

# The Application of MOPSI Module Forbreast Cancer Patients

Norhafizah Musa<sup>1</sup>, Azahar Yaakub Ariffin<sup>1</sup>, Siti Suhaila Ihwani<sup>2</sup>, Adibah Muhtar<sup>3</sup>, Abdul Hafiz Abdullah<sup>2</sup>

<sup>1</sup>Senior Lecturer, Faculty of Social sciences and Humanities, <sup>2</sup>Senior Lecturer, Faculty of Social Sciences,

<sup>3</sup>Lecturer, Faculty of Social Sciences, University of Technology Malaysia, Kuala Lumpur, Malaysia

## Abstract

Pressure or stress is a common occurrence or experience in every individual's life, especially to those that are afflicted with an illness, However, what distinguishes it is the patient's perception of the pressure itself. There are numerous events or situations that occur in life that trigger the existence of stress on the patient. These trigger factors arise in many forms such as physical, behavioral, social, emotional, and their own thoughts. The effect of stress on the patient is related to the attitude, character and the perception derived from the pressure. This article intends to identify stress changes in breast cancer patients after the application of MOPSI module. This study was carried out on two breast cancer patients using a detailed interview method and observation. Data was analysed using Nvivo11 and triangulation. The findings show that patients that consistently applied MOPSI experienced positive physical, psychological and social changes. The application of the MOPSI module significantly changes daily routines to become healthier and reduces the pressure or stress experienced.

**Keyword:** Application, Pressure, Breast cancer.

## Introduction

Stress in breast cancer patients is the highest compared to other cancers. It is evidenced by 2011 statistics that show 2.72% of cancer patients become stressed from the pain they suffer<sup>1</sup> Cancer can easily spread if the patient experiences emotional stress, extreme stress, trauma, loss and depression, thus disturbing the patient's mental health and hormones that can weaken the body's immune system of breast cancer patients. The psychological effects that can be seen are difficulty in accepting reality, anger, fear, worry, sadness, hate, irritation and shame. Thus, the stress faced by the patient should be fully treated and every cancer patient should be assessed by supporting them physically, financially

and morally with love and affection<sup>2</sup>. To help reduce the stress of breast cancer patients, this research designed a module based on Islamic concepts and practices sourced from the Qur'an and Sunnah that can be practiced by patients as part of their daily routine.

**MOPSI Module:** MOPSI module is a module that helps breast cancer patients manage the stress that they face. This module is designed based on Islamic concepts and practices sourced from the Quran and Sunnah that the patients can perform as part of their daily routine<sup>3</sup>The practices selected were not only supported by their advantages in the Quran, but also acknowledged by science and members or experts of the medical field. The main purpose of this module is to propose method and to remind patients of the importance of preserving the relationship with the creator of all creations i.e. Allah S.W.T. The design of the module also aims to guide the patient to be more positive and to have good thoughts of Allah's predesination.

**This module consists of five main sections<sup>4</sup> i.e. :**

- i. Therapy module
- ii. Therapist

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### Corresponding Author:

**Norhafizah Musa**

Senior Lecturer , Faculty of Social sciences and Humanities, University of Technology Malaysia, Kuala Lumpur. Malaysia

Tel: 075557670

e-mail: norhafizah.kl@utm.my

- iii. Client or receiver
- iv. Therapy methodology
- v. Observation and assessment

### Methodology

This study is based on a qualitative methodology using a case study approach to explore the changes experienced after applying MOPSI modules. Data collection was made using face-to-face interviews and observation method. The interviews and observations were conducted in 12 sessions. The data were analysed based on thematics using Nvivo 11 software and data triangulation processes. In order to ensure the information obtained is accurate and reliable, different sources were referred for the same thing. This study was carried out on research subjects that were selected using purposive sampling technique. This sampling technique is a selection pattern that is simple and purposeful. The subject is able to provide the value of data required by the researcher based on the situation and behaviour of the individual that is being studied<sup>5</sup>. Researchers found the subjects through 'snow ball' method or information from one party to another about individuals suffering from breast cancer<sup>6</sup>. Therefore, two breast cancer patients were selected by the researcher as subjects based on experience of suffering breast cancer. Total of four experts were selected to evaluate the validity of the module and provide assessments. The experts were given a month to evaluate the module. This method is in line with the method highlighted by<sup>7</sup>, that recommends the enlisting of expert assessors to determine the validity aspects of the contents. The response received by the expert assessors were used as a guide by researchers in improving the module. Improvements were made to enhance the module's contents that were practiced on breast cancer patients.

