

# OPTIMISM IN PATIENTS SURVIVOR CANCER

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**Abstract**---In the current millennial era, the pattern of human life is not like the time before the millennial era. The environment is full of pollution, fast food, unhealthy lifestyles, the number of hours of sleep that is not fair and the demands of work do humans prioritize the results obtained rather than the process to get it. One impact was seen by health problems, namely cancer. Cancer is a deadly stigma when someone listens to it. But some people can see cancer as part of the life process that must be passed. This understanding can be explained in the concept of optimism so that researchers are interested in seeing the phenomenon of the concept of optimism in cancer patients. This research uses a qualitative method with a phenomenological design and data collection is carried out intensively, deeply, and comprehensively. Data collection is done by interview, observation, and official documents. With this specific research, it can only be experienced by the subject under study and does not apply to other subjects. Two people who became the subject were visited by researchers when the subject was running therapy at one of the therapy sites in Bandung. The instrument used for data collection is humans, the researchers themselves. Data analysis activity begins with data collection, personalization, and creating units of meaning to get a textural description. The results showed that the two subjects displayed different optimisms. The behavior displayed by the NR subject showed pessimism in dealing with health after cancer diagnosis and treatment. While LL subjects showed themselves optimistic in facing health after cancer diagnosis and treatment.

**Keywords**---Optimism, Survivor cancer.

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## I. INTRODUCTION

In life in millennial times like today, humans will meet with good and bad environmental conditions. The environment is full of pollution, fast food, unhealthy lifestyles, the number of hours of sleep that is not fair and the demands of work do humans prioritize the results obtained rather than the process to get it.

Whereas humans who lived in earlier times, or can be categorized as humans who lived before the millennial era, still have a good environment, humans still require food sourced from nature, social media is not as sophisticated and mushrooming as it is until the process is respected in job demands. Changes in the phenomenon that emerged in millennial times now have an impact on the human body that goes through it.

Excerpted from the Indonesian CNN electronic media (<https://www.cnnindonesia.com/teknologi/20171218125552-185-263165/empat-cara-untuk-radi-radiation-mobile>) that the California Department of Public Health (CDPH) mentions that Radio waves Frequencies emitted by cell phones can cause brain cancer, headaches, memory loss, and sleep

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deprivation. Cell phones have mushroomed in all human circles, even though unwittingly emission of cell phones can cause health problems. Frightening health problems in the view of humans, including cancer. According to the medical, cancer is not yet known as the main cause of the emergence of cancer, but medical research still focuses on many types of cancer treatments that are done in earnest so that it will give good results (Seo & Choi, 2016).

Cancer is a process of cell multiplication that is uncontrolled and produces tumors that attack the tissues that are nearby and have estrogen (Kiple, 2003). The effect of cancer makes sufferers experience a decrease in their physical and psychological conditions, including cancer sufferers who have no desire to eat, even though nutritious food is still needed for endurance, and can make cancer patients experience despair to depression. This is supported by previous research (Gotay, 1998) that examined women with cancer, 50% of women often think about the possibility of recurrence of the disease, and 73% reported that they are more prone to depression after being diagnosed with cancer.

The results of a research group of scientists in London, led by Keith Pettingale (Fitria, 2017) about the survival of cancer patients who have passed the first ten years after cancer diagnosis, that as many as 75% of cancer patients who respond to their diagnosis with a "fighting spirit" can survive in the first ten years and only 22% of cancer patients who respond to their diagnosis with "stoic acceptance" (receive a diagnosis without a certain feeling, hopelessness or helplessness) can pass the first ten years.

Several organizations, foundations to herbal and self-healing therapies have provided material on cancer treatment. Researchers have found several of these places, and what is interesting for researchers is that there is one place in the Bandung area that studies self-healing for people who want to learn it, not limited to sick people. Following the activities organized by the place have a lot of learning about thinking and reacting positively. From the observations of researchers, some cancer sufferers take part in the therapy site. There were seen who enjoyed and managed to follow the therapy but some were seen not enjoying it.

Based on preliminary interviews of researchers to one of the cancer sufferers who can have positive thoughts and emotions, saying that enthusiasm or optimism in living everyday life makes it feel peaceful facing cancer. Can make peace in accepting cancer that has already happened and not afraid to face his future life. Optimism is one of the positive emotions learned in modern psychology today. Optimism is one component of positive psychology that is associated with positive emotions and positive behaviors that lead to health, stress-free life, social relationships and good social functioning (Darai & Ghaderi, 2012).

