

Case Study: The Career Life Process after Treatment of Breast Cancer Survivors

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Abstract: This study is a qualitative research with case study data analysis which aims to see the pattern of career life processes of breast cancer survivors after treatment. Subjects in this study are two people who are middle-aged women, working women, and have been declared cured of breast cancer taken by purposive sampling technique. Data collection is taken by interview and observation method. The results of the interview show that the two subjects have different patterns of life processes in interpreting career resilience that proved by the appearing of four concepts from the results of case study analysis namely social support, self-management, self-acceptance and optimism. The conclusion is that every cancer survivor has a different career resilience experience because of the different patterns of life processes. Recommendations for scientific development referring to research results are expected to be able to make psychosocial intervention steps for breast cancer survivors who want to continue their careers.

1 INTRODUCTION

Cancer is one of the main causes of death in the world. According to data from the International Agency for Research on Cancer (IARC), it is found that in 2018 there were 9,555,027 cancer deaths in the world. In Indonesia, the prevalence of cancer is also quite high. According to data from Basic Health Research (2018), the prevalence of cancer increases from 1.4% to 1.8%. During 2010 - 2015, breast cancer, cervical cancer and lung cancer were the three highest diseases with the number of cancer new rising cases.

Starting the various types of cancer that are the most cases at Dharmas Cancer Hospital Jakarta, breast cancer is in the first position in the last 10 years until 2016 (Basic Health Research, 2016). Based on these data, the researchers see that breast cancer is a type of cancer with the highest cases but not a deadly one.

The discussion about breast cancer becomes very important because the breast itself has an important meaning for a woman. Breast is one of the secondary sex characteristics which is not only an identity but has its own value both in terms of biology, psychology, psychosexual and psychosocial (Bagheri & Mazaheri, 2015). All aspects of a breast cancer survivor's life are significantly affected by the

traumatic experience of breast loss which is an attribute of femininity (Shetter et al, in Sadeghi et al, 2018). Most breast cancer survivors are influenced by pessimistic mind, hopelessness, loneliness, and fear of death because of thoughts about the disease that haunt them (Yalom & Vinograd in Sadeghi et al, 2018). However, a qualitative study conducted by Lam, et al (2018) revealed that most women with breast cancer do not all look bad, some of them survive. Survive toward the pressure is an attitude in dealing with illness by continuing to live the life well, optimistically and wisely.

A cancer survivor is person who has ever been diagnosed with cancer, either who has completed treatment or currently had treatment (American Cancer Society, 2016). The journey of a cancer survivor is marked by 3 (three) general phases, active treatment and recovery, life after recovery including survivors who are disease-free or who have stable disease, and the most serious stage of cancer and end-of-life cancer (Rock, 2012). The American Cancer Society (2014), defines cancer survivors as people who have been diagnosed with cancer and have successes to get through a balance in life. According to the American Society of Clinical Oncology (2011), every cancer survivor has its own concerns and

challenges in their social life. They are relationships, when someone has completed cancer treatment, some survivors need different types of support like never before. In addition, the colleague also has an effect. Back to work is a sign of getting back into a normal routine and lifestyle, and most survivors need their jobs to get salaries and pay health insurance. Some of the survivors feel that they are treated differently or unfairly. Others think that they are less capable of doing the job. The impact is they feel uncomfortable when dealing with colleagues or embarrassed in changing physical appearances.

Researcher conducted a preliminary study of two people, the first subject is on March 7, 2018 with the initials S (45 years old) at 10.00 WIB at Siloam Semanggi Hospital with the aim of seeing a simple case related to psychological condition of a breast cancer survivor. Subject S is an employee of a company in Jakarta who has radiation treatment at the hospital every day. The researcher had several short interview with subject S and found three main majors that give impact to breast cancer survivors. They are emotional regulation, social support, and optimism. In addition, the researcher also conducted a preliminary study with a survivor R (41 years old) who is a teacher and member of the *Komunitas YKPI (Yayasan Kanker Payudara Indonesia)*. She explained that activities in the community have had an impact on survivors in more positive way, such as assisting in breast cancer seminars, conducting early detection of breast cancer, making handicrafts whose products will be donated to the *YKPI* program, and activities to share experiences with the fellow.

