

DAFTAR PUSTAKA

- Abdurrahman, N. F., Murdiana, S., & Ridfah, A. (2020). Intervensi menulis ekspresif untuk menurunkan kecemasan menjalani kemoterapi pada pasien penderita kanker payudara. *Humanitas (Jurnal Psikologi)*, 4(1), 43–60. <https://doi.org/10.28932/humanitas.v4i1.2403>
- Anggraini, D., Semiarty, R., Rasyid, R., & Khambri, D. (2018). Faktor-faktor yang mempengaruhi kualitas hidup penderita kanker payudara di Kota Padang. *Jurnal Endurance*, 3(3), 562. <https://doi.org/10.22216/jen.v3i3.3094>
- Artherholt, S. B., & Fann, J. R. (2012). Psychosocial care in cancer. *Current Psychiatry Reports*, 14(1), 23–29. <https://doi.org/10.1007/s11920-011-0246-7>
- Astuti, N., & Ilmi, B. (2019). Manfaat Progressive muscle relaxation (PMR) sebagai intervensi keperawatan dalam meningkatkan quality of life (QOL) wanita kanker payudara yang menjalani kemoterapi. *Indonesian Journal of Nursing Practices*, 3(1), 42–51.
- Bott, R. (2014). Data dan informasi kesehatan situasi penyakit kanker. *Igarss 2014*, 1, 1–5. <https://doi.org/10.1007/s13398-014-0173-7.2>
- Charalambous, A., Giannakopoulou, M., Bozas, E., & Paikousis, L. (2015). A randomized controlled trial for the effectiveness of progressive muscle relaxation and guided imagery as anxiety reducing interventions in breast and prostate cancer patients undergoing chemotherapy. *Evidence-Based Complementary and Alternative Medicine*, 2015. <https://doi.org/10.1155/2015/270876>
- De Paolis, G., Naccarato, A., Cibelli, F., D'alete, A., Mastroianni, C., Surdo, L., Casale, G., & Magnani, C. (2019). Complementary therapies in clinical practice the effectiveness of progressive muscle relaxation and interactive guided imagery as a pain-reducing intervention in advanced cancer patients: A multicentre randomised controlled non-pharmacological trial. *Elsevier*. <https://doi.org/10.1016/j.ctcp.2018.12.014>
- Dewi, A., & Sari, K. (2015). *Pelatihan teknik relaksasi untuk menurunkan kecemasan pada primary caregiver penderita kanker payudara*. 1(3), 173–192.
- Endiyono, & Herdiana, W. (2016). Hubungan dukungan spiritual dan dukungan sosial dengan kualitas hidup pasien kanker payudara di RSUD prof. dr. margono soekarjo purwokerto. *Jurnal Ilmiah Ilmu-Ilmu Kesehatan*, 14(2), 16–23.
- Ghahari, S., Fallah, R., Rad, M. M., Farrokhi, N., Bolhari, J., Mousavi, M., Razzaghi, Z., & Akbari, M. E. (2017). Effect of cognitive-behavioral therapy and spiritual-religious intervention on improving coping responses and quality of life among women with breast cancer in Tehran. *Bali Medical Journal*, 6(2), 409. <https://doi.org/10.15562/bmj.v6i2.581>

