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FACTORS INFLUENCING SELF-ESTEEM IN BREAST CANCER PATIENTS: A LITERATURE REVIEW

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ABSTRACT

Breast cancer affects not only patients' physical condition but also their psychological well-being, one aspect of which is self-esteem. Various factors, including family support, family functioning, resilience, body image, treatment processes, physical activity, and the ability to accept the disease condition, may influence self-esteem. This study aimed to analyze the factors influencing self-esteem in breast cancer patients. This study used a literature review method based on the PRISMA guidelines. Articles were searched through Google Scholar, PubMed, and ScienceDirect using the keywords "Breast cancer AND Self-esteem AND Factors". Of the 4,861 articles identified, 11 articles published between 2020 and 2026 met the inclusion criteria and were analyzed. The quality of the articles was assessed using the Joanna Briggs Institute (JBI) guidelines. The findings showed that the self-esteem of breast cancer patients is influenced by various factors. Family support was the most frequently identified factor associated with self-esteem. In addition, family functioning, resilience, body image, treatment processes, physical activity, and the ability to find meaning in life also played roles in influencing self-esteem. The self-esteem of breast cancer patients is influenced by both internal and external factors. Family support was the most prominent factor, while changes in body image resulting from the disease and its treatment may decrease self-esteem. A holistic nursing approach is needed by addressing patients' physical, psychological, and social aspects.

Keywords: *Body image, breast cancer, family support, resilience, self-esteem.*

INTRODUCTION

Breast cancer is a disease in which abnormal cells in the breast grow uncontrollably and form tumors. If left untreated, the tumor can spread throughout the body and become fatal. Breast cancer is one of the major global health problems and is the most common type of cancer among women. According to the World Health Organization (WHO), in 2024, approximately 2.4 million women were diagnosed with breast cancer and around 694,000 died from the disease (WHO, 2026). In Indonesia, breast cancer also remains a major health challenge, characterized by low screening coverage and significant disparities in access to cancer care (Kemenkes, 2026). In addition to affecting physical health, breast cancer treatments such as mastectomy, chemotherapy, and radiotherapy can cause psychological impacts, including changes in body image, hair loss, and decreased self-esteem among patients.

Self-esteem refers to an individual's evaluation of themselves. This evaluation reflects an attitude of rejection or acceptance and indicates the extent to which individuals believe that they are capable, meaningful, successful, and valuable. Psychological

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problems experienced by patients indicate that cancer is a highly stressful condition, which can lead to low self-esteem (Lestari et al., 2020). Cancer patients undergoing chemotherapy may experience feelings of helplessness, imperfection, shame about their illness, unhappiness, feeling unattractive, feeling less accepted by others, isolation, fear, prolonged grief, functional limitations, inability to fulfill family needs, sleep disturbances, difficulty concentrating, anxiety, and depression (Sulistyarini et al., 2022). Therefore, self-esteem is an important psychological aspect that may affect the quality of life and treatment adherence of breast cancer patients, making it important to identify the factors that influence it.

Previous studies have reported varying findings regarding the factors influencing self-esteem among breast cancer patients. Research has demonstrated that family support is significantly associated with self-esteem among breast cancer patients undergoing chemotherapy (Ginting et al., 2026). In addition, family functioning and resilience have been identified as factors related to self-esteem through the role of the family (R. Dewi et al., 2026). However, findings regarding the factors associated with self-esteem may differ across studies, particularly in terms of the factors examined and the characteristics of the study populations. Furthermore, evidence regarding other potential factors, including age, educational level, duration of chemotherapy, and body image, among breast cancer patients in Indonesia remains limited. Therefore, a comprehensive literature review is needed to synthesize the available evidence on factors influencing self-esteem among breast cancer patients, identify consistent findings and gaps in previous research, and provide a basis for developing appropriate nursing interventions. The novelty of this review lies in its comprehensive synthesis of multiple factors associated with self-esteem among breast cancer patients, including psychosocial, demographic, and treatment-related factors, to provide a broader perspective for nursing intervention planning.