From the results of the preliminary study interview, the researcher finds that someone suffering from breast cancer has different backgrounds and they are women who have quite a lot of activities even though they are sick. This is supported by the results of research by Taylor, et al (in Cucarella & Perez, 2015), which states that 70% of people who have been diagnosed with breast cancer had changes in life, and 60% are changes in a more positive. Kelly (2018) stated that although in life people often do not have power over the situation that happen to them, such as a women diagnosed with cancer, but each woman can choose how to rise and adapt to deal with these condition. People ability to choose to rise and adapt to this condition is called resilience. The results of research conducted by Fradelos et al (2017) stated that cancer symptoms survivor have a lower level of resilience compared to one without cancer symptoms. In this case, people can step out of their passive position and begin to face challenges and to manage their lives (Connor et al in Sadeghi et al, 2018).

Cancer has been shown to have a major impact on survivors experiences and feelings about work. Some survivors struggle with anxiety and depression, while others rely on good adaptation (Stepanikova, 2016). Women who survive breast cancer generally have a desire to return to their previous roles (Tiedtke et al., 2010), but this is not always supportive. Stepanikova et al., (2016) found that many long-term cancer survivors experience a 'career derailment'. They are unable to resume their careers, and have no choice but to retire or find an entirely new way of earning a living. Stewart et al., (in Woodhouse & Yates, 2020) found that 18% of breast cancer survivors were motivated to make a career change, and 5% reported that they were afraid to make a career change if they got sick again.

According to research by Edward et al., (in Jin & Lee, 2020) after return to work, cancer survivor experience physical functional limitations and decreased cognitive function due to treatment. Financial and temporal burdens in managing work schedules and treatment that cause fatigue so that work stress increases. Fatigue is a factor that causes individuals to have the desire to resign from work, therefore, this side effect of fatigue must be managed immediately (Lee et al, 2017).

Career issues are being particular concern for breast cancer survivors because it can be an indicator of life quality to represent themselves returning to a normal life after recovery, representing hope for the future, providing access to social support, health insurance, and financial resources (Fantoni et al. 2010). Employment and career issues may be important components of post-treatment quality of life for young survivors, who may have 25 years or more of service remaining. Young survivors have the worse prognosis than the older one, including a higher risk for cancer recurrence and death, more reduction in cognitive function, reproductive health, more financial problems, and more social relationships interference (Matthews et al, in Raque-Bogdan, 2015).

Tiedtke's research (2010) explains that some women re-evaluate the role of a job in their life after they had breast cancer, so the job adjustments can help them to maintain their jobs during illness and recovery. Liebenberg & Ungar (in Maree & Venter, 2018) said that the emergence of resilience in career studies replace the focus of stress and danger to designing interventions that aim to increase strength and build individual capacities. Career resilience refers to a sense of overcoming obstacles and difficulties that affect someone confidence, need for achievement and independence (Paul & Garg, 2014).

Career resilience is an important psychosocial career resource that facilitates a personal suitability to the environment, development and growth at every age (Bezuidenhout, in Coetzee, 2015). Van Vuuren & Fourie (in Coetzee, 2015) viewed career resilience as a product of an individual ability to adapt in changing circumstances, accept the job with organizational changes, return to work with new-different people, show the confidence and willingness to take risks.

This research becomes very interesting because the concept of career resilience is very rarely studied. According to this background, the researcher sees that the patterns of individual life processes are different from each other because they have different life experiences. Researcher make a discussion about career resistance by comparing 2 (two) subjects' life who became breast cancer survivors. This study aims to look at the career life patterns of post-treatment breast cancer survivors.

2 METHOD

This study uses a qualitative approach with interview and observation techniques. Characteristics of the subjects in this study are women who have been diagnosed of breast cancer or called cancer survivors. They have undergoing medical treatment process with an age range of 40-55 years. Subjects are from different family backgrounds, ethnicities, and cancer stages. Researcher uses 2 (two) subjects in accordance with the characteristics of the study (with 2 informants each). The researcher uses research triangulation to check on the consistency of the interviews results with the subjects. Researcher use triangulation of data sources to explore the truth of certain information by using various data sources such as documents, archives, interviews, observations. In addition, the researcher also interviewed more than one subject who were considered to have different points of view. The observation technique used is by making direct observations of the object of research such as: living conditions and facial expressions.

3 DATA ANALYSIS

The data analysis technique that will be carried out in this study uses Creswell. Stake (in Creswell, 2015), says there are four forms of data analysis and their interpretation in case study research, namely: (1) Category collection, the researcher looks for a

collection of data examples and hopes to get meaning that is relevant to the issues that will arise; (2) Direct interpretation, the case study researcher looks at one example and draws meaning from it without looking for many examples. It is a process of pulling data apart and putting it back together to make it more meaningful; (3) Researchers form patterns and look for equivalence between two or more categories. This equivalence can be implemented through a 2x2 table showing the relationship between the two categories; (4) In the end, the researcher develops naturalistic generalizations through data analysis, these generalizations are drawn through people who can learn from a case, either their own case or apply it to a population of cases.

4 RESULT

The results of data interview analysis using grounded theory have 4 (four) concepts, they are social support, optimism, self-management, and self-acceptance. The concept of social support consists of 3 (three) categories, family relationships, friendship relationships and romantic relationships. Self-acceptance consists of 1 (one) category, self-disclosure. Self-management consists of 2 (two) categories, emotion regulation and motivation. Optimism consists of 2 (two) categories, hope and confidence. Meanwhile the property of self-acceptance concept is the property of forgiveness which in the category of self-disclosure. The property of self-management concept is the gratitude which in category of emotion regulation.

Based on those data, the researcher views at the pattern of post-treatment career life processes in MY subject which had her own uniqueness. When MY had treatment, she received social support from family, peers, and husband who made her believe in her recovery. The kinds of social support that MY got from family were her mother helped her every day to make fruit and vegetable juices that should be consumed, her two children who always made her happy when she was sad, her new husband who always accompanied her during her periodic check-up, and her colleagues who often visit her to give encouragement while she had treatment. MY was a career woman who worked in a company before she had breast cancer. Now she required to minimize her work. When MY was declared clear of her illness, the social support for a career that she received in social relations circle was not as she wants. She had debate with her family because she wanted to back to work while her family want her to stay.

The family was very worried about MY's susceptible condition. However, MY received social support from colleagues and the community to be able to have activities as usual. MY was supported by her friends to back to work, even though colleagues had different concerns for MY before and after being diagnosed with breast cancer. In addition, MY think that she really had to work as she had responsible for her family because MY should provide life for her children after she got divorce from her ex-husband. MY was also a member of the breast cancer survivor community which made she had a different perspective on her illness. Some of her friends in the community were career women. MY saw that they had the passion to work. MY said that illness is not an obstacle for someone to work as long as they know the portion of work that is not the same as before. Social support was the first thing that MY think when she was suffering from cancer until she was clear and she could back to work. Here is the statement that the researcher gets from MY condition:

"It's like.... I was happy because my process from the beginning until I clear, my closest circle helped me a lot. They really support me. None keep away from me or hostile because of my illness. So yeah I really enjoy it. I had job before, and after I diagnosed, I should stop to work but I was so grateful because my family, my colleagues and my boy friend really support me.. Now, I'm back.. even I'm out of money because of my recovery, my family really help me to solve that problem.."

Although what happened to MY was not something easy, the social support that she got in her social relationships made she accepting more. After MY had the illness that weakened her, she went through a divorce because of her ex-husband's was in affair. MY should stop to work but had to pay for hospital and children's education. Those situation made her devastated. However, the social support from her closest make her believe that she can through her illness. MY began to realize the emotions slowly. She wanted to against her life, she often think that God has been very unfair in giving life, she cried every day because she can't stand to face hard situation, and finally she was able to forgive the wounds in the past. The process of accepting her situation made MY enjoy more in live the life. The following statements are described MY's condition:

"I was so upset.... when I just got diagnosed, my husband was in affair, so we got divorce. I was very depressed.. I have two children, what can i do with my condition then? I was so

angry. I was so disappointed with my condition like....God... why this should happen to me? Why not someone else? My life was so difficult, isn't it enough? Finally... I was just surrender. I always pray and realize that I can go through this situation. After I got divorce, I met someone and I can forgive everything in the past. Alhamdulillah.."

When social support and self-acceptance are exist, MY is able to take the control. This is showed by how MY controls her emotions. When MY was working, she had some emotions that sometimes enterupped her such as she often got angry to her colleagues. MY think that when she had cancer, she got angry easily. However, MY slowly learned to put her emotions in order. When MY was clear of cancer, she also had self-possessed. Her negative emotions slowly disappear because of her gratitude. Even though MY is a cancer survivor, she is proud because she can still have a career. Here are the following statements from MY's condition:

"I thought that life must go on.. I was lucky and grateful. I couldn't take my control at the first and got angry to everyone..hahahaha. I was so stress !! I was out of money to pay the treatment, I should stop working to focus on my recovery. I'm better right now and happy to back to work..to earn money. I am the first children in my family. I should make life for my children..they are my motivation to back to work.."