According to Seligman (Seligman, 2011), optimistic individuals can be seen through the way they explain events that occur or have not yet occurred. The way individuals explain events is known as an explanatory style. Explanatory style (explanatory style) is a way that is owned by individuals and in the form of habits in looking at an event in his life which is then shown by how individuals explain the event. In essence, an individual's thinking habits are reflected in how he explains everything that happens in his life.

Research conducted by Carver et al (Arif, 2016) that optimism correlates with higher subjective well-being, even when facing stressful events such as childbirth, treatment for breast cancer, or failure of attempts to conceive through in vitro fertilization methods. Added to the results of his research Matthews et al (Arif, 2016) that optimistic people are generally healthier. According to Seligman (Arif, 2016) optimism, which is one of the bases of happiness, is closely related to how humans explain to themselves about the various events they experience. Added (Applebaum, et al., 2014) that optimism has a close relationship with psychological well-being to obtain better health compared to pessimism related to poor health, anxiety, and depression.

Each individual has a different thought and emotional reaction in dealing with something pleasant and unpleasant.

When humans get a state of health that is not goodwill cause pressure on yourself and vice versa on good health, sometimes people still feel pressure on themselves because humans have thoughts in learning during his life.

With various problems in life, a healthy individual may not always be able to undergo well every time, especially for individuals who are experiencing cancer. Based on the explanation, the researcher is interested in knowing optimism about the health of humans who have struggled with cancer. So researchers raised the research title "Optimism in Survivor Cancer “

## II. LITERATURE REVIEW

### Optimism

The concept of optimism developed by Martin Seligman has a deep understanding of the cognitive mechanisms that underlie pessimism (Seligman, 2011). In Seligman's conceptualization, helplessness and pessimism are not inherited from inheritance or a trait that cannot be changed in humans but are the result of learning. When humans see the future, they tend to be pessimistic and optimistic in their cognitive mechanisms (Seligman, 2011).

Optimism is one component of positive psychology that is associated with positive emotions and positive behaviors that lead to health, stress-free life, social relationships and good social functioning (Daraei & Ghaderi, 2012). Added (Applebaum, et al., 2014) that optimism has a close relationship with psychological well-being to obtain better health compared to pessimism related to poor health, anxiety, and depression.

According to Seligman (Arif, 2016) optimism, which is one of the bases of happiness, is closely related to how humans explain to themselves about the various events they experience. Humans always need meaning and interpretation of the events that occur in their lives. Optimistic individuals believe that bad events only last for a while, occur in certain things, and don't blame yourself when experiencing bad events. Conversely, when experiencing good events, an optimistic individual believes that events will take place permanently, will occur in all aspects of life, and he is a source of good causes.

Wellner and Adox (Hasnain, Wazid, & Hasan, 2014) say that an optimistic attitude with positive thinking is the key to success and happiness. Success and happiness is the ultimate goal of all activities, learning, and processes in human life. Optimism can be learned by human cognitive mechanisms. The theory of cognitive mechanisms that make humans interpret or explain events in their lives is called explanatory style (Arif, 2016). In the explanatory style theory, Seligman (Arif, 2016) said that humans always explain what they experience using three dimensions, namely permanence, pervasiveness, and Personalization.

#### 1) Permanence

The permanence dimension is the dimension that determines how an individual views the duration of events that occur in his life. An optimistic individual will see a good situation as something that will happen in the future, and bad events will only occur temporarily. Whereas pessimists see good situations only as a coincidence and feel bad events will always occur in the next life. Optimistic individuals explain the good situation (good situation) in themselves with a permanent cause, while individuals who are pessimistic consider the cause is only temporary. Different again with bad events (bad situation) that happened to them. Optimistic individuals will see bad events as temporary and accidental, whereas pessimistic individuals view bad events as permanent and will continue to occur.

#### 2) Pervasiveness

Pervasiveness is a style of explanation related to the scope of events that occur in individuals. These dimensions can be divided into comprehensive or special. In a good situation, optimistic people will explain that this is caused by factors that are universal or comprehensive. While people who are pessimistic will explain that this happens for certain things (specifically) only. Then for bad events (bad situation), an optimistic individual will explain the specifics of the bad events that he experienced because they are caused by special things and will not have a widespread effect. While pessimistic individuals will explain that this is caused by things that are universal and will extend to the other side of their lives. An optimistic explanatory style for good events will conflict with an optimistic explanatory style for bad events. Optimistic individuals believe that bad events have specific causes, while good events will improve everything that is done.

