

Pengaruh relaksasi otot progresif terhadap kualitas tidur dan efek samping kemoterapi pada anak dengan kanker: randomized clinical trial = Effect of progressive muscle relaxation to sleep quality and side effects of chemotherapy in children with cancer randomized clinical trial / Erna Sulistyawati

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Abstrak

**ABSTRAK**

Gangguan tidur mempengaruhi kualitas hidup anak yang mendapatkan kemoterapi. Penelitian bertujuan untuk mengidentifikasi pengaruh relaksasi otot progresif terhadap kualitas tidur dan efek samping kemoterapi pada anak dengan kanker. Desain penelitian randomized clinical trial dengan metode single blind, 30 anak secara random dialokasikan pada kelompok kontrol dan kelompok intervensi. Kelompok intervensi mendapat relaksasi otot progresif 2x sehari, pagi dan malam hari, 15 menit setiap sesi selama 7 hari. Kelompok kontrol mendapat tindakan keperawatan rutin. Hasil penelitian menyimpulkan tidak ada perbedaan yang bermakna pada kedua kelompok terhadap fatigue, nyeri, dan mual muntah, namun bermakna pada kualitas tidur dimana terdapat penurunan skor kualitas tidur. Terapi relaksasi terutama relaksasi otot progresif dapat menjadi salah satu tindakan keperawatan untuk meningkatkan kualitas tidur dan mengurangi efek samping kemoterapi pada anak dengan kanker.

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**ABSTRACT**

Sleep disturbances affects quality of life in children receiving chemotherapy. The aim of this study to identify the effect of progressive muscle relaxation for the sleep quality and side effects of chemotherapy in children with cancer. In this study randomized clinical trial with single blind method applied, 30 children were allocated randomly to the control group and intervention group. The intervention group received progressive muscle relaxation twice a day, in the morning and evening, 15 minutes each session for 7 days. Control group received routine nursing care. The study concluded there was no significant difference in the two groups on fatigue, pain, and nausea, vomiting, however progressive muscle relaxation significant on the quality of sleep in which there is a decrease in sleep quality scores. Relaxation therapy particularly progressive muscle relaxation may be one of the nursing care to improve sleep quality and reduce the side effects of chemotherapy in children with cancer.