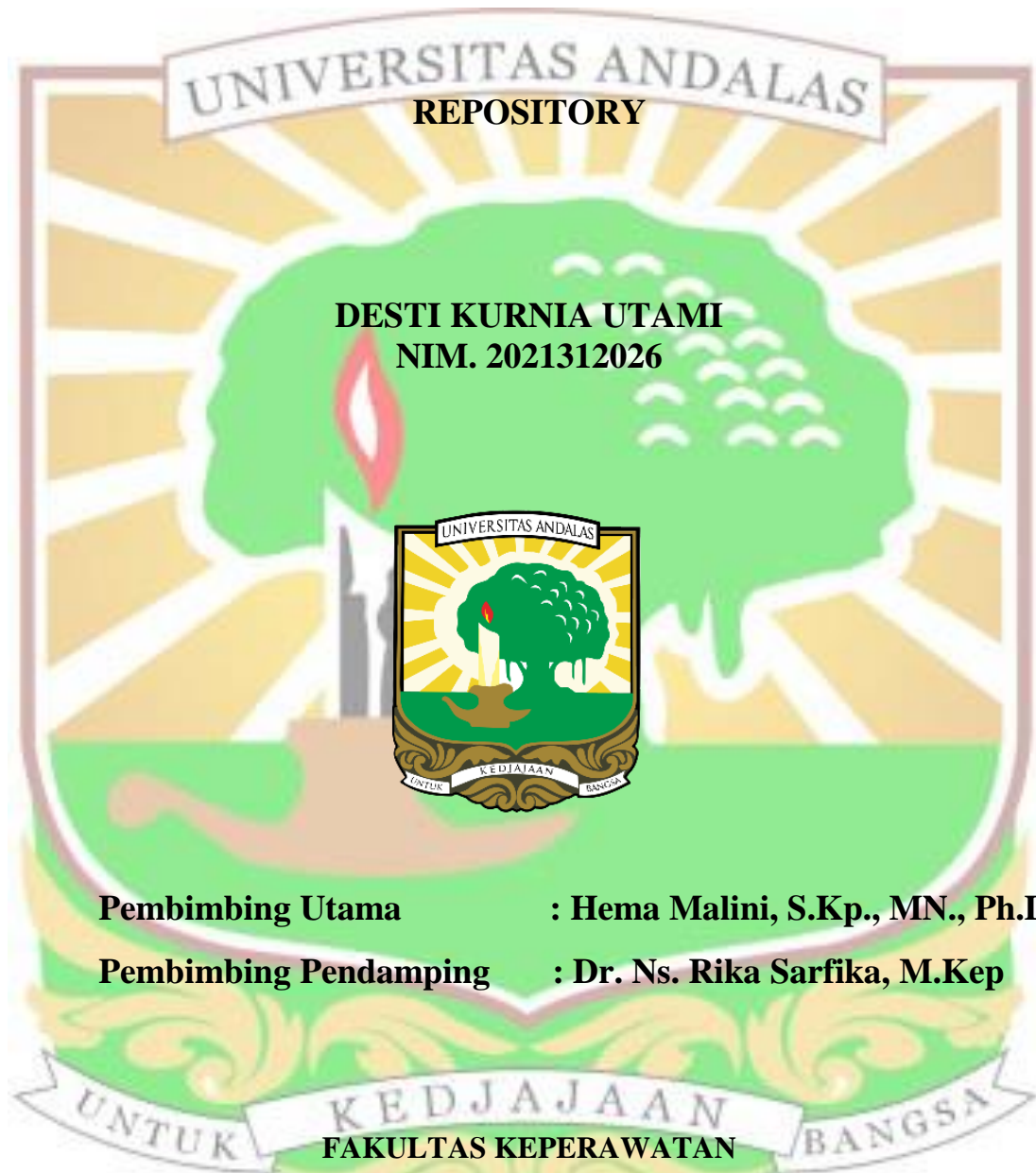


**PENGARUH *PROGRESSIVE MUSCLE RELAXATION* (PMR)  
TERHADAP STRES PADA PASIEN KANKER PAYUDARA  
YANG MENJALANI KEMOTERAPI**



