



POSITIVE PSYCHOLOGICAL INTERVENTION IN IMPROVING SELF-CONFIDENCE OF BREAST CANCER SURVIVORS IN MOTHERS WHO DO NOT WORK

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Abstract

In Indonesia, cases of breast cancer continue to increase, various methods are used to obtain a cure and prevent the spread of cancer cells, including mastectomy, chemotherapy and radiotherapy. The treatment will have an effect on physical, psychological and social changes. The physical appearance of breast cancer patients changes from before and after therapy, with these changes it will have an impact on psychological changes, namely a lack of self-confidence so that breast cancer patients tend to withdraw from their family and friends. The purpose of this study was to see the impact of positive psychology interventions in increasing the self-confidence of breast cancer survivors in mothers who do not work. This study is a quantitative study. The data collection tool in this study uses a self-confidence scale. This study uses QuasyExperimentwith the pretest and posttest design approach. Sample selection using purposive sampling method totaling 25 respondents, the researcher conducted a Paired Sample T Test Statistical test with a reference value of p-value <0.05. The results of this study are with a p-value of 0.000. So it can be concluded that positive psychology intervention can increase the self-confidence of breast cancer survivors in unemployed mothers.

Keywords: *Self Confidence, Positive Psychology, Positive Activity, Breast Cancer*

1. INTRODUCTION

Breast cancer is the growth of abnormal cells in the breast, these cells will continue to grow in the form of lumps, breast cancer is the most frightening disease for every woman if it cannot be treated properly then the threat is death.(Natalia, 2021). In Indonesia, cases of breast cancer continue to increase, every year it is estimated that out of 100,000 residents there are 100 new sufferers, based on data from the Banda Aceh City Health Service in 2018, out of 127,463 women, there were 144 cases, this shows that Aceh Province is ranked 14th for breast cancer sufferers.(Jannah, Miftahul, Anda Kamal, 2022). Junizar (2022) stated that various methods are used to obtain healing and prevent the spread of cancer cells, including mastectomy, chemotherapy and radiotherapy. The treatment undergone will have an effect on physical, psychological and social changes.

The physical appearance of breast cancer sufferers changes from before and after therapy, with these changes it will have an impact on psychological changes so that sufferers tend to withdraw from their social environment. To overcome this, breast cancer survivors need a resilient attitude, namely a tough attitude in overcoming obstacles or obstacles in their lives with one aspect being self-confidence. According to Adi et all (2022) Self Confidence or also called self-confidence is the belief in the ability of an individual to overcome a problem with the best situation and can provide something pleasant for others, with self-confidence people will be able to know and understand themselves, on the other hand lack of self-confidence will hinder the development of self-potential so that it will become an individual who is pessimistic in facing difficulties, afraid and hesitant to convey ideas and hesitant in making choices and often comparing themselves with

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others. Amri (2018) said that the factors that influence self-confidence are self-concept, experience, education and appearance. According to Lauster (in Amri, 2018), there are several aspects of self-confidence, namely: (1) Belief in one's abilities, namely a person's positive attitude about himself that he really understands what he is doing; (2) Optimistic, namely a person's positive attitude who always has a good view in facing everything about himself, hopes and abilities; (3) Objective, namely a person who is confident in viewing problems or everything; (4) something according to the truth as it should be, not according to personal truth; (5) Responsible, namely a person's willingness to bear everything that has become a consequence; and (6) Rational, namely analysis of a problem, something, something that happens using thoughts that are accepted by reason and in accordance with reality.

The instrument for assessing self-confidence is the self-confidence scale consisting of 38 statement items. Each question is given a value of 1-4, the higher the value obtained, the higher the self-confidence. (Felix, 2022). One way to increase self-confidence in breast cancer survivors is by implementing positive psychology interventions. Positive Psychological Interventions are theoretically based and empirically validated instructions, activities, and recommendations designed to enhance well-being. Positive Psychological Interventions focus on the use of positive emotions and strengths to achieve or enhance well-being. Numerous studies have shown that focusing on positive traits and strengths is associated with benefits to an individual's health and well-being across multiple life domains. (Agungnugraha, 2022).

This application can be easily used to improve the quality and strength of breast cancer patients, one of the interventions carried out is using the Positive Activity technique, where the positive Activity technique is a psychological therapy consisting of 4 stages, namely introduction to therapy, building commitment, program implementation, and feedback (asrul, 2020). This technique comprehensively applies positive behavior and provides opportunities for breast cancer survivors to explore their potential and abilities so that they can increase their self-confidence. This is in line with research conducted by Umami et al (2018) which shows that the application of positive activity techniques can increase self-confidence in schizophrenia patients. Based on the description above, the researcher aims to determine the impact of positive psychology interventions in increasing self-confidence in breast cancer survivors.

