

# Pengaruh progressive muscle relaxation (PMR) pada kecemasan, mual, muntah setelah kemoterapi pada kanker payudara di RS Dr Hasan Sadikin Bandung = The effect of progressive muscle relaxation (PMR) to anxiety, nausea, and emesis after chemotherapy on patients with breast Cancer at RS Dr. Hasan Sadikin Bandung

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## Abstrak

Kemoterapi sering menimbulkan kecemasan, mual dan muntah. Salah satu tindakan nonfarmakologis untuk mengatasi kecemasan, mual dan muntah setelah kemoterapi adalah dengan relaksasi Progressive Muscle Relaxation (PMR).

Tujuan penelitian ini adalah mengidentifikasi pengaruh PMR terhadap kecemasan, mual, dan muntah setelah kemoterapi pada kanker payudara di RS Dr. Hasan Sadikin Bandung. Metoda penelitian quasi experiment.

Rancangan penelitian yang digunakan adalah pre and post test group design dengan kelompok kontrol. Sampel berjumlah 70 orang. Teknik pengambilan sampel consecutive sampling. Alat yang digunakan kuesioner kecemasan State and Trait dan Morrow Assesment Nausea and Emesis (MANE) untuk mengukur mual dan muntah. Kelompok intervensi diberikan relaksasi dengan Progressive Muscle Relaxation (PMR) sehari dua kali selama satu minggu post kemoterapi (dua siklus kemoterapi) atau secara total, subjek melakukan 28 kali relaksasi dengan PMR. Untuk menguji perbedaan rata-rata skor kecemasan, mual, dan muntah pada kelompok kontrol dan intervensi digunakan uji T.

Hasil penelitian usia, tingkat pendidikan, dan siklus kemoterapi setara. Selisih Penurunan rata-rata kecemasan, mual, dan muntah sebelum dan setelah PMR pada kelompok intervensi berbeda secara bermakna (p value=0,000).

Kesimpulan PMR dapat menurunkan kecemasan, mual, dan muntah setelah kemoterapi pada pasien kanker payudara di RS. Dr. Hasan Sadikin Bandung. Disarankan PMR diterapkan di rumah sakit sebagai salah satu terapi komplementer nonfarmakologik untuk mengatasi kecemasan, mual, dan muntah, dibuat sebagai prosedur tetap dalam intervensi keperawatan.

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<b>ABSTRACT</b><br>

Chemotherapy often causes anxiety, nausea and vomiting. One of the complementary therapy nonfarmacological procedures to overcome post-chemotherapy anxiety, nausea, and vomiting is Progressive Muscle Relaxation (PMR).

The objective of the research is to identify impact of PMR on anxiety impact of PMR on anxiety, nausea, and vomiting after chemotherapy for breast cancer at Dr. Hasan Sadikin Hospital in Bandung. The research

method was a quasi experimental.

The research design was pre and post groups design with a control. The number of the sample participated in the study was 70 persons. The sample collection technique used was a consecutive sampling. One questionnaire was utilized the State and Trait and the Morrow Assessment Nausea and Emesis (MANE) to measure nausea and vomiting. The intervention group was treated with PMR twice a day for one week post chemotherapy (two cycle of chemotherapy) or subjek was relaxation with PMR for 28 times, totally. To test the average difference in scores of anxiety, nausea, and vomiting in in the control and the intervention groups, a ttest was used.

The research result demonstrated tha the age, education, and the chemotherapy cicle is equal.the average scores of anxiety, nausea, and vomiting before and after PMR in the intervention groups decreases significantly (pvalue=0,000). It is conclude that PMR can reduce anxiety, nausea, and vomiting after chemotherapy among patient with breast cancer at Dr. Hasan Sadikin Hospital in Bandung.

It is recommended that PMR should be used in hospitals as a complementary therapy to overcome anxiety, nausea, and vomiting nonpharmacologicaly. In addition, a recommendation also directed to the management of hospital to include PMR as a standard nursing procedure.