



Application Of Self Reflection Mirror Technique On Self-Acceptance Among Post-Mastectomy Breast Cancer Patients Using Roy Adaptation Model

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Abstract. Breast cancer is one of the most common malignancies affecting women worldwide and frequently requires mastectomy as a definitive treatment. Although mastectomy is effective in controlling disease progression, it often results in significant physical and psychological consequences, particularly disturbances in self-concept and self-acceptance. Impaired self-acceptance may negatively affect psychological adaptation, coping mechanisms, and overall quality of life in post-mastectomy patients. This study aimed to describe the application of the Self Reflection Mirror technique in improving self-acceptance among post-mastectomy breast cancer patients through the framework of Roy Adaptation Model (RAM). A qualitative case study design with a phenomenological approach was employed involving two post-mastectomy breast cancer patients treated at RSUD Dr. M. Yunus Bengkulu. Data were collected through in-depth interviews, observation, and nursing documentation. The Self Reflection Mirror intervention was implemented for three consecutive days based on Roy's self-concept mode. The findings demonstrated an improvement in patients' self-acceptance, reflected by reduced mirror avoidance, increased positive self-affirmation, improved body image perception, and greater willingness to engage in social interactions. The application of Roy Adaptation Model facilitated adaptive coping responses to physical and psychological changes following mastectomy. This study concludes that the Self Reflection Mirror technique is a beneficial psychosocial nursing intervention to enhance self-acceptance among post-mastectomy breast cancer patients.

Keywords: *Breast Cancer, Mastectomy, Self-Acceptance, Self -Reflection Mirror, Roy Adaptation Model.*

INTRODUCTION

Breast cancer is a malignant disease originating from breast tissue, either from ductal or lobular epithelial cells, characterized by uncontrolled cell growth and the potential to metastasize to other organs. According to the World Health Organization, breast cancer remains the leading cause of cancer-related morbidity and mortality among women worldwide. In 2022, approximately 2.3 million new breast cancer cases were reported globally, accounting for nearly one-quarter of all cancer diagnoses in women (WHO, 2024).

In Indonesia, breast cancer is the most prevalent cancer among women and constitutes a major public health burden. Data from GLOBOCAN (2024) indicate that breast cancer accounts for more than 16% of all cancer cases in Indonesia, with a high mortality rate due to late diagnosis and limited access to comprehensive care in certain regions. In Bengkulu Province,

breast cancer continues to be one of the most frequently reported malignancies among women, with a significant proportion requiring surgical management such as mastectomy.

Mastectomy is a common surgical procedure performed to remove cancerous breast tissue and prevent further disease progression. Despite its effectiveness in improving survival rates, mastectomy often leads to profound physical changes that may disrupt a woman's body image, femininity, and identity. These changes frequently result in psychological distress, including anxiety, depression, social withdrawal, and impaired self-acceptance. Several studies have reported that women who undergo mastectomy experience difficulties in accepting their altered physical appearance, which can adversely affect their quality of life and psychosocial well-being (Solehah et al., 2022; Melinianda, 2022).

Self-acceptance refers to an individual's ability to acknowledge, accept, and integrate both strengths and limitations as part of their self-concept without excessive self-criticism. In post-mastectomy patients, self-acceptance plays a critical role in facilitating psychological adaptation and enabling patients to cope effectively with bodily changes. Low levels of self-acceptance have been associated with persistent emotional distress, maladaptive coping strategies, and reduced participation in social and daily activities (Wulandari, 2020).

Psychosocial nursing interventions are therefore essential to support post-mastectomy patients in achieving adaptive responses to their altered physical condition. One such intervention is the Self Reflection Mirror technique, a therapeutic approach that encourages patients to gradually observe and reflect on their body using a mirror under professional guidance. This technique aims to reduce avoidance behavior, improve body image perception, and foster self-acceptance through reflective and affirmational processes.

Roy Adaptation Model (RAM) provides a comprehensive theoretical framework to guide nursing interventions that promote adaptive responses to environmental and internal stimuli. The model conceptualizes individuals as adaptive systems who respond to changes through coping mechanisms within four adaptive modes: physiological, self-concept, role function, and interdependence. In the context of post-mastectomy care, the self-concept mode is particularly relevant, as patients must adapt to changes in body image and personal identity.

Previous studies published in *Multidisciplinary Journals* have demonstrated that psychosocial nursing interventions based on adaptive frameworks significantly improve psychological adjustment and quality of life among patients with chronic illnesses (Martina & Hidayah, 2022; Susena et al., 2021). However, limited research has explored the application of the Self Reflection Mirror technique within the Roy Adaptation Model among post-mastectomy breast cancer patients, particularly in Indonesian clinical settings.

Therefore, this study aimed to describe the application of the Self Reflection Mirror technique to improve self-acceptance among post-mastectomy breast cancer patients through the Roy Adaptation Model at RSUD Dr. M. Yunus Bengkulu.

LITERATURE REVIEW

Roy Adaptation Model

Roy Adaptation Model, developed by Callista Roy, views humans as holistic adaptive systems interacting continuously with internal and external environments. Adaptation occurs through coping processes categorized as regulator and cognator mechanisms, which generate adaptive or ineffective responses. These responses are manifested through four adaptive modes: physiological, self-concept, role function, and interdependence (Roy & Andrews, 2016).

The self-concept mode encompasses beliefs, feelings, and perceptions individuals hold about themselves, including body image, self-esteem, and personal identity. Disruptions in self-concept commonly occur when individuals experience significant physical changes, such as those following mastectomy. Nursing interventions grounded in Roy Adaptation Model aim to

enhance adaptive responses and minimize ineffective behaviors by addressing focal, contextual, and residual stimuli influencing the individual.