2. RESEARCH METHODS

Quasy experimental design research with pre-test and post-test design approach. The sampling technique was purposive sampling by selecting samples according to the inclusion and exclusion criteria that have been set by the researcher. The sample in this study were 25 breast cancer survivors. Inclusion criteria include, willing to be respondents, mothers who do not work, cancer with stage 2-3, respondents have undergone mastectomy and chemotherapy. The study was conducted in the cities of Banda Aceh and Aceh Besar, Aceh Province, from May 4-25, 2024. Positive psychology intervention activities, namely Positive Activity, were carried out in 4 meetings with 2 measurements, namely pre-test and post-test. The independent variable is Positive psychology intervention and the dependent variable is self-confidence in breast cancer survivors. Positive Activity intervention to increase self-confidence in breast cancer survivors took place in 4 meetings (4 weeks) for 1 month consisting of 4 activities.

Stage I, introduction of therapy. 1., Start by building a rapport (introduction), then the respondents are asked to fill out the informed consent and the Self Confidence Scale pretest questionnaire. schedule a contract for activities to be carried out and carry out healthy gymnastics. Stage II. Building commitment. Subjects understand the therapy to be carried out. Initial steps Video on increasing self-confidence in cancer patients, and continued by providing promotive, preventive and curative educational seminars for cancer patients with resource persons as the chief researcher and cancer survivors.

Stage. III. Implementation of the program making 1 hijab brooch and 1 beaded bracelet each and group counseling with a small team.



Stage IV. Evaluation and feedback by providing a post-test questionnaire, respondents were asked to answer the post-test questionnaire and write down their impressions of the conditions they felt after following all the programs in this study.

The instrument used in this study was a validated self-confidence scale questionnaire. Univariate analysis was used to see the characteristics of respondents including gender, age, education and occupation. Bivariate analysis used paired sample t-test to see the effectiveness of positive activity interventions in increasing the self-confidence of breast cancer survivors.

3. RESULTS

Table 1. Frequency Distribution of Respondent Characteristics (n = 25)

No	Respondent Characteristics	f	(%)
1	Age		
	26 - 35 years	3	12
	36 - 45 years	22	88
2	Gender		
	Man	0	0
	Women	25	100
3	Education		
	SD	0	0
	Junior High School	0	0
	Senior High School	25	100
	Bachelor	0	0
4	Work		
	Work	0	0
	Doesn't Work	25	100

Based on table 1. it can be seen that the characteristics of the respondents above show that the age of 36-45 years dominates, which is 22 people (88%) and the age of 26-35 years is 3 people (12%). From the gender category, the research was conducted on women totaling 25 people (100%), for the last education of all respondents, their education level was high school and they had jobs as housewives.

Table 2 The effect of positive psychology intervention on self-confidence in the aspect of belief in one's own abilities

Self-confident Confidence in one's own abilities	n	Median (minimum-maximum)	p
Before Intervention	25	10 (8-15)	0.000
After Intervention	25	21 (10-29)	

Table 2 shows the results of the analysis obtained using the Paired Sample T test with a p value > 0.05 (0.000) with a change in the median value from 10 to 21, which explains that there is a significant change in the level of self-confidence in the aspect of belief in one's own abilities after psychological intervention was carried out on breast cancer survivors.

Table 3. The effect of positive psychology intervention on self-confidence in the optimistic aspect

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Self-confident Optimistic	n	Median (minimum-maximum)	p
Before Intervention	25	11 (8-14)	0.000
After Intervention	25	22 (14-30)	

Table 3 shows the results of the analysis obtained using the Paired Sample T test with a p value > 0.05 (0.000) with a change in the median value from 11 to 22, which means that there is an influence on self-confidence, or it can be stated that psychological intervention can provide changes in self-confidence in the optimistic aspect of breast cancer survivors.

Table 4. The effect of positive psychology intervention on self-confidence in objective aspects

Self-confident Objective	n	Median (minimum-maximum)	p
Before Intervention	25	8 (6-10)	0.000
After Intervention	25	16 (8-24)	

In table 4. The results of the analysis obtained using the Paired Sample T test with a p value > 0.05 (0.000) with a change in the median value from 8 to 16, which means that psychological intervention can provide changes in self-confidence in objective aspects in breast cancer survivors.