Based on the above description, the research problem is what factors are associated with self-esteem among breast cancer patients based on existing research evidence. The general objective of this study is to identify and synthesize factors influencing self-esteem among breast cancer patients through a literature review. Specifically, this study aims to identify factors associated with self-esteem among breast cancer patients reported in the reviewed articles, synthesize research findings regarding the relationships between age, educational level, duration of illness, family support, and body image and self-esteem, and describe the implications of these findings for healthcare practice. This study is expected to provide evidence-based information for healthcare professionals in planning appropriate interventions to improve self-esteem among breast cancer patients and to serve as a reference for future research.

RESEARCH METHOD

Design

This study employed a literature review design to identify, examine, and synthesize research evidence regarding factors influencing self-esteem among breast cancer patients. The review focused on studies investigating demographic, psychosocial, family-related,

clinical, treatment-related, and lifestyle factors associated with self-esteem in breast cancer patients. The aim was to provide a comprehensive overview of the factors associated with self-esteem based on previous studies with different research designs, sample sizes, populations, and assessment methods. The article selection process was conducted according to the Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) guidelines.

Search Methods

The literature search was conducted on September 1, 2026, using three electronic databases: Google Scholar, PubMed, and ScienceDirect. The search focused on studies examining factors associated with self-esteem among breast cancer patients. The search strategy was developed based on the main components of the research topic, including the population (breast cancer patients), the outcome (self-esteem), and the associated factors. The keywords included "Breast Cancer," "Self-Esteem," and "Factors," combined using the Boolean operator AND. The search was limited to articles published between 2020 and 2026, written in Indonesian or English, and available in full-text form.

Inclusion and Exclusion Criteria

The inclusion criteria for this literature review were as follows: (1) studies involving women diagnosed with breast cancer, including patients undergoing treatment, patients receiving palliative care, and breast cancer survivors; (2) studies examining self-esteem as a primary or secondary outcome or investigating factors associated with self-esteem; (3) studies examining demographic, psychosocial, family-related, clinical, treatment-related, or lifestyle factors associated with self-esteem; (4) studies reporting relevant findings on self-esteem, including its associations with other variables or the effects of interventions on self-esteem; (5) quantitative primary studies, including cross-sectional, quasi-experimental, and experimental studies, as well as systematic reviews with meta-analysis relevant to the research topic; (6) studies involving mixed cancer populations, provided that findings relevant to breast cancer patients could be identified separately; (7) articles published between 2021 and 2026; (8) articles written in Indonesian or English; and (9) articles available in full-text form.

Articles were excluded if they did not involve breast cancer patients or provide separately identifiable findings for this population, did not assess self-esteem or report findings relevant to self-esteem, did not address factors associated with self-esteem or interventions affecting self-esteem, were published outside the specified period, were written in languages other than Indonesian or English, or were unavailable in full-text form. Articles that mentioned self-esteem only in the background or introduction without presenting relevant findings were also excluded.

Data Extraction

Data extraction was performed systematically for each article that met the inclusion criteria. The extracted information included the author and publication year, study title,

research design, population and sample size, factors examined, statistical analysis, study results, and conclusions. The extracted data were organized in a table to facilitate comparison of the characteristics and findings of the included studies. The findings were subsequently compared and synthesized narratively to identify similarities, differences, and gaps in the evidence regarding factors influencing self-esteem among breast cancer patients.

Quality Appraisal

The methodological quality of the included studies was assessed using the Joanna Briggs Institute (JBI) Critical Appraisal Tools appropriate to each study design. These tools were used to examine the methodological quality of the studies and identify potential sources of bias that could affect the interpretation of their findings. The JBI Critical Appraisal Checklist for Analytical Cross-Sectional Studies was used for cross-sectional studies, while the appropriate JBI checklist for systematic reviews and research syntheses was used for systematic reviews with meta-analysis.