#### Examples of interview questions are as follows:

1. Does the contents of this module fulfill its target population?
2. Does the contents of this module work perfectly?
3. Does the contents of this suit the time allocated?
4. Does the contents of this module improve performance?
5. Does the contents of this module changing attitude towards a more positive one?

### Research Findings and Discussion

Research findings showed that patients changed towards a more positive attitude after applying the MOPSI module. Changes in stress can be seen from physical, psychological and social aspects. Findings were analysed through interviews with researchers to see the effects on the patients prior and during breast cancer.

Based on observations and patient response, it can be noted that patients were able to cultivate positive values within themselves. It was notable that the patients had undergone positive changes physically, spiritually, psychologically and socially.

- i. **Physical:** The movements of Research Subject 1 and Research Subject 2 were limited even in their own home, due to immense physical pain. After consuming health foods such as bee honey, Research Subject 1 and Research Subject 2 admitted that their breasts felt lighter, compared to previously feeling very heavy due to cancerous lumps. After several sessions were conducted, the researcher observed that they were still mobile and able to attend lectures such as mid-morning lectures. The researcher witnessed in person Research Subject 2 attending lectures at Saidina Hamzah Mosque. Subsequently, meetings between the researcher and Research Subject 2 were held Saidina Hamzah Mosque. This can be linked to the course of treatment recommended for the patients i.e. to take the medication prescribed by medical doctors and consume health foods to improve their well being, which caused the patients to feel lighter and made it easier for them to move and perform indoor and outdoor activities. Research Subject 1 was unable to meet with the researcher at the beginning of the session due to chronic pain, but was able to do so after feeling better.

#### Research Subject 2 commented;

*"Feels lighter after taking UNIQ UKM bee honey . My breasts no longer feel heavy, it feels different. I am confident that there is a cure for every illness, as mentioned in the Quran".*

#### Whilst Research Subject 1 commented:

*"Feels lighter after consuming bee honey.."*

They became more confident after finding a translation of the Quran that describes bee honey colours

as black, brown, dark yellow and clear. In addition to being aware of the benefits of bee honey, Research Subject 1 also commented that when in pain, she is unable to attend congregational dawn prayers at the surau. She performed soul therapy and prayed to be granted good health to be able to perform acts of worship especially congregational dawn prayers. As a result, Research Subject 1 is currently able to go to the surau as usual.

**ii. Spiritual and Psychological:** From a spiritual and psychological point of view, it was observed that the patients had undergone good behavioral changes such as avoiding arguments and overthinking problems. The Islamic psychotherapy module encourages the patients to follow the personality traits of Prophet S.A.W.<sup>8,9</sup>

*“ no longer feel like going to my brother’s house, because it will just make me upset. Even my children said to just spend Hari Raya here in Kuala Lumpur. Going to my brother’s house would just make me upset and stressed..”*

After frequent visits to her brother’s house, Research Subject 2 decided to stop going to his house to avoid any disagreements and being disrespectful while being there.

**Research Subject 1 said;**

*“ I acted deaf. I kept quiet. I just ignored it, if I answered back I would just feel hurt and sad, so I ignored it, keep quiet. I didn’t care before, because my body was strong. Now, I don’t want to fight back, since I am ill. So I just keep quiet. The matter gets solved by keeping quiet. Then I do it, for example ironing clothes. My husband said, “The clothes are crumpled, why didn’t you fold the?” Subject 1 answered “ I’ve been folding them for years and there haven’t been any problems”. Then, I asked my child to help iron them, since I’m unable to stand for long, so I asked my child to help. “ Take this shirt quick and iron it, your father is stressed, when I’m stressed too, keep pressuring me. Sometimes I cry whilst ironing, at 3 o’clock in the morning I’m still not finished. I want to sleep. In the end I called my child, “ Take this, your father’s shirt, I’ll give you money later”.*

From a religious perspective, they perform the compulsory and optional acts without being told or forced by anyone. In fact, they read the Quran and its translation with the purpose to understand and relate to the words and commands of Allah S.W.T. From the point of practice and appreciation therapy, as well as soul

therapy it is evident that it is practiced by the patients through the patients speech as follows:-

**Research Subject 1 said:**

*“Dhikr, reading the Quran and prayer are done abundantly. I continually recite dhikr, al-Ikhlās, I go to sleep holding the prayer beads whilst reciting al-Ikhlās. Illness brings closeness with Allah. Oh Allah, I know you are with me, with the blessings from dhikr, blessings from reading the Quran, blessings from giving alms and charity, getting closer to Allah, this illness has been for too long and I’ve never felt so much pain in my life . Just confide in God...”*

Researcher observed that Research Subject 1 tone of voice changed and became teary.