Table 5. The effect of positive psychology intervention on self-confidence in the aspect of responsibility

Self-confident Responsible	n	Median (minimum-maximum)	p
Before Intervention	25	7 (6-12)	0.000
After Intervention	25	21(12-32)	

In table 5. The p value > 0.05 (0.000) obtained from the results of the Paired sample T test and the change in the median value from 7 to 21, shows that there is an influence of psychological intervention on self-confidence in the aspect of responsibility, which means that positive psychological intervention activities provide changes in the level of self-confidence of breast cancer survivors.

Table 6. The effect of positive psychology intervention on self-confidence in the rational aspect

Self-confident Rational	n	Median (minimum-maximum)	p
Before Intervention	25	7 (6-11)	0.000
After Intervention	25	22 (9-30)	

In table 6. From the analysis using the Paired Sample T test, the results obtained were with a p value > 0.05 (0.000) with a change in the median value from 7 to 22, which explains that there is a significant change in the level of self-confidence in the rational aspect after positive psychology intervention was carried out on breast cancer survivors. The results of the analysis in this study show different results in each aspect of the self-confidence scale. There are five aspects of self-



confidence that are assessed, namely belief in one's own abilities, optimistic, objective, responsible and rational.

4. Discussion

Respondent Characteristics

Based on the characteristics of the respondents, it can be seen that the age of 30-40 years is the most dominant in the study as many as 18 respondents (72%), while the age of 41-50 years is 7 respondents (28%), this is in accordance with the results of research at RSUP H. Adam Malik Medan in 2009, where age is one of the factors related to increased risk of cancer, the age of cancer risk in women is over 35 years, with increasing age the risk of cancer increases, which is caused by reproductive hormones (firasi, et al 2016), this is reinforced by Sattar (in Adi AS, 2022) where the more mature the age, the greater the risk of cancer. This study was conducted purely on women because women have a 100 times higher risk than men. breast cancer is still a health problem for women in Indonesia, women diagnosed with breast cancer must undergo various types of treatment such as mastectomy and chemotherapy, this treatment has an impact not only on physiological but also psychological, one of which is a decrease in self-confidence.

Based on education, respondents are high school graduates as many as 25 (100%), individual knowledge is closely related to the level of education, the higher the education, the better the understanding of the various information received, thus their knowledge will also increase (Sembiring EE et al, 2022). Respondents who have low education are considered to have no intellectual competence so that there is a lack of knowledge about breast cancer, lack of awareness in implementing a healthy lifestyle and lack of awareness in carrying out breast cancer screening (Junizar & Juwita, 2022)

Furthermore, in terms of work, 100% of respondents are housewives (IRT), IRT are women who spend their time at home and carry out household tasks without doing activities outside the home, various household tasks that must be completed and with unhealthy physical conditions, the demands of the job are considered to have exceeded their abilities, such as an imbalance between demands and reduced energy so that they require adjustment to their environment (Devi YR & Fourianalistyawati, 2018). According to the researcher's assumption, respondents who are mothers who do not work or housewives who are breast cancer survivors feel unproductive, fail to be mothers or wives because of their limitations in carrying out their duties and they consider themselves a burden on the family both morally and materially, resulting in a loss of self-confidence.

The effect of positive psychology intervention in increasing self-confidence in unemployed breast cancer survivors

In the aspect of self-confidence, it has a p value <0.05 or $p = 0.000$, which means that there is a significant change in the level of self-confidence in the aspect of self-confidence after positive psychology intervention, namely positive activity in cancer survivors. Self-confidence is a positive feeling that exists within an individual in the form of belief and trust in their abilities and potential, individuals feel able to do tasks well and to achieve life goals (Busro, 2018). In addition, self-confidence is closely related to the ability to accept reality, so that it can develop self-awareness, positive thinking, and independence (Adi AS, 2022)

The results of the analysis on the optimistic aspect showed a result of $p <0.05$ or $p = 0.000$, which means that there is an increase in self-confidence after being given positive psychology intervention. Optimism is related to a person's hopes for their future. Optimism is the hope for positive results, even when someone faces difficult things. This condition combines a mixture of relatively positive feelings (Simarmata et al., 2022). Optimism must be possessed by breast cancer survivors and plays a very important role in undergoing treatment so that it can increase positive expectations for recovery and optimism can minimize the worsening condition of breast cancer sufferers. Several factors that influence optimism are: age, parity status, education level, marital

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status, self-esteem, family support, health status, stress, coping, and self-efficacy (Wardiyah et al., 2012). Furthermore, positive psychology intervention also has an impact on increasing self-confidence in objective aspects with $p < 0.05$, namely $p = 0.000$. Objective is an individual's personal point of view related to the actual situation without being influenced by personal opinions or views, individuals who are confident usually have an initiative, creative and optimistic attitude towards the future, think positively, are aware of their weaknesses and strengths and assume that there must be a solution to every problem faced. On the other hand, individuals who are not confident will show attitudes such as inferiority, pessimism, passivity, and tend to be apathetic which can result in weakening their enthusiasm for life. (Setiamey & Deliani, 2019)

In addition to the objective aspect, psychological intervention has an influence on the responsible aspect, namely a p value < 0.05 (0.000), meaning that there is an increase in self-confidence after the intervention. Responsibility is an individual who carries out his duties and obligations seriously and is ready to bear all risks arising from his actions, to show his responsibility, strong motivation is needed from the individual, with motivation, the individual will be faster, more serious in carrying out actions and aware of the importance of attitude in achieving needs. (Sari et al., 2016), One form of responsibility of breast cancer survivors is to follow medical therapy such as mastectomy, chemotherapy and healthy living behavior. Mastectomy is a surgical procedure to remove some or all of the breast tissue and women who undergo mastectomy will lose their breasts which are a symbol of sexuality. Mastectomy is intended to treat and prevent breast cancer. (Sembiring, 2022).

In addition to mastectomy to prevent metastasis in cancer, breast cancer survivors can continue treatment therapy by undergoing chemotherapy. Chemotherapy is a cancer treatment using drugs that aim to kill fast-growing cells in the sufferer's body. Chemotherapy is usually used to treat cancer, because cancer cells grow and develop much faster than most other cells in the body. (Sembiring, 2022). Then the rational aspect obtained the result $p < 0.05$ (0.000), it can be stated that after the intervention there was an increase in the confidence of breast cancer survivors. According to the Oxford Dictionary, rationality has a meaning according to logic and reason. According to experts, rationality is a person's ability to draw conclusions that have a basis and are supported by data, rules and logic. Rationality is the ability to analyze a problem so that it can be accepted by common sense and accept reality. A positive rational attitude is the basis for positive thinking skills that emphasize positive views and emotions. Positive thinking patterns are a guide in viewing something from a positive perspective so as to help individuals overcome their problems.

A wrong and irrational value system in humans is the main cause of someone being depressed and causing various problems in their lives. (Paturrochmah, 2020). Therefore, breast cancer survivors are expected to be able to accept the reality that occurs in their lives. Marked by the ability of survivors to be able to appear as they are and accept their shortcomings. Wahyu & Hardi (2017) explained that self-confidence is a comprehensive dimension of an individual in the form of a responsible attitude, self-image and belief in their ability to start, do, and complete a job and task. A person who has self-confidence has the following characteristics: (a) adapts and communicates in various situations; (b) has the ability to socialize; (c) has experiences that forge a strong mentality against trials; (d) is calm in doing something; (e) neutralizes the tension that arises; and (f) always reacts and acts positively in facing various situations. (Rukmi, 2022)

Based on the results of measuring the level of self-confidence in the five aspects in the pretest and posttest with the Paired T Test statistical test showing a p value < 0.05 , namely 0.000, it can be concluded that psychological intervention with positive activity can increase self-confidence in breast cancer survivors. This is supported by the results of research conducted by Umami (2019) showing that positive activity can increase self-confidence in people with schizophrenia. From the results of data analysis, it is known that the self-confidence of breast cancer survivors increased after being given positive psychological intervention, namely positive activity.

The "positive activity" intervention applies positive behavior by carrying out productive activities that can be done by breast cancer survivors. In implementing positive activity, breast



cancer survivors are given the opportunity to explore their abilities or strengths until they realize that they have the ability to carry out productive activities, so that these activities can increase their self-confidence.(Shin, 2016). *Positive activity* focuses on simple positive behavior or activities rather than on cognition such as sports activities, educational seminars, group counseling, handicrafts. These activities are expected to improve the abilities and enthusiasm for life for breast cancer survivors. One of the positive intervention activities carried out by breast cancer survivors is exercising. This physical activity can increase the enthusiasm for life for breast cancer survivors.

