

PENGARUH RELAKSASI OTOT PROGRESIF TERHADAP KUALITAS TIDUR PENDERITA KANKER PAYUDARA

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ABSTRAK

Penderita kanker payudara mengalami berbagai masalah fisik yang dapat mempengaruhi kualitas tidur. Kualitas tidur penderita kanker payudara dapat mempengaruhi sistem kekebalan tubuh, kemampuan kognitif, dan aktivitas hidup sehari-hari. Salah satu intervensi nonfarmakologi untuk mengatasi gangguan tidur adalah relaksasi otot progresif.

Penelitian ini bertujuan untuk mengidentifikasi pengaruh relaksasi otot progresif terhadap kualitas tidur penderita kanker payudara. Desain penelitian menggunakan quasi eksperimen. Rancangan penelitian menggunakan one group pre test and post test control group design melibatkan 32 responden penderita kanker payudara stadium 2A sampai stadium 3A.

Metode sampling yang digunakan adalah non probability sampling dengan teknik consecutive sampling. Pengumpulan data kualitas tidur menggunakan kuisioner Pittsburg Quality Sleep Index (PSQI). Telah dilakukan uji etik untuk mendapatkan aspek legal etik dengan nomor surat 1.314/XII/HREC/2019. Uji interrater reliability dilakukan untuk menyamakan persepsi antara peneliti dan asisten peneliti didapatkan nilai koefisien kappa sebesar 0,111 dan p value 0,725.

Hasil penelitian dengan uji Man whitney, didapatkan hasil uji statistik p value = 0,035 ($P < 0,05$), menunjukkan bahwa ada pengaruh latihan relaksasi otot terhadap kualitas tidur penderita kanker payudara. Dengan penelitian ini diharapkan bahwa latihan relaksasi otot progresif dapat digunakan sebagai metode relaksasi yang mudah untuk meningkatkan kualitas tidur penderita kanker payudara sehingga dapat diterapkan dalam kehidupan sehari – hari.

Kata kunci : Relaksasi otot progresif, Kanker payudara

THE EFFECT OF PROGRESSIVE MUSCLE RELAXATION ON SLEEP QUALITY OF BREAST CANCER SUFFERERS

ABSTRAC

The patients with breast cancer experience have various physical problems due can effect the sleep quality of breast cancer sufferers. The Sleep quality disorders experienced of breast cancer sufferers can effect the immune system, cognitive abilities, and ability to carry out daily activities. Progressive muscle relaxation technique is the which one of nursing interventions to improve the quantity and quality of sleep involve many nonpharmacological efforts.

This study aims to identify the effect of progressive muscle relaxation on sleep quality of breast cancer sufferers. The study design uses quasi experiments. The study design uses one group pre-test and post-test nonequivalent control group involving 32 respondents with stage 2A to stage 3A breast cancer.

The sampling method used is non probability sampling with consecutive sampling technique. Sleep quality data collection using the Pittsburgh Quality Sleep Index (PSQI) questionnaire. An ethics test has been conducted to obtain legal aspects of ethics with letter number 1.314 / XII / HREC / 2019. Interrater reliability test was conducted to equalize the perception between researchers and research assistants obtained kappa coefficient value of 0.111 and p value of 0.725.

The results of the study with the Man whitney test, obtained statistical test results p value = 0.035 ($P < 0.05$), it is showed that there is an influence of muscle relaxation exercises on sleep quality of breast cancer patients. With this research, it is hoped that progressive muscle relaxation exercises can be used as an easy relaxation method to improve the sleep quality of breast cancer sufferers so that it can be applied in everyday life.

Keyword : Progresive Muscle Relaxation, Breast Cancer