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**Pengaruh *Progressive Muscle Relaxation* (PMR) terhadap Stres pada  
Pasien Kanker Payudara yang Menjalani Kemoterapi**

xxiii + 140 hal + 8 tabel + 15 lampiran + 4 skema

**ABSTRAK**

Pasien kanker payudara yang menjalani kemoterapi ada yang mengalami stress yang tidak memerlukan terapi farmakologis. Terapi *Progressive Muscle Relaxation* (PMR) menjadikan tubuh rileks, perasaan tenang sehingga ketegangan berkurang. Tujuan penelitian ini untuk mengetahui pengaruh Terapi *Progressive Muscle Relaxation* (PMR) terhadap stres pada pasien kanker payudara yang menjalani kemoterapi. Desain penelitian dengan rancangan *Quasi experimental pre and post test with control group*. Teknik *sampling* adalah *purposive sampling*. Sampel berjumlah 36 responden, yang dibagi menjadi dua kelompok, yaitu kelompok intervensi di RSUP M Djamil dan kelompok kontrol di RS Unand. Pengukuran skor stres menggunakan kuesioner *DASS-S 42*. Analisa data menggunakan uji *Paired T-test* dan *Uji Independent T Test*. Hasil penelitian ini adalah terjadi penurunan skor stres sesudah diberikan perlakuan Terapi *Progressive Muscle Relaxation* (PMR) pada kelompok intervensi, dengan nilai  $p=0,000$  ( $p<0,05$ ). Hal ini menunjukkan bahwa ada perubahan skor stres yang dialami oleh pasien kanker payudara yang menjalani kemoterapi setelah diberikan Terapi *Progressive Muscle Relaxation* (PMR). Disarankan Terapi *Progressive Muscle Relaxation* (PMR) dapat diterapkan sebagai intervensi keperawatan dalam asuhan keperawatan pada pasien yang mengalami stres selama kemoterapi.

Kata Kunci : Kanker Payudara, Kemoterapi, Stres, *Progressive Muscle Relaxation*  
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**FAKULTAS KEPERAWATAN  
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***Effect of Progressive Muscle Relaxation (PMR) on Stress in  
Breast Cancer Patients Undergoing Chemotherapy***

*xxiii + 140 pages + 8 tabel + 15 attachmen + 4 schemes*

**ABSTRACT**

*There are breast cancer patients undergoing chemotherapy who experience stress that does not require pharmacological therapy. Progressive Muscle Relaxation (PMR) therapy makes the body relax, the feeling of calm is reduced. The purpose of this study was to determine the effect of Progressive Muscle Relaxation Therapy (PMR) on stress in breast cancer patients undergoing chemotherapy. The research design was a quasi-experimental pre and post test design with a control group. The sampling technique is purposive sampling. The sample consisted of 36 respondents, who were divided into two groups, namely the intervention group at M Djamil Hospital and the control group at Unand Hospital. Measurement of stress scores using the DASS-S 42 questionnaire. Analysis of the data using the Independent T Test test. The result of this study was a decrease in stress scores before Progressive Muscle Relaxation (PMR) therapy was carried out in the intervention group, with a value of  $p = 0.000$  ( $p < 0.05$ ). This shows that there is a change in the stress score experienced by breast cancer patients undergoing chemotherapy after being given Progressive Muscle Relaxation (PMR) Therapy. It is suggested that Progressive Muscle Relaxation Therapy (PMR) can be applied as an inpatient intervention in patients who experience stress during chemotherapy.*

*Keywords: Breast Cancer, Chemotherapy, Stress, Progressive Muscle Relaxation  
Bibliography: 98 (2011-2022)*