This is in line with the statement of the National Cancer Control Committee (2019) that cancer sufferers not only suffer physically, but can also affect their psychology such as feelings of anxiety and depression. This can be eliminated by exercise. If cancer sufferers exercise regularly, there will be many benefits, including reducing weight, eliminating depression and muscle fatigue, increasing muscle mass, and becoming mentally healthier(Banu Setyo Adi, 2010). This is reinforced by the results of research by Browall et al., (2018) which states that the importance of doing daily physical activity for breast cancer patients with poor quality of life. Physiologically, physical activity can increase cardiorespiratory changes, increase muscle endurance, increase carbohydrate and fat oxidation, increase myoglobin content, reduce body fat percentage and increase lean body mass, lower blood pressure and make hormonal changes.

Other positive intervention activities applied to breast cancer survivors are educational seminars, namely by providing information about breast self-examination (SADARI), prevention and treatment of breast cancer, watching videos of survivors and discussing directly with survivors in living life as breast cancer survivors. This educational activity can increase the self-confidence of breast cancer survivors. Educational activities carried out can increase the knowledge of breast cancer survivors about depression and anxiety conditions that are susceptible to breast cancer survivors, knowledge about the disease and improve self-care techniques. This is in accordance with research by Wu et al (2018) that Psychoeducational interventions (PEI) activities with face-to-face for patients with breast cancer are effective in increasing knowledge, resilience, and quality of life during and after chemotherapy. The next activity is to conduct group counseling guidance for breast cancer survivors, group counseling services are an effort made between individuals involving counselors and several group members who explore themselves and situations in the process of changing attitudes and behaviors that aim to help individuals in the process of preventing or overcoming problems faced so that they can increase self-acceptance, self-confidence, self-esteem and to achieve a new view of themselves and others.(Panjaitan & Sari, 2022).

One of the characteristics of an individual who has self-confidence is instilling positive thoughts in themselves, this is supported by research by Hany Paturrohman (2020) which shows that Rational Emotive Behavior Therapy (REBT) counseling is a therapy that prioritizes the concept of a mature life that emphasizes the potential for thinking and reasoning. A positive rational attitude is the basis for positive thinking skills that emphasize positive views and emotions. Positive thinking patterns are a guide in viewing things from a positive perspective so as to help individuals overcome their problems. The wrong and irrational value system in humans is the main cause of someone being depressed and causing various problems in their lives. Thus, REBT is related to positive psychology interventions in the aspect of rationality where breast cancer survivors are directed to be able to think positively which will later have an impact on their self-confidence. The next Positive activity intervention is beadwork, craft is an activity that produces a product that functions to be used or as a display material that has a beautiful aesthetic value, the more difficult the manufacturing process and using quality materials, the higher the selling power. According to Kadijim (2011) crafts are efforts that are carried out continuously with diligence, persistence, high dedication, agility and have the fighting spirit to advance and create a work.

Beadwork is one form of intervention given to breast cancer survivors with the hope that this activity can change the positive mindset of survivors towards the disease they suffer from both physiologically and psychologically such as feelings of uselessness and being a burden for the

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family, especially material burdens, with this beadwork activity can increase family income and have an impact on the productivity of survivors in entrepreneurship so that it will increase the confidence of breast cancer survivors. Self-confidence is born from a positive mental attitude, which will later affect the daily conditions of breast cancer survivors. According to Hanurawam (inpaturohmach,2020) The characteristics of a person who has a positive mental attitude are: (1) having a feeling of happiness and satisfaction in life, (2) having the spirit to live life with joy and enjoying life, (3) having the vitality to face life's stress and rise from failures experienced, (4) having the ability to realize oneself, namely the ability to participate in living life and adapt to the best potentials that exist within oneself through meaningful life activities and positive social relationships, (5) having the ability to be flexible, namely the ability to change, develop, and experience various variations of feelings along with the variations in changes in one's life conditions, (6) being able to balance one's life, meaning being able to balance privacy and sociality, playing and working, sleeping and waking up, and resting and being active, (7) having attention to oneself and the people around one and (8) having self-confidence and good self-assessment of oneself.

5. CONCLUSION

Based on the results of the research that has been done, it can be concluded that positive psychology interventions, namely positive activity through gymnastics, bead making, educational seminars and group counseling can increase the self-confidence of breast cancer survivors. The implementation of "Positive activity" that is carried out can provide an opportunity for breast cancer survivors to develop positive things, be able to assess the advantages and strengths they have which will later have an effect on the self-confidence of breast cancer survivors that they have many things that can be developed to increase their self-confidence and for their survival.

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