3) Personalization

Pervasiveness is a style of explanation related to the scope of events that occur in individuals. These dimensions can be divided into comprehensive or special. In a good situation, optimistic people will explain that this is caused by factors that are universal or comprehensive. While pessimistic people will explain that this happens for certain things (specifically) only. Then for bad events (bad situations), an optimistic individual will explain the specifics of the bad events that he experienced because they are caused by special things and will not have a widespread effect. While pessimistic individuals will explain that this is caused by things that are universal and will extend to the other side of their lives. An optimistic explanatory style for good events will conflict with an optimistic explanatory style for bad events. Optimistic individuals believe that bad events have specific causes, while good events will improve everything that is done.

These three dimensions are always used when humans experience pleasant or unpleasant events. An interesting phenomenon in the explanatory style is that it can turn around when the events experienced a change from pleasant to unpleasant or the opposite from unpleasant to pleasant. Following is an explanation of the explanatory style according to Seligman (Arif, 2016) :

Tabel 1

<i>Explanatory style when facing events which is not pleasant</i>		
	<b>Pessimistic people</b>	<b>Optimistic people</b>
<i>Permanence</i>	Viewing unpleasant events that will always be repeated and can not be controlled.	Viewing unpleasant events will not be repeated because he can do something to prevent it.
<i>Pervasiveness</i>	Looking at that unpleasant event is a picture of his overall bad self and will also be reflected in various other areas of life.	Look at that unpleasant event as a picture of only one side of him and has no connection with other areas of life.
<i>Personalization</i>	Seeing that unpleasant event is mainly due to his bad self and therefore criticizing and punishing himself for the event.	Seeing that unpleasant event is mainly caused by factors outside him and therefore he can do various things to fix it.

Tabel 2

<i>Explanatory style when facing events which is pleasant</i>		
	<b>Pessimistic people</b>	<b>Optimistic people</b>
<i>Permanence</i>	Seeing this pleasant event is	Looking at that pleasant event will

	only temporary and will not be repeated. Maybe he thinks that he is just being lucky, or that a happy event is just a coincidence.	last and can be repeated. This is not just a coincidence but can be tried to happen again, even better.
<b><i>Pervasiveness</i></b>	Seeing this pleasant event as a picture from one side of the other-self and other areas of life is still bad.	Seeing this pleasant event as a picture of his whole good self and that will be reflected in various other areas of life.
<b><i>Personalization</i></b>	Looking at that pleasant event is mainly caused by things outside of him, where he has no control over it. In other words, the pleasant event was accidental and not caused by something it did.	Viewing a pleasant event is mainly due to himself, which is the result of his own choices, actions, and perseverance.

From both tables, it can be seen that people who are pessimistic or optimistic experience a reversal when the valence of the event they experience changes. The explanatory style will be the key that determines how an event will be lived and the appreciation will determine what impact will be caused by the event, whether the negative impact that presses on the person or the positive impact that is happy (Arif, 2016).

Several factors can affect optimism (Seligman, 2011) :

- a) Social Support. Sufficient support can make individuals more optimistic because they feel confident that help will always be available when needed.
- b) Confidence. Individuals who have high confidence in what is in themselves, and are confident in their abilities will have high optimism.
- c) Self-esteem. Individuals with high self-esteem are always motivated to maintain a positive outlook about themselves and look for personal assets that can compensate for failure so that they always try harder and better in subsequent ventures.
- d) Accumulation of Experience. Individual experiences in dealing with problems or challenges, especially successful experiences that can foster an optimistic attitude when facing the next challenge.

### ***Survivor Cancer***

Cancer is a process of cell multiplication that is uncontrolled and produces tumors that attack the tissues that are nearby and have estrogen (Kiple, 2003) . The effect of cancer makes sufferers experience a decrease in their physical and psychological conditions, including cancer sufferers who have no desire to eat, even though nutritious food is still needed for endurance, and can make cancer patients experience despair to depression. This is supported by previous research (Gotay, 1998) that examined women with cancer, 50% of women often think about the possibility of recurrence of the disease, and 73% reported that they are more prone to depression after being diagnosed with cancer.