The appraisal of cross-sectional studies considered the appropriateness of the inclusion criteria, description of study participants and settings, validity and reliability of exposure and outcome measurements, identification and management of confounding factors, and appropriateness of statistical analysis. For systematic reviews with meta-analysis, the appraisal considered the clarity of the review question and inclusion criteria, adequacy of the search strategy, assessment of the methodological quality of included studies, appropriateness of data extraction and synthesis, and consideration of publication bias where applicable. The appraisal results were recorded using the response options provided in the relevant JBI checklist: "Yes," "No," "Unclear," or "Not applicable (N/A)." The appraisal findings were used to identify the methodological strengths and limitations of the included studies and inform the interpretation of the review results.

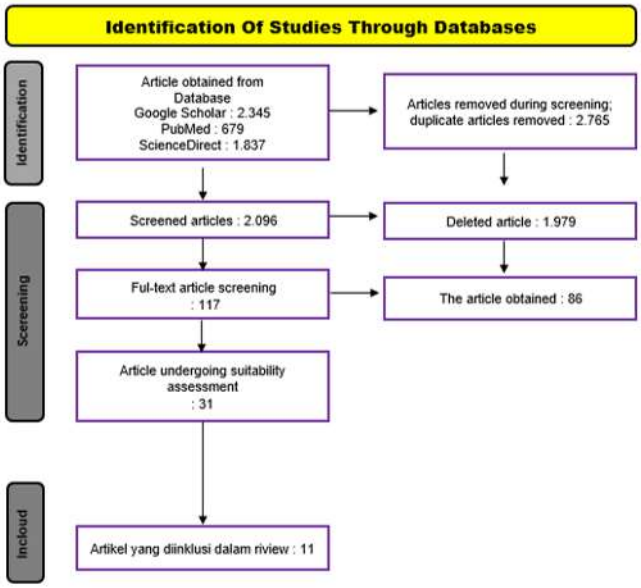


Figure 1. PRISMA Flowchart

Research Results

At the initial stage of the literature search, a total of 4,861 articles were identified from three electronic databases: Google Scholar (n = 2,345), PubMed (n = 679), and ScienceDirect (n = 1,837). After removing 2,765 duplicate articles, 2,096 articles remained for title and abstract screening. Following this process, 117 articles were identified as potentially relevant to the research topic and selected for full-text retrieval.

Of the 117 potentially relevant articles, 86 were excluded because their full texts were unavailable or could not be accessed, leaving 31 articles for full-text eligibility assessment. These articles were evaluated based on the predetermined inclusion and exclusion criteria and the research objectives. Following the eligibility assessment, 20 articles were excluded because they did not meet the eligibility criteria or were insufficiently relevant to the research objectives. Finally, 11 articles were included in this literature review. The complete process of article identification, screening, eligibility assessment, and inclusion is presented in Figure 1.

Tabel 1. Summary

No	Research & Publications	Title	Types or research	Population & Sample	Results	Conclusion
1.	(Aprilianto et al., 2021)	Family social support and the self-esteem of breast cancer patients undergoing neoadjuvant chemotherapy	Cross-Sectional	Sample: 56 respondents	Spearman's rho analysis revealed a strong positive correlation between family social support and patients' self-esteem ($r = 0.762$, $p < 0.001$).	Family social support was strongly and positively associated with self-esteem in breast cancer patients receiving neoadjuvant chemotherapy.
2.	(R. Dewi et al., 2026)	The Influence Of Family Function And Resilience To Self-Efficacy And Self-Esteem Mediating By Family Role In Breast Cancer Patients: A PLS-SEM	Cross-Sectional	Population: breast cancer patients; sample: 102 respondents	Family functioning ($p = 0.007$) and family resilience ($p = 0.012$) had a significant effect on family roles. Family roles had a significant effect on self-efficacy and self-esteem ($p < 0.001$).	Family functioning and resilience contribute to family roles, thereby enhancing self-efficacy and self-esteem among patients with breast cancer.
3.	(Ginting et al., 2026)	The Relationship Between Family	Cross-Sectional	Sample: 92 respondents	Family support and self-esteem were significantly and	Higher levels of family support are associated with greater self-

		Support and Self-Esteem Among Cancer Patients Undergoing Chemotherapy at Haji Adam Malik General Hospital, Medan, in 2024			positively associated (p = 0.004; r = 0.297). Greater family support is associated with higher self-esteem among cancer patients receiving chemotherapy.	esteem among cancer patients undergoing chemotherapy.
4.	(E. I. Dewi et al., 2024)	Relationship Between Self Esteem and Meaning of Life in Breast Cancer Patients at the Agricultural Regional Hospital of Jember Regency	Cross-Sectional	86 breast cancer patients	Most patients demonstrated high self-esteem (87.2%) and a strong sense of meaning in life (76.7%). A significant positive correlation was found between self-esteem and meaning in life (r = 0.26, p = 0.004).	Self-esteem was associated with the meaning of life among patients with breast cancer, high self-esteem helps patients cope with the disease, achieve their goals, and adapt to changes.
5.	(Agustin & Oktaviana, 2024)	Relationship Of Family Support On Self-Esteem In Patients With Breast Cancer Who Are Undergoing Chemotherapy	Quantitative correlational study	78 breast cancer patients	Of the 78 respondents, 79.5% had high self-esteem and 85.9% received high family support. Pearson's correlation analysis revealed a statistically significant association between family support and self-esteem (p < 0.05).	Family support was significantly associated with self-esteem among breast cancer patients receiving chemotherapy at Dr. Soeradji Tirtonegoro Hospital.
6.	(Saragih et al., 2025)S	The Relationship Between Family Support and Self-Esteem Among	Cross-Sectional	All breast cancer patients who were hospitalized from April to June 2024,	A total of 56.3% of respondents received supportive family support, while 71.9% had negative self-esteem.	Family support is an important factor associated with higher self-esteem among patients with breast cancer.

		Breast Cancer Patients at Haji Hospital, Medan		totaling 32 respondents.	Family support was significantly associated with self-esteem (p = 0.001).	
7.	(Casuso-Holgado et al., 2024)	Exercise interventions for self-perceived body image, self-esteem and self-efficacy in women diagnosed with breast cancer: a systematic review with meta-analysis and meta-regressions	Meta-Analysis	20 studies, comprising 19 different samples (n = 2030) of women diagnosed with breast cancer.	Resistance exercise (SMD = 0.31; p = 0.01) and supervised exercise (SMD = 0.25; p = 0.0004) significantly improved self-esteem. Exercise did not significantly improve body image, while self-efficacy results were scarce and controversial.	Supervised exercise and resistance training may enhance self-esteem, although their effects on body image and self-efficacy appear to be limited.
8.	(Rodriguez-Solana et al., 2024)	The effects of physical activity interventions on self-esteem during and after cancer treatment: a systematic review and meta-analysis	Meta-Analysis	32 studies, dengan 15 studies (13 RCT dan 2 quasi-experimental) dan 3,604 participants dalam meta-analysis.	Physical activity significantly improved self-esteem (pooled SMD = 0.32, p < 0.01). Aerobic exercise (SMD = 0.33, p = 0.04) and mind–body exercise (SMD = 0.70, p = 0.03) also demonstrated positive effects.	Physical activity, particularly aerobic and mind–body exercises, may improve self-esteem in patients during and after cancer treatment.
9.	(Tsantakis et al., 2023)	The effect of time since reconstruction on breast cancer patients' quality of life, self-esteem, shame, guilt, and pride	Cross-Sectional	A total of 150 women with breast cancer who had undergone breast reconstruction.	Immediate reconstruction improved psychosocial and sexual well-being, but was not associated with self-esteem, guilt, or shame.	Immediate breast reconstruction is associated with better psychosocial and sexual quality of life, although no significant associations were found with self-esteem, guilt, or shame.
10.	(Khairunisa et al., 2025)	Original The Relationship between	Cross-Sectional	Sampel: 83 responden	A significant moderate positive	Family support was positively and significantly

		Family Support and Self-Esteem in Breast Cancer Patients Undergoing Palliative Care (A Correlational Study at Ulin Regional Hospital, Banjarmasin)			correlation was found between family support and self-esteem among breast cancer patients ($r = 0.391$, $p = 0.003$). Higher levels of family support were associated with higher self-esteem.	associated with self-esteem among breast cancer patients receiving palliative care at Ulin Regional General Hospital, Banjarmasin.
11	(Álvarez-Pardo et al., 2023)	Factors Associated with Body Image and Self-Esteem in Mastectomized Breast Cancer Survivors Sergio	Cross-Sectional	A total of 198 women diagnosed with breast cancer, aged 30–80 years, in Mexico.	Women with a sense of humor reported higher BI satisfaction and SE, with age, education, family history, and breast reconstruction also associated with BI and SE.	Age and sense of humor should be considered when addressing the effects of breast cancer on body image and self-esteem through a multidisciplinary approach.

RESULTS AND DISCUSSION

Self-esteem is one of the psychological aspects that describes how individuals evaluate, accept, and value themselves. Among breast cancer patients, self-esteem is an important aspect because the disease and treatment process may cause changes in patients' physical, psychological, and social conditions. A breast cancer diagnosis not only affects physical health but may also influence self-concept due to changes in body shape, treatment side effects, activity limitations, and changes in roles in daily life. Based on the findings from 11 analyzed studies, self-esteem among breast cancer patients was influenced by several major factors, including family support, family functioning, resilience, changes in body image, the treatment process, physical activity, and patients' ability to accept their condition and find meaning in life.

Family support was the factor most frequently found to be associated with self-esteem among breast cancer patients. The family plays an important role as a source of emotional support, motivation, appreciation, and assistance in dealing with the disease and treatment process. Breast cancer patients who receive adequate family support tend to have a more positive perception of themselves because they feel accepted, valued, and not alone in facing their illness. The study by Khairunnisa et al. (2025) demonstrated a positive relationship between family support and self-esteem among breast cancer patients receiving palliative care at Ulin Regional General Hospital, Banjarmasin. The findings indicated that the better the family support received by patients, the higher their level of self-esteem. Family support helps patients accept their disease condition and

maintain a sense of self-worth (Khairunisa et al., 2025).

These findings are consistent with Ginting et al. (2026), who investigated the relationship between family support and self-esteem among cancer patients undergoing chemotherapy at Haji Adam Malik General Hospital, Medan. Their findings demonstrated a significant association between family support and self-esteem. Family involvement may help patients cope with the physical and psychological changes associated with chemotherapy by providing emotional encouragement, practical assistance, and a sense of security. Adequate family support may therefore contribute to more positive psychological adaptation and help patients maintain their self-esteem during treatment. These findings highlight the importance of family involvement as a potential component of supportive care for patients with cancer (Ginting et al., 2026).

The study by Mahayani et al. (2020) supports previous findings by demonstrating a significant relationship between family support and self-esteem among breast cancer patients at the Oncology Surgery Clinic of Sanglah General Hospital, Denpasar. Family support in the form of attention, companionship, and motivation may help patients develop self-acceptance and maintain positive self-esteem. Similar findings were reported by Aprilianto et al. (2021), who found a strong relationship between family social support and self-esteem among breast cancer patients undergoing neoadjuvant chemotherapy. Furthermore, Saragih et al. (2025) reported a significant relationship between family support and self-esteem among breast cancer patients. These findings are also consistent with the study by Agustin and Oktaviana (2024), which involved 78 breast cancer patients undergoing chemotherapy at Dr. Soeradji Tirtonegoro Hospital. Their results showed that 79.5% of respondents had high self-esteem and 85.9% received high family support. Pearson correlation analysis revealed a statistically significant relationship between family support and self-esteem ($p < 0.05$). These findings suggest that family support may play an important role in helping patients maintain positive self-esteem while undergoing cancer treatment. The use of validated and reliable instruments, including the Social Response Questionnaire (Cronbach's alpha = 0.956) to measure family support and the Indonesian version of the Rosenberg Self-Esteem Scale (Cronbach's alpha = 0.845) to measure self-esteem, also strengthens the measurement reliability of the study. However, the strength of the relationship may vary across studies because of differences in sample size, patient characteristics, treatment stages, family support systems, and measurement instruments. For example, patients undergoing chemotherapy may experience physical changes and psychological challenges that influence their self-perception and need for family support. Differences in study settings and the availability of support from other sources may also contribute to variations in the observed associations. Despite these differences, the findings consistently indicate that family support is an important psychosocial factor associated with self-esteem among breast cancer (Agustin & Oktaviana, 2024; Aprilianto et al., 2021; Mahayani et al., 2020; Saragih et al., 2025).

In addition to family support, family functioning and patients' ability to cope with psychological stress, or resilience, are also factors associated with self-esteem. The study by R. Dewi et al. (2026) explained that family functioning and resilience influence self-

esteem among breast cancer patients through the role of the family as a mediator. Effective family functioning can help patients obtain psychological support, enabling them to adapt to changes resulting from the disease. Resilience also helps patients maintain confidence in themselves, manage emotional stress, and maintain a positive outlook despite facing a serious illness. This indicates that improving self-esteem does not depend solely on support provided by the family but also on individuals' ability to manage and accept their experiences of illness (R. Dewi et al., 2026).

Another factor influencing self-esteem among breast cancer patients is changes in body image. Breast cancer can have a substantial impact on patients' perceptions of their bodies because the disease often requires procedures such as mastectomy, chemotherapy, and other treatments that cause physical changes. These changes may include breast loss, changes in body shape, surgical scars, weight changes, and hair loss. Such conditions may cause patients to experience decreased self-confidence and difficulty accepting themselves. The study by Álvarez-Pardo et al. (2023) showed that body image was associated with self-esteem among breast cancer patients undergoing mastectomy. Patients who were dissatisfied with their physical condition tended to experience lower self-esteem (Álvarez-Pardo et al., 2023).

The findings of Tsantakis et al. (2023) also showed that breast reconstruction was associated with patients' psychosocial aspects, including quality of life and self-esteem. Breast reconstruction may help patients develop a more positive perception of their bodies and improve self-acceptance after undergoing cancer treatment. This indicates that physical changes resulting from breast cancer are an important factor that needs to be considered because they are directly related to patients' self-concept (Tsantakis et al., 2023).

The breast cancer treatment process is also a factor that may influence patients' levels of self-esteem. Treatments such as chemotherapy and surgery often cause side effects that affect patients' physical and psychological conditions. Changes in appearance, fatigue, activity limitations, and dependence on others during therapy may cause patients to feel a loss of control over themselves. The study by Aprilianto et al. (2021) showed that breast cancer patients undergoing neoadjuvant chemotherapy experienced pressure on their self-concept due to changes occurring during treatment. However, adequate social support can help patients maintain self-esteem and improve their ability to adapt to these conditions (Aprilianto et al., 2021).

In addition to psychosocial factors, physical activity may also influence self-esteem among breast cancer patients. Physical activity can help patients improve physical functioning, reduce functional limitations, and increase self-confidence. A systematic review and meta-analysis by Rodriguez-Solana et al. (2024) showed that physical activity interventions had a positive effect on improving self-esteem among patients during and after cancer treatment. Similar findings were reported by Casuso-Holgado et al. (2024), who explained that physical exercises, such as aerobic exercise and mind-body-based exercises, may provide benefits for self-esteem and body perception among breast cancer patients. Physical activity can therefore serve as a non-pharmacological intervention that

helps patients regain confidence in their abilities (Casuso-Holgado et al., 2024; Rodriguez-Solana et al., 2024).