- Guna, D., Tugas, M., Tengah, U., Kuliah, M., Informasi, S., Menghadapi, A., Caesarea, S., Sakit, R., Palembang, M., Palembang, M., Kunci, K., Wiwit Febrina, Y. & S. R., Feasibilitas, A., & Event, M. (2018). Seminar Nasional Keperawatan “Penguatan keluarga sebagai support system terhadap tumbuh kembang anak dengan kasus paliatif ” Tahun 2019. *Pengetahuan Perawat Terhadap Pelaksanaan Timbang Trima Pasien*, 1(2), 1–9.
- Hari, P., Nasional, P., & Internasional, H. K. (2020). DOI: <http://dx.doi.org/10.33846/sf11nk205> Latihan Relaksasi Otot Progresif Dalam Mengatasi Respon Fisik dan Psikologis Pasien Bedah: 11(April), 30–36.
- Harorani, M., Davodabady, F., & Masmouei, B. (2019). Science Direct The effect of progressive muscle relaxation on anxiety and sleep quality in burn patients : A randomized clinical trial. *Burns*, 46(5), 1107–1113. <https://doi.org/10.1016/j.burns.2019.11.021>
- Jang, A., Kang, D. H., & Kim, D. U. (2017). Complementary and Alternative medicine use and its association with emotional status and quality of life in patients with a solid tumor: A Cross-Sectional Study. *Journal of Alternative and Complementary Medicine*, 23(5), 362–369. <https://doi.org/10.1089/acm.2016.0289>
- Journal, I. N. (2014). *Progressive muscle relaxation*. V(3).
- Junovandy, D., Elvinawanty, R., & Marpaung, W. (2019). Kualitas hidup ditinjau dari harapan pada pasien wanita penderita kanker. *Jurnal Ilmiah Psikologi Terapan*, 7(1), 41. <https://doi.org/10.22219/jipt.v7i1.7070>
- Juwita, D. A., Almahdy, A., & Afdila, R. (2019). Penilaian kualitas hidup terkait kesehatan pasien kanker payudara di RSUP dr. M. Djamil Padang, Indonesia. *Jurnal Ilmu Kefarmasian Indonesia*, 17(1), 114. <https://doi.org/10.35814/jifi.v17i1.682>
- Karadag, E., Uğur, Ö., & Çetinayak, O. (2019). The effect of music listening intervention applied during radiation therapy on the anxiety and comfort level in women with early-stage breast cancer: A randomized controlled trial. *European Journal of Integrative Medicine*, 27, 39–44. <https://doi.org/10.1016/j.eujim.2019.02.003>
- Kemenkes. (2015). Panduan penatalaksanaan kanker payudara. *Kementerian Kesehatan Republik Indonesia*, 1–50. <http://kanker.kemkes.go.id/guidelines/PPKPayudara.pdf>
- Kemenkes RI. (2019). Artikel hari kanker sedunia 2019. 31 Januari. <https://www.depkes.go.id/article/view/19020100003/hari-kanker-sedunia-2019.html>
- Klungrit, S., Thanasilp, S., & Jitpanya, C. (2019). European journal of oncology nursing supportive care needs : An aspect of thai women with breast cancer

undergoing chemotherapy. *European Journal of Oncology Nursing*, 41(April), 82–87. <https://doi.org/10.1016/j.ejon.2019.05.008>

Lillie, O., Lockney, N. A., Morris, C. G., Johnson-mallard, V., Pereira, D., & Amdur, R. J. (2020). A prospective randomized trial of the influence of music on anxiety in patients starting radiation therapy for cancer. *Radiation Oncology Biology*. <https://doi.org/10.1016/j.ijrobp.2020.09.048>

Mahmuddin, M., Lestari, D. R., & Rizani, I. (2020). Hubungan lama menjalani kemoterapi dengan kualitas hidup penderita kanker payudara Di RSUD Ulin Banjarmasin. *Dinamika Kesehatan Jurnal Kebidanan Dan Keperawatan*, 10(1), 253–265. <https://doi.org/10.33859/dksm.v10i1.4551>

Mohammad, E. B. (2018). *VR as a distraction technique for pain and anxiety in cancer (2018).pdf*.

Moher, D., Liberati, A., Tetzlaff, J., & Altman, D. G. (2014). Preferred reporting items for systematic reviews and meta-analyses: The PRISMA Statement. *Rev Esp Nutr Hum Diet*, 18(3), 172–181

Montazeri, A., Vahdaninia, M., Harirchi, I., Ebrahimi, M., Khaleghi, F., & Jarvandi, S. (2008). Quality of life in patients with breast cancer before and after diagnosis: An eighteen months follow-up study. *BMC Cancer*, 8, 1–6. <https://doi.org/10.1186/1471-2407-8-330>

Murie, A., & Pederson, K. (2013). *Complementary / alternative treatments for cancer patients with depression and anxiety : Critical Analysis Cancer patients with depression and anxiety Complementary / Alternative Treatments for Cancer Patients with Depression and Anxiety : Crit.*

Nursalam.(2020) pedoman penyusunan skripsi-literature riviw dan tesis- systematic review. Universitas Airlangga

Onyedibe, M. C. C., Nkechi, A. C., & Ifeagwazi, C. M. (2020). Effectiveness of group cognitive-behavioral therapy on anxiety and depression in nigerian breast cancer patients. *International Journal of Psychology and Psychological Therapy*, 20(2), 223–232.

Padang, R. M. D., Despitasari, N. L., Kep, M., & Nofrianti, D. (2017). *Hubungan dukungan keluarga dan pemeriksaan payudara sendiri (sadari) dengan keterlambatan pemeriksaan kanker payudara pada penderita kanker payudara di poli bedah*. 2(1).