A frightening health disorder in the view of humans, one of which is cancer. Survivor Cancer in Indonesian translation is a cancer sufferer. Patients who have been diagnosed with cancer will experience a series of treatments is not a short time. Previously, this term was given to people who have had cancer and were finally free of cancer after 5 years of treatment.

But the title Survivor Cancer has only been given since cancer patients finished undergoing treatment.

According to the medical, cancer is not yet known as the main cause of the emergence of cancer, but medical research still focuses on many types of cancer treatments that are done in earnest so that it will give good results (Seo & Choi, 2016). Treatment of cancer patients is more considered because it is considered a type of chronic disease compared to other types of diseases and in ancient times cancer was considered a deadly disease. But the number of cancer patients who have survived is a concern for the medical to be more concerned about cancer.

Many studies conducted for the development of cancer treatment. With technological advances in medicine, many people can live longer despite cancer. However, many cancer survivors experience complications that are more severe than cancer, such as cardiovascular, cerebrovascular, or other chronic diseases. Cancer treatment will seriously give good results. Likewise, the control of post-treatment symptoms.

According to Seo & Choi (Seo & Choi, 2016), more than one million people survive after suffering from cancer. In this day and age as the development of medical science and treatment methods as well as more and more people realize the importance of cancer testing at an early stage to make this disease successfully overcome before it becomes severe.

Data from the World Cancer Report (Fitria, 2017) states that the number of cancer patients in Western countries is seven to sixty times more than in Asian countries. Most people believe that cancer is closely related to genes and not a lifestyle. However, many recent studies have shown that environmental factors such as nutrition, emotions, mentality, and spirituality can influence genetic expression, which means that lifestyle is the root of cancer, not because of genetic code blueprints (Fitria, 2017).

The type of treatment performed after a patient is diagnosed with cancer (Fitria, 2017) :

#### 1. Operation

The operation is carried out after the results of the examination until the cancer cells are seen. Surgery is an attempt to retrieve existing cancer cells.

#### 2. Chemotherapy

Chemotherapy is a series of procedures to enter the type of drug that has been determined through intravenous fluids which are inserted directly into the patient's blood vessels. Within 24 hours after undergoing chemotherapy including, nausea, vomiting, and symptoms of dehydration.

#### 3. Radiation Therapy

This therapy is radiation therapy for cancer patients.

### III. METHODOLOGY

The method used in this research is qualitative with a phenomenological design. Researchers in the phenomenological view try to understand the meaning of events and their links to people who are in certain situations, with other terms of trying to understand the subject from the individual himself (Moleong, 2017). The main purpose of phenomenology is to reduce individual experiences of phenomena to descriptions of universal essence or meaning (Creswell, 2010). The phenomenological procedure performed first is identifying phenomena, reducing phenomenology, collecting data, transcription analysis into important statements then forming themes, developing a description of the intentionality of consciousness and finally conveying the overall essence of the experience.

Regarding the discussion in this study, researchers wanted to find out a specific understanding of optimism in survivors of cancer so that data collection was done intensively, deeply, and comprehensively. With this specific research, it can only be experienced by the subject under study and does not apply to other subjects. Two people who became the subject were

visited by researchers when the subject was running therapy at one of the therapy sites in Bandung. The subjects in this study have the following characteristics:

- 1) 30 years old woman,
- 2) Have a history of stage 3 cancer,
- 3) Has passed the process of chemotherapy and radiation treatment, and
- 4) Married.

The instrument used for data collection is humans, the researchers themselves. Data analysis activity begins with data collection, personalization, and creating units of meaning to get a textural description. Data collection is done by conducting interviews, observations and official documents. According to Creswell (Creswell, 2010) that respondents' statements that were judged to be related to the phenomenon under study were then grouped separately and broken down in detail so that the researcher gained an understanding of the meaning of the respondent's statement related to the phenomenon under study. The process is referred to as the horizontalization of the data, then researchers try to explain the phenomenon under study textually (textural description) and compile the meaning of experience about the phenomenon, the researcher further formulates a complete picture of the phenomenon under study, which explains in detail the essence of the structure of the phenomenon under study.

