

**THE EFFECT OF AFFIRMATION RELAXATION ON INCREASING  
SELF EFFICACY IN BREAST CANCER PATIENTS IN PANEMBAHAN  
SENOPATI PUBLIC HOSPITAL BANTUL**

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**ABSTRACT**

**Background:** Breast cancer patients undergoing chemotherapy treatment experience several psychological effects such as anxiety, lack of confidence, powerlessness, and physