



## **Journeys Toward Growth: A Qualitative Study on Motivation for Healing, Coping Strategies, and Areas of Growth among Iban Cancer Survivors**

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### **ABSTRACT**

This study explored cancer survivors' life experiences in moving towards growth. Four Iban participants were interviewed and the data were thematically analysed. This paper concludes that the cancer diagnosis impacts participants mentally, emotionally, and physically. Spiritual strategy is the most used coping strategy, and participants were highly motivated by social support. Participants also reported to experience growth mostly in the area of relationship with others. It implies that the findings of this study are able to expand posttraumatic growth (PTG) among Asians literatures and contribute as references for counsellors and psychologists to develop appropriate psychological interventions that suit the patients' culture. Further explorations on the spiritual and social elements for psychological interventions among Asian cancer patients are recommended.

**Keywords:** cancer, motivating factors, coping strategies, growth, thematic analysis

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