#### **IV. RESULTS AND DISCUSSION**

Survivors with cancer are physical conditions that have passed a series of treatments or other terms, namely, passing a curriculum package consisting of surgical removal of cancer, chemotherapy or radiation and other treatments that vary from patient to patient, adjusted to laboratory results. Cancer treatment itself is not like other types of drugs that can eliminate the symptoms of the disease, but cancer treatment is the first action to reduce the malignancy of cancer cells that are already active. In every treatment that is run has unpleasant effects on the physical and psychological sufferers of cancer.

It is important to keep the mind positive for cancer sufferers. Wellner and Adox (Hasnain, Wazid, & Hasan, 2014) said that optimism with positive thinking is the key to success and happiness. Optimism can be learned by human cognitive mechanisms. The cognitive mechanism theory that is intended is the explanatory style (Arif, 2016) . According to Seligman (Seligman, 2011), optimistic individuals can be seen through the way they describe events that have occurred and have not yet occurred. The way individuals describe events is known as an explanatory style which is a way that individuals have and is in the habit of looking at an event in their lives which is then shown by how individuals explain the event. In essence, an individual's thinking habits are reflected in how he explains everything that happens in his life.

In the explanatory style theory (Arif, 2016), it is said that humans always explain what they experience using three dimensions, namely permanence, pervasiveness, and personalization. These three dimensions are always used when humans experience pleasant or unpleasant events. An interesting phenomenon in the explanatory style is that it can turn around when the events experienced a change from pleasant to unpleasant or the opposite from unpleasant to pleasant.

The permanence dimension is related to the individual's time in looking at events. This dimension consists of two indicators. First, individuals believe that a good state of cancer is permanent. Second, individuals believe that a bad state of cancer is temporary.

Pervasiveness dimension relates to how individuals understand the events they experience. This dimension consists of four indicators. First, individuals provide a general explanation when facing good cancer. Second, individuals believe that

good cancer will occur in all dimensions of life. Third, individuals provide specific explanations when facing bad cancer. Fourth, individuals believe that bad cancer only occurs in certain situations.

The dimension of personalization relates to how individuals interpret themselves as sources of causes for events. This dimension consists of two indicators. First, individuals believe that good cancer is caused by oneself. Second, individuals believe that bad cancer occurs due to things outside of themselves that cannot be controlled.

Based on observations, interviews and official documents that have been analyzed, the researchers found that there were two female adults with initials NR and LL with different optimisms.

#### 1. Subject NR

Researchers found that the optimism problem experienced by subjects with initial NR on their health after undergoing cancer treatment. Based on the results of observations made the subject often looks blank. Female NR status, 28 years old, married and has one daughter. After several months of delivery, NR often experiences headaches until fainting and this activity lasts quite a long time. And finally, NR's husband took NR to be examined. The results of the CT scan revealed that NR had an early stage 3 brain cancer.

Doctors recommend performing surgical removal of cancer cells that are in his brain. The diagnosis made NR feel deeply sad and this illness was caused by him who did not control his lifestyle, this is in accordance with Seligman's theory of personal dimensions when facing unpleasant events, namely Viewing unpleasant events mainly due to his bad self and therefore criticizing and punish yourself for the incident (Arif, 2016).

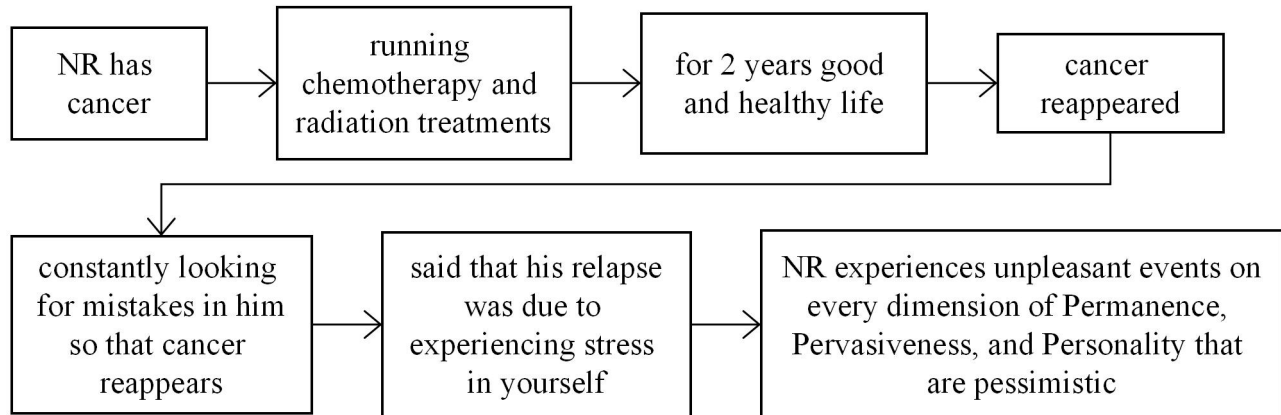
After the surgery NR focused more on himself, including the treatment process that was carried out. NR went to the nutritionist doctor to help him replace his diet and followed the doctor's advice not to eat meat until it didn't eat eggs. Apart from medical treatment, NR also follows herbal treatments including daily drinking fruit and vegetable juices. The diet is always done by NR with discipline.

After three years of diagnosis of brain cancer, NR was shocked again by symptoms that did not make his eyesight uncomfortable and back pain that was disturbing. Then to ensure the discomfort, NR and the husband went back to the doctor. And a re-examination is recommended. The results of these tests are seen again the presence of cancer cells in the brain stem. The doctor analyzed that it was rather difficult to do the surgery again because the NR brain had undergone a previous operation, so be skeptical of the results of the operation if done.

The doctor's decision made NR shake his fate. You can't even do surgery. NR husband tried to find a second opinion for further medical action. NR also followed all the recommendations obtained. One of them that according to NR is suitable to try self-healing therapy. After NR underwent self-healing, then NR felt something was wrong with him, including feelings of anxiety when dealing with his mother-in-law.

NR tried to discuss with her husband but NR felt increasingly blamed her after seeing her husband's response. Her husband tried to bring NR together with his mother, but the feeling of anxiety was still felt by NR, even NR felt his parents-in-law were good people but indeed NR felt the error of this situation was in himself. This shows that NR experienced unpleasant events that were pessimistic about the dimensions Permanence, Pervasiveness and Personalization (Arif, 2016).





Following the flow of phenomena that occur in the subj NR :

## 2. Subject LL

Based on observations and counseling sessions that have been carried out, it shows that there is optimism in LL, a 37-year-old woman. Already married, not having children, and her husband polygamy. The beginning of the hardest problem in LL's life is when entering a marriage.

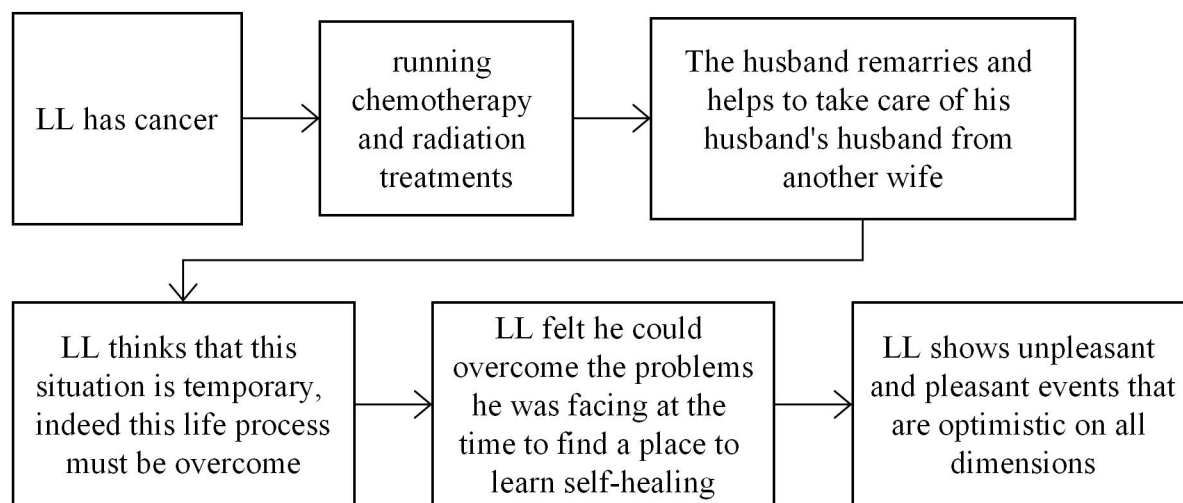
When the wedding was over, LL told her husband, if he wanted to like another woman besides himself, talk to LL and would marry the woman he liked. But it was rejected by her husband. After several years of marriage, the husband asked LL again when after the wedding ceremony. Whether the offer is still valid. And LL answered directly that it was still valid. Her husband explained that there was another woman he liked and wanted to marry her.

The news made LL feel like this was a trial he had to go through, and this event would end. Then LL feels unwell, and often nosebleeds. A close friend of LL who works as a doctor brings LL to be examined by another doctor because his friend feels that there is something different from the symptoms seen from LL. LL who has no money decides not to be examined by the doctor's recommendation from his friend until, in the end, his friend is the one who pays the doctor's recommendation.

The result of the examination was that LL had lymphoma cancer. This makes LL immediately feel that this is a situation that will be passed by him well. Although LL does not have the funds in the treatment of cancer because of the support of people in the family and social environment, LL can go through a series of treatments for approximately 2 years. The treatment that was passed by LL was chemotherapy and radiation which amounted to approximately 40 times during the 2 years. In those 2 years, LL passed a lot of mixed feelings, such as being ignored by the second wife of her husband, helping to take care of her husband's child from the second wife because at that time the second wife was bleeding after giving birth so that LL felt compassion, lacked attention from her husband, but LL continues to think that this situation is temporary, it must be passed through a life process like this and LL feels able to overcome the problems he faced at that time. LL learned to be sincere from the household situation and health problems he had experienced. The condition of the body that is too weak to be lived alone under the influence of the effects of treatment, starting from the path staggered step by step, the hearing is reduced, the body begins to blacken, but for LL it is a temporary situation that can be passed. Every situation that should not be good, always makes improvements for yourself. As always thinking that God is dear to him, so why should I be sad thinking about the difficulties but made LL sincere with real awareness.

LL is also looking for a place to learn self-healing for himself, often go to people who have cancer to share life experiences. Day by day the LL feeling more peaceful to accept enjoying each breath felt. LL said that there is no wasted effort if there is a will that is sought. This shows that LL changed stories that did not please optimism in the Permanent, Pervasive and Personal dimensions as well as events that delighted optimism in Permanent, Pervasiveness and Personal (Arif, 2016).

In addition to conducting interviews and observations, researchers also provided psychoeducation about optimism to the two subjects in this study. This needs to add insight into patients in the expected disease and in the future, they can apply the knowledge gained in everyday life and be able to carry out optimism in dealing with cancer.



Following the flow of phenomena that occur in LL Subjects :

## V. CONCLUSION

Based on the results of interviews and observations that have been done, researchers find that the process of optimism in the health of cancer patients can be applied in a pleasant or unpleasant event from both the individual and outside the individual, namely the nature of the subject who is quiet and shy and lack of will or desire subjects to get along with their social environment. The optimism felt by LL seems to add a positive prognosis in the period of treatment to a good recovery for the body. Based on the data obtained by researchers, shows that from the two subjects only one subject showed optimism. LL subjects were more optimistic about the health of survivors of cancer. It is further known that optimism in LL in his health as a cancer fighter is influenced by physical conditions, psychological factors where there are unpleasant experiences previously experienced by the subject. Furthermore, LL's subject optimism is by the dimensions of Permanence, Pervasiveness and Personal (Arif, 2016) on events that are neither pleasant nor pleasant. This is also by the phenomenon in the explanatory style that can be reversed when the events experienced to change their valence from pleasant to unpleasant or vice versa from unpleasant to pleasant.

On the subject of NR, the pessimistic attitude seen in his life is by unpleasant events. NR tends to have less prognosis in receiving cancer, although it has twice experienced the same event, namely the diagnosis of cancer, NR does not show an optimistic attitude. Researchers also provide psychoeducation and game activities related to social adjustment so that it is hoped that later subjects can make more harmonious social adjustments.

## VI. RECOMMENDATION

As a recommendation for further research and understanding of optimism in cancer sufferers, it can be conveyed as follows:

1. In this case, recommend looking at other health, for example, cardiovascular or diabetes on optimism and social support.
2. It can be a discussion and strategy of the organizer of self-healing therapy in the case of survivor cancer.
3. Many survivors with cancer still need a companion when they go through the cancer treatment process, especially patients who only seek treatment at the hospital.
4. Doctors who treat cancer patients can refer patients to psychologists for the handling of psychological cases in cancer patients, given the importance of psychoeducation that can be taught.

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