Those changes make MY more optimistic in living a life, especially at work. MY think that she has to work hard to support her two children, although in the future MY will be proposed by a man, but MY did not want to be dependent women. MY's motivation to back to life came from inside and outside. MY's biggest motivation was from family. Besides that, MY also made new hopes for his future life. MY think that the past is a lesson. This failure and despair made her stronger in life. Currently, MY think more confident and ready to face the challenges of the career changes that come after MY became a breast cancer survivor. Here are the following statements from MY's condition:

"..hahahaha I have to stay optimistic..just be sure first, things will be realized later. Of course I have hope for the future, I want to have new husband for my children. I can't go through this alone. The tuition fee is very expansive nowadays..and..I'm completely believe that not all women can go through this

ups and downs like me. Especially something related to illness.."

The results of data interview analysis using grounded theory have 4 (four) concepts, they are social support, optimism, self-management, and self-acceptance. The 2 (two) categories of social support concepts are family relationships and friendship. While 2 (two) categories of optimism are motivation and self-efficacy. The 2 (two) categories of self-management are emotion regulation and stress coping. Self-acceptance consists of 1 (one) category, self-adaptation. Meanwhile the property of social support concept is the property of gratitude which in the category of family relations. The property of optimism concept is the property of hope which in the category of motivation.

Based on these data, the researcher viewed at the pattern of post-treatment career life processes in NK subject who were different from MY. The pattern of post-treatment career life processes in NK also has its own uniqueness. Starting from social support obtained from family relation and friendship. NK's family is a harmonious family because she marriage to her husband has been long enough. Every time she had a problem, she always discussed it with her family. The family always gave encouragement to her by giving encouraging words, taking her for treatment, checking regularly, and reminding her to live a healthy life. In addition, her social relationship with friends in the community is also quite good. She became one of the administrators in breast cancer community. The social support provided by her friends in community made her think like she had a companion. In terms of work, she got relief from the company regarding working time. The following is the statement from her condition:

"I get along with my family, because my husband and I have also been married for a long time. Also, the children have grown up, so they already understand the condition of their mother.. So far, the social support that I have received is from my family.. then.. colleagues, and friends in the community. Yes... I feel really grateful for my condition at that time. There is someone who strengthens me on my down condition.."

The social support obtained from social relationships made NK very grateful for the current situation. As long as she had treatment for breast cancer and had become a cancer survivor, she had not lost her job. She was grateful because with the changes in her life pattern she had, she was still given the opportunity by God to be able to live her life like

a career woman in common. Therefore, she made it a habit to start a healthy lifestyle as a gratitude for the social support she received so far. The social support that she got made her again optimistic to live a life after treatment.

NK's optimistic feeling came from the motivation she got every day. The motivation that she got usually came from social media and recitations that she often followed. Her biggest motivation to be optimistic to live her life also came from her family. She has two teenage children who still have a long future ahead. This situation made her be able to help her husband for living through her job. In addition for motivation, her optimistic feeling also came from her self-confidence in living life. She believed in her abilities in terms of helping the family's needs. However, on the other hand, she did not feel confident in ability to educate children. She often think like a failure in educating children because she only had short time for children at home because of her job. The following is the statement from her condition:

"...if it wasn't for them, I don't know what it would be.. I feel like I just have a new spirit to continue my life. Moreover, when I got cancer, many things changed.. so I was lucky, thanks to them, I was able to get to this day.. and still more optimistic.. because after all I also have to back to work, right, earn more money.. mmm, I have to go through it.. The tuition fee is also expensive now.. even though my husband works, I also don't want to stay at home.. because I'm bored too, later on, stress will continue to make strange thoughts...hehehehe".

NK's optimism made it easier for her to manage herself. She admitted that she was an easily angered person. This was due to the large workload that she had and the effects of cancer treatment that made her more sensitive. But over time, she became easier to control her emotions. In addition, currently she had good stress coping. In the past, when she was tired of the burdens of life she was living, she often took it out on her children and husband. However, now she think lighter in her life because she had joined the community. She took knitting courses and community activities which reduced her stress. In addition, she also routinely did sports for coping. Sometimes, her husband also invited her to just relax with their family to get rid of boredom with her current condition. The following is the statement from her condition:

"It was awful! When I was sick, I became a sensitive person. Eager to get angry .. like very

sensitive. I also had a job... well, maybe because I was tired, there were too many duties from the office, finally I got angry to my children.. hehehe.. It's just that... they knew how their mom is hehehe. So that's why, my husband also understands then.. sometimes once a week or twice a week depending on mood, my husband took me for walks.. now I like did exercise every morning. I even bought the equipment.. so if I had exercise or went for a walk, it made my heart condition better.."

After the self-regulation process, NK could accept the condition. The life process had by NK made her more appreciate a life. At that time she think that there were many things that should be improved from herself and this moment brought a big change to her life. Accepting yourself from mistakes in the past, makes you easier to adapt to the environment you are living in today. Although currently she had been declared clear of breast cancer, she still had to adapt to a new pattern of life. She slowly recognized the new habits until she think comfortable with what she was currently doing. Her self-adaptation in her work is not an easy thing, but she continued to life it gracefully. The following is the statement from her condition:

"Now is mmm, yes.. more grateful for His favor anyway. It's like I've been given a really tough thing, and now I have to live a new life. Yes, I feel that if.. oh yes.. this is my new journey given by God, so I have to accept it. Then, there are many things that can't be done like before... so I have to adapt to that. Like, for example, a job.. I didn't have cancer before, wow.. I was a workaholic. When I got cancer, that's like something remind me if it's enough for work ... because my physic is really weak. Now that I have been given the opportunity from God to heal, I have to be very careful... from the start, my intensity of work is no longer like before And now I'm also starting to get a healthy lifestyle."

5 DISCUSSION

The lifestyle changing had by MY and NK such as raising physical activity or improving a healthy meal could be done by the existence of social support. However, health challenges that drive the need for lifestyle changes made relationships shifting and also isolation from friends and family made it difficult for individuals to find support (Fong et al, 2016). Social

support created positive experiences that can directly improve the whole of life quality (McDonough et al, 2014). The women being treated for breast cancer also had job discrimination including failure to be employed, rejection of job promotions, unwanted transfers, or benefits denial which can affect the perceptions of social support in this critical and difficult situation (Bouknight et al, in Fong et al, 2016). It happened to NK in her career life.

She had rejection of job promotions and allowance diminution that she usually received before becoming breast cancer survivors. In contrast to MY who was still in a normal career life without any failures at work. According to a longitudinal study, Courtens et al. (in Fong et al., 2016) assessed the social support in mixed cancer survivors such as (breast, colon, prostate, lung, and cervix) make the amount of support network (eg, quantity) and amount of social-emotional support (e.g., quality) tend to descend over the time. Even the social support also decreased after treatment, this did not happen to NK and MY. Although currently they had been declared clear of breast cancer, social support is still exist.

People who received direct guidance from family, they think motivated, optimistic, and reassured that they believe in their ability to go through this situation. The role of the older people, often made a positive and supportive feeling that helps the survivor through difficult situation. People also learn not to do something by observing the consequences of negative family behaviors. Over the time, the career life of the two subjects had changed from early life when diagnosed of cancer until they were clear of cancer. Those changes raised their own concerns and challenges in their lives. This is in line with the results of research from the American Society of Clinical Oncology (2011) which states that when a survivor has completed cancer treatment, some survivors need a different type of support than before.

Cancer has an impact on people and those who closest to them. Those statements can change the way someone communicate to others or vice versa. Some friends may become closer, while others may keep away. Families may be overprotective, or they may have run out of support. According to the American Society of Clinical Oncology (2011), returning to work is a sign of getting back into a normal routine and lifestyle. Some survivors feel that they are treated differently or unfairly. Others think that they are less capable of doing the job. The impact is they feel discomfort when dealing with colleagues or feel embarrassed about changing the physical appearances. This is different from what was happen

to NK and MY, the relief given by the company makes them comfort in doing their jobs.

As we discuss before that many survivors face the challenges when they continue their financial life. Those challenges include job discrimination, insurance difficulties, and persistent health limitations that obstruct productivity (Gulbrandsen et al, in Stepanikova et al, 2016). Financial instability caused by medical expenses, absenteeism, and illness related to job changes obstruct the ability of survivors to adapt in financial and careers (Stepanikova et al, 2016). Further literature on cancer survivors suggests that back to work is an important dimension of social recovery after cancer but those work-related and financial outcomes are also considered important (Duijts et al, 2013). Feuerstein et al (2010) argue that outcomes such as employability, job performance, and retention at work (along with return to work) are related to a number of factors, including demographic background, legal, organizational positioning, financial, physical condition, cognitive functional ability, emotional and interpersonal, work demands, and work environment. Moscovitz et al (2014) explain that problems at work are associated with the lower levels of employability. Meanwhile survivors who report their condition at work are more likely lose or leave their jobs because of the illness. Cooper et al (2013) finds that back to work align with the work-related-things, clinical, and psychological factors that influences are varied among different types of cancer.

