analyzed using comparative statistical tests. **Results:** No significant difference in quality of life was observed between the two groups ( $p = 0.057$ ) among 43 patients (24 nasopharyngeal carcinoma and 21 laryngeal carcinoma). Stress was significantly associated with quality of life ( $p = 0.039$ ; OR = 0.215; 95% CI: 0.050–0.926), while the number of therapy cycles was not significantly associated ( $p = 0.487$ ). **Conclusion:** Quality of life in nasopharyngeal carcinoma patients is lower than in laryngeal carcinoma patients following chemoradiation therapy. **Keywords:** nasopharyngeal carcinoma, laryngeal carcinoma, quality of life, chemoradiation, UW-QoL

## PERBANDINGAN KUALITAS HIDUP PASIEN KARSINOMA NASOFARING DAN KARSINOMA LARING STADIUM LANJUT YANG MENDAPATKAN TERAPI KEMORADIASI

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### ABSTRAK

**Latar Belakang:** Kanker kepala dan leher, khususnya karsinoma nasofaring (KNF) dan karsinoma laring, merupakan beban kesehatan global yang besar. Pada stadium lanjut, kemoradiasi merupakan modalitas terapi utama. Namun, terapi ini berhubungan dengan berbagai efek samping yang dapat secara signifikan menurunkan kualitas hidup pasien. **Tujuan:** Membandingkan kualitas hidup antara pasien karsinoma nasofaring stadium lanjut dan karsinoma laring stadium lanjut yang menjalani terapi kemoradiasi. **Metode:** Penelitian ini menggunakan desain observasional analitik dengan pendekatan potong lintang yang dilakukan di RSUP Dr. Kariadi Semarang. Subjek penelitian adalah pasien yang didiagnosis menderita karsinoma nasofaring dan karsinoma laring stadium III–IV yang menjalani terapi kemoradiasi. Kualitas hidup dinilai menggunakan kuesioner University of Washington Quality of Life (UW-QoL) yang telah tervalidasi. Data dianalisis menggunakan uji statistik komparatif. **Hasil:** Tidak ditemukan perbedaan bermakna kualitas hidup antara kedua kelompok ( $p = 0,057$ ) pada 43 pasien (24 pasien karsinoma nasofaring dan 21 pasien karsinoma laring). Stres berhubungan secara bermakna dengan kualitas hidup ( $p = 0,039$ ; OR = 0,215; IK 95%: 0,050–0,926), sedangkan jumlah siklus terapi tidak berhubungan secara bermakna ( $p = 0,487$ ). **Kesimpulan:** Kualitas hidup pasien karsinoma nasofaring lebih rendah dibandingkan pasien karsinoma laring setelah menjalani terapi kemoradiasi. **Kata kunci:** karsinoma nasofaring, karsinoma laring, kualitas hidup, kemoradiasi, UW-QoL.