Breast Cancer and Mastectomy

Breast cancer is a complex disease influenced by genetic, hormonal, and environmental factors. Management often involves multimodal treatment approaches, including surgery, chemotherapy, radiotherapy, and hormonal therapy. Mastectomy, whether unilateral or bilateral, remains a primary surgical option for many patients, particularly those with advanced disease stages or high recurrence risk.

While mastectomy improves survival outcomes, it significantly alters body integrity and physical appearance. Studies indicate that women post-mastectomy frequently experience body image disturbances, feelings of loss, reduced femininity, and concerns about social acceptance. These psychological challenges can persist long after physical recovery if not adequately addressed through supportive care (Putu et al., 2023).

Self-Acceptance

Self-acceptance is defined as a positive attitude toward oneself, involving the acknowledgment and acceptance of personal attributes, limitations, and changes. According to Hurlock, self-acceptance includes confidence, emotional stability, realistic self-evaluation, and independence. In healthcare contexts, self-acceptance is considered a key indicator of psychological well-being and adaptive functioning.

Research has demonstrated a strong relationship between self-concept and self-acceptance among post-mastectomy breast cancer patients. Esterlina (2024) reported a significant association between positive self-concept and high levels of self-acceptance, highlighting the importance of interventions that target self-perception and identity reconstruction after surgery.

Self- Reflection Mirror Technique

The Self Reflection Mirror technique, also referred to as mirror exposure therapy, is a cognitive-behavioral intervention that involves guided exposure to one's body using a mirror. Patients are encouraged to observe their body gradually, describe what they see in neutral terms, and express emotions associated with body changes. This technique has been shown to reduce avoidance behaviors, improve body image, and enhance emotional regulation.

Clinical studies have reported that mirror-based interventions are effective in improving psychological adjustment among patients with amputations and post-surgical body alterations, including post-mastectomy breast cancer patients (Hani, 2023; Andreas et al., 2024). When integrated into nursing care, the Self Reflection Mirror technique offers a structured and empathetic approach to address body image concerns and promote self-acceptance.

METHODS

Study Design

This study used a qualitative case study design with a phenomenological approach to explore the process of self-acceptance among post-mastectomy breast cancer patients following the application of the Self Reflection Mirror technique based on the Roy Adaptation Model. This design was selected to obtain an in-depth understanding of patients' subjective experiences, emotional responses, and adaptive processes related to body image changes after mastectomy.

Participants

The participants consisted of two female patients with breast cancer who had undergone mastectomy. Participants were selected using purposive sampling based on the following inclusion criteria:

- Diagnosed with breast cancer stage I–IIIA,
- Having undergone unilateral mastectomy for at least three months,
- Aged between 30 and 60 years,
- Cognitively intact and able to communicate effectively, and
- Willing to participate voluntarily.

Patients who were undergoing chemotherapy or radiotherapy during the data collection period or who had a history of psychiatric disorders were excluded from the study.

Research Setting and Time

The study was conducted at RSUD Dr. M. Yunus Bengkulu, a provincial referral hospital providing oncology services. Data collection and intervention implementation were carried out in July 2025.

Data Collection Procedures

Data were collected through in-depth interviews, direct observation, and nursing care documentation. Interviews were conducted to explore participants' perceptions, emotions, and experiences related to body image and self-acceptance following mastectomy. Observations focused on participants' behavioral responses during the intervention, particularly their interaction with the mirror and verbal expressions.

The Self Reflection Mirror technique was implemented for three consecutive days following a standardized procedure. Each session lasted approximately 10–15 minutes and was guided by a nurse. During the sessions, participants were encouraged to observe their physical appearance using a mirror, express feelings that emerged, and verbalize positive affirmations. The intervention emphasized the self-concept mode of the Roy Adaptation Model to facilitate adaptive coping and acceptance of bodily changes.

Data Analysis

Data analysis was conducted using thematic analysis. Interview transcripts and observation notes were analyzed through several stages: data familiarization, initial coding, theme development, and interpretation. Themes were identified based on patterns related to self-acceptance, body image perception, emotional responses, and adaptive coping behaviors. The Roy Adaptation Model was used as an analytical framework to interpret adaptive and ineffective responses, particularly within the self-concept mode.

Ethical Considerations

Ethical principles were strictly applied throughout the study. Participants received a clear explanation of the study objectives and procedures and provided written informed consent prior to participation. Confidentiality and anonymity were ensured by using participant codes, and all data were used solely for research purposes.

RESULTS

Prior to the intervention, both participants demonstrated ineffective adaptive responses characterized by avoidance of mirrors, negative self-perception, emotional distress, and social withdrawal. Following the implementation of the Self Reflection Mirror technique, participants exhibited improved self-acceptance, positive self-affirmations, reduced emotional distress, and increased confidence in social interactions.

DISCUSSION

The findings of this study indicate that the Self Reflection Mirror technique effectively promotes adaptive responses in the self-concept mode of Roy Adaptation Model. Gradual exposure to body image changes facilitated emotional processing and cognitive reframing, enabling participants to integrate physical changes into their self-identity.

These findings are consistent with previous studies published in Multidisciplinary Journals, which reported that psychosocial nursing interventions based on adaptive frameworks significantly enhance psychological adjustment and quality of life among patients with chronic conditions (Martina & Hidayah, 2022; Susena et al., 2021). The structured application of Roy Adaptation Model provided a systematic approach to guide nursing interventions and support adaptive coping.

CONCLUSION

The application of the Self Reflection Mirror technique within the Roy Adaptation Model framework improves self-acceptance among post-mastectomy breast cancer patients. This intervention supports holistic nursing care by addressing psychological adaptation and promoting positive self-concept following mastectomy.

LIMITATION

This study involved only two participants, limiting generalizability. Future research with larger samples and quantitative designs is recommended to validate these findings.

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