Some of those challenges are rarely discussed. For examples are career goals and financial postponed, career derivation, lack of career direction, and limited mobility and job advancement. Same as other cancer survivors case (Zebrack et al, 2014), financial problems are common. Self-expenditure and lack of income represent a significant financial burden for some survivors and families although most of them are able to partially cover their financial losses through their own or family savings and employer or government benefits. The difficulty of health insurance is another very stressful challenge. The stable health insurance proves to be a strong protective factor. Ceilleachair, et al (2012) emphasize that support from employers plays a major role in back to work process and in overall economic adaptation.

Cancer survivors who work in a company are not only a problem for the them and their family but also for the managers they work for (Schultz et al, Hamzah et al, 2020). The employment status of cancer survivors have important implications for society, the labor market, organizations and themselves, as the

impacts for their economic, social and psychological (Shim et al, 2019). At the individual level, any job interruption due to cancer and its treatment threatens their personal income and economic (Moran et al, 2011). The meaning of work and the perception of illness are individually related and influence the choice to back to work. Returning to work may serve as a way to move forward, out of the "sick role" and return to a normal (Blinder et al, 2012). Others may ask whether the effort required to back to work is worth or find meaning in returning to work after had a life-threatening illness (Tiedtke et al, 2012). Self-perceived constraints and self-assessment of ability to work are also factors that might influence survivors' choices to return to the workforce (Sun et al, 2016).

Van Vuuren & Fourie (in Coetzee, 2015) view career resilience as a product of an individual's ability to adapt to circumstances changing, the work acceptance with organizational changes, return to work with new-different people, and demonstrate confidence and willingness to take risks. In this case, every cancer survivor who has been declared clear of cancer must adapt to circumstances changing. As same as subjects MY and NK had. They have to return to restore economic conditions because of the economic crisis had by the subjects while they were in treatment. MY and NK subjects had to re-adjust their life by returning to work in normal circumstances. According to the results of Lidya's research (2013) that the more breast cancer survivors believe positive things will happen in their life the more their impression and perception of their physical, psychological, social, and environmental health conditions are related to their breast cancer will get better too. This is aligning with the results of data analysis from both subjects that when they believe in positive things in life, their impression and perception of life will be positive. However, those aspects have different patterns.

Those factors are related to personal values and influenced by psychosocial factors such as depression, anxiety, and stress. Thus important to consider when designing interventions to support women who are considering returning to work after breast cancer treatment. The number of people living without a cancer diagnosis is increasing every year, and this has an impact on human resources. The strategies to achieve comprehensive human mental health should be considered to strengthen the development of Human Resources globally, including the establishment of strong leadership for effective internal and external management and using advanced communication and technological in health care. The organizations should apply interventions to

facilitate cancer survivors return to work so they can contribute as effective as before.

This study has several limitations including the time available to complete this research is relatively short, so researcher cannot conduct in-depth interviews. Researcher did not conduct focus group interviews because they did not have enough time to do the research. In addition, the discussion of the theories of the emerging concepts is not so deep. The results of this study are used as advice for the community, especially breast cancer and cancer survivors. The career preparation should pay attention to aspects that often appear in the career resilience process of breast cancer survivors. The use of career resilience theory can be used as a reference for the development of intervention programs for cancer survivors. The career resilience has a great influence on the cancer survivors life who work.

6 CONCLUSION

Researcher concludes the process of post-treatment career resilience in each subject. The results of this study answer the questions and theoretical framework of the problem because it has found a pattern of career resilience processes for breast cancer survivors after treatment. Although some of the topic that happen to the two subjects has similarities, the pattern of life processes of each subject would be different due to their perspective life experiences.

The future research can discuss more about the theories of the appearing concepts. The subjects taken must be many more, not only in *Jabodetabek* area, but involve subjects outside the area so the comparison between cancer survivors in urban areas and cancer survivors in the regions can be seen. The interviews can also be conducted more deeply to make analysis of the results more varied with the aim of enriching the research results. Recommendations for scientific development referring to research results are expected to be able to make psychosocial intervention steps for breast cancer survivors who want to continue their careers.

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