Paolis, G. De, Naccarato, A., Cibelli, F., Alete, A. D., Mastroianni, C., Surdo, L., Casale, G., & Magnani, C. (2019). Complementary therapies in clinical practice the e ff ectiveness of progressive muscle relaxation and interactive guided imagery as a pain-reducing intervention in advanced cancer patients: A multicentre randomised controlled non-pharmacological trial. *Complementary Therapies in Clinical Practice*, 34(July 2018), 280–287. <https://doi.org/10.1016/j.ctcp.2018.12.014>

- Pengembangan, penelitian dan. (2013). Recent field studies of dry deposition to surfaces in plant canopies. *Rikesdas 2013*. <https://doi.org/10.1016/j.ridesdas.2013.12.001> Desember 2013
- Population, I., Population, M., & Sum, P. (2020). 7 632 819 272. *Globcon*, 876, 1–2.
- Psikoedukasi, T., Tingkat, T., Pasien, K., & Payudara, K. (2019). *Jurnal Keperawatan Mersi*. 7(2018), 7–12.
- Rahmania, E. N., Natosba, J., & Adhisty, K. (2020). Pengaruh progressive muscle relaxation sebagai penerapan palliatif care terhadap nyeri dan kecemasan pasien kanker serviks. *Bimiki*, 8(1), 25–32.
- Ri, K. (2018). *RISKESDAS Launching 301018 edit271018 nowo Edit Kaban 01*. [https://doi.org/10.1016/0360-1323\(93\)90010-Z](https://doi.org/10.1016/0360-1323(93)90010-Z)
- Riskesdas, K. (2018). Hasil Utama Riset Kesehatan Dasar (RISKESDAS). *Journal of Physics A: Mathematical and Theoretical*, 44(8), 1–200. <https://doi.org/10.1088/1751-8113/44/8/085201>
- Setyowati, A. B. (2016). Pengaruh relaksasi benson terhadap tingkat kecemasan pasien kanker serviks di RSUD Margono Soekardjo Purwokerto. *MUSWIL IPEMI Jateng, September*, 174–181.
- Simanullang, P., & Pendahuluan, I. (2019). *Pengaruh progressive muscle relaxation (pmr) terhadap kecemasan pada pasien lkanker yang menjalani kemoterapi di RSU Martha Friska Brayan Medan*. V(April), 1–8.
- Sinuraya, E. (2016). Kualitas hidup penderita kanker payudara (*Ca Mamae*) di Poli Onkologi RSU DR . Pirngadi Medan *Quality of Life of Breast Cancer Patients (Ca Mamae) in poly oncology dr . Pirngadi Hospital Medan*. 1(1), 51–56.
- Stuart, G.W, & Laraia, M. . (2013). *Principles and practice of psychiatric nursing* (7th Ed). Mosby.
- Studi, P., Keperawatan, I., Kedokteran, F., & Udayana, U. (2009). di rumah singgah Denapsar. 1.
- Sulistyawati, R. A., & Setiyarini, S. (2019). *Dhikr therapy for reducing anxiety in cancer patients*. 411–416. <https://doi.org/10.4103/apjon.apjon>
- Suswondo, A., & Jayanti, S. (2010). *Faktor-faktor yang berhubungan*. 6(2), 89–98.
- Toulasik, N. (2019). Analisis faktor yng berhubungan dengan kualitas hidup wanita penderita kanker di RSUD Prof. Dr. W. Z. Johannes Kupang. In *Journal of Chemical Information and Modeling* (Vol. 53, Issue 9).
- Vuttanon, N., Finnegan, L., Lojanapiwat, B., Sittisombut, S., Meechamnan, C., & Dhatsuwan, J. (2019). Complementary therapies in clinical practice effect of progressive muscle relaxation on symptom clusters in breast cancer patients

receiving chemotherapy: A quasi-experimental controlled trial. *Website60s.Com*.
<https://doi.org/10.1016/j.ctcp.2019.08.004>

Zhou, K., Li, X., Li, J., Liu, M., Dang, S., Wang, D., & Xin, X. (2015). A clinical randomized controlled trial of music therapy and progressive muscle relaxation training in female breast cancer patients after radical mastectomy: Results on depression, anxiety and length of hospital stay. *European Journal of Oncology Nursing*, 19(1), 54–59. <https://doi.org/10.1016/j.ejon.2014.07.010>

Zweers, D., Graaf, E. De, & Teunissen, S. C. C. M. (2016). International journal of nursing studies non-pharmacological nurse-led interventions to manage anxiety in patients with advanced cancer : A systematic literature review. *International Journal of Nursing Studies*, 56, 102–113.
<https://doi.org/10.1016/j.ijnurstu.2015.10.022>