**Research Subject 2 said:**

*“ Before the break of dawn, during pre-dawn meal, is the time to recite istighfar 70 times. I do it 70 times, didn’t Allah say to remember Him when lying down, sitting, sleeping, remember Allah to calm the heart. I’m telling you this not to show off, I’ve read 12 chapters of the Quran’s translation . Usually we read the Quran in arabic, but don’t read it in Malay. So, we don’t understand. When we don’t understand it, the devil can overpower us. The devil is unafraid. The devil becomes afraid when we understand the Quran. So that we don’t fall prey to the tricks of the devil”*

**Besides that, the patients also implemented alms and charity therapy<sup>10</sup> and social therapy<sup>11, 12</sup> as outlined in the module. Apart from attending lectures, Research Subject 2 admitted that:**

*“ there have been emotional changes and I can control my emotions, happiness, fun, I don’t think of tensions when preparing food, when making ketupat palas for the masses during Hari Raya celebrations at the surau, visiting relatives, meeting people, I enjoy it when people visit my home, when the students from Darul Quran come to my home, I feel happy’.*

**Research Subject 1 on the other hand prepared food for the congregation at the surau and said:**

*“During Ramadhan, I prepare for 20 people a day. In a week, for 5 days, 100 people. My interaction with my children have become closer, even with outsiders. I haven’t seen you for a while, where have you been? They ask my husband about my whereabouts. When they*

*know that I'm unwell, they come for a visit. I hope for a loving relationship with my neighbours. I want friends that would visit and pray for me when I die, when there are three rows, the prayers would be accepted. Pray for entry into heaven. Alhamdulillah".*

Therefore, the researchers see that habits and appreciation are related to psychotherapy. The creation of this therapy leads the society to become more grateful in order to relieve themselves from problems faced, thus achieving contentment in life and the hereafter. Islamic psychotherapy treatment has long been used in treating patients with emotional stress, as well as effecting them positively physically and mentally. A form of therapy that can have a great impact on patients especially illnesses that lead to stress and mental stress<sup>13,14</sup>.

In Islamic psychotherapy, spiritual values are a key aspect of solving human psychology problems because they are closely related to the heart and are more likely to affect human life<sup>15</sup>. Although humans comprise of two components, namely physical and spiritual, the spiritual aspect greatly affects the individual because the heart is like the king and the human body is submissive to the heart. It is also a major driver of actions, and actions of the human body known as behaviour in the form of self-sacrifice or `ubudiyah to God through the abandonment of all efforts and planning due to seeing every occurrence as Allah's fate<sup>16</sup>.

**iii. Social:** Participating in a community that enjoys seeking knowledge helps to prevent stress by recognizing the importance of human relationships as well as the relationship with God. This helps in overcoming emotional stress disturbances more effectively with the presence of a good friend or society of good morals. This activity is held once a week and aims at improving mental and physical health<sup>17</sup>.

Both breast cancer patients were more motivated after gradually practicing psychotherapy. They were able to overcome their bad habits such as impatience, irritable, difficulty relaxing, sadness, easily offended, worrying, feeling anxious and being sensitive<sup>18, 19</sup>. This Islamic psychotherapy module proves that a relation exists between religious influence and spirituality on patient behaviour and morals. Relief from problems through concept comprehension therapy, practice and appreciation therapy, soul therapy, social therapy and personality therapy of Prophet S.A.W can help manage stress faced by breast cancer patients. Implementing

these therapies with discipline, persistence, consistency and patience has proven to create new habits through actions, speech and new behaviour. They realize that prohibited traits are bad and should be avoided, and to fill the heart with commendable traits such as preveareance, patience, self-reflection, submissiveness and moderation in wordly matters. When faced with a problem, they return to Allah SWT<sup>20</sup>.

## Conclusion

In conclusion, the stress experienced by patients had a positive change after applying the MOPSI module. The module was designed based on Islamic concepts and practices that are sourced from the Quran and Sunnah as well as views by Muslim scholars as their daily routine. The results show that the changes can be seen from physical, psychological and social aspects. This module emphasizes spiritual aspects as the internal effects gives impetus to the actions of the human body.

**Ethical Clearance:** Not required

**Source of Funding:** Self

**Conflict of Interest:** Nil

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