Another psychological factor associated with self-esteem is patients' ability to accept their disease condition and find meaning in life. The study by E. I. Dewi et al. (2024) demonstrated a relationship between self-esteem and meaning in life among breast cancer patients. Patients with higher self-esteem tended to be better able to cope with the challenges of the disease, maintain life goals, and adapt to changes. The ability to find meaning in life helps patients view the illness as part of their life journey that can provide new experiences and learning opportunities (E. I. Dewi et al., 2024).

Based on the review of the 11 studies, it can be concluded that self-esteem among breast cancer patients is influenced by various interrelated factors. Family support was the most frequently identified factor because it provides patients with a sense of acceptance, appreciation, and support throughout the treatment process. In addition, family functioning, resilience, changes in body image, the treatment process, physical activity, and the ability to find meaning in life also play roles in shaping patients' levels of self-esteem. Therefore, efforts to improve self-esteem among breast cancer patients should involve a holistic approach that focuses not only on medical aspects but also addresses patients' psychological and social needs.

The novelty of this review lies in its integration of family-related, psychological, body-image, treatment-related, and lifestyle factors associated with self-esteem among breast cancer patients within a comprehensive framework. Previous studies have examined specific dimensions of this issue. For example, Álvarez-Pardo et al. (2023) investigated factors associated with body image and self-esteem among mastectomized breast cancer survivors, focusing on a specific patient population and the relationship between these psychosocial outcomes and individual characteristics. Meanwhile, Casuso-Holgado et al. (2024) conducted a systematic review and meta-analysis examining the effects of exercise interventions on self-esteem, body image, and self-efficacy among women diagnosed with breast cancer. Although these studies provide valuable evidence, their scopes differ from the present review, which synthesizes findings across family-related factors, psychological resources, body image, treatment experiences, and lifestyle-related factors. By bringing these dimensions together, this review provides a broader understanding of self-esteem as a psychosocial outcome associated with multiple interconnected aspects of patients' lives. This integrated perspective may help identify complementary areas for supportive care while highlighting the need for further research to clarify how these factors interact across different treatment stages and patient characteristics.

The findings of this review have practical implications for nursing practice and psychosocial support programs across hospital, outpatient, and community healthcare settings. Healthcare professionals can use the identified factors to guide comprehensive and individualized assessments of self-esteem, including family support, psychological well-being, body image, treatment experiences, and lifestyle-related needs. Family involvement and appropriate psychological support may be incorporated into care

planning to help patients cope with emotional challenges and changes in self-perception during treatment. In addition, body-image counseling may be particularly relevant for patients experiencing physical changes following breast surgery or other treatments. Evidence from Casuso-Holgado et al. (2024) suggests that supervised exercise and resistance training may improve self-esteem in women with breast cancer, although the overall effects of exercise interventions on self-esteem and body image were not consistently significant across all analyses. Therefore, physical activity should be considered as an individualized supportive-care option, taking into account patients' clinical conditions, treatment stages, preferences, and physical capabilities. These findings support a multidisciplinary approach involving nurses, physicians, psychologists, rehabilitation professionals, and family members to address patients' psychosocial needs. Nevertheless, because the reviewed evidence varies in study design and population, the identified associations should inform individualized care rather than be interpreted as proof of causal relationships.

CONCLUSION

Based on the literature review of 11 studies, self-esteem among breast cancer patients is influenced by various internal and external factors. Family support was the factor most frequently found to be associated with self-esteem, through emotional support, appreciation, motivation, information, and companionship. In addition, family functioning and resilience help patients cope with changes resulting from the disease and maintain a positive view of themselves. Changes in body image resulting from mastectomy, chemotherapy, and physical changes during treatment may decrease self-esteem and self-acceptance. Meanwhile, the treatment process, physical activity, and the ability to find meaning in life also play roles in improving self-esteem. Therefore, improving self-esteem among breast cancer patients requires a holistic approach that considers physical, psychological, and social aspects through family support, psychological interventions, physical activity, and support throughout the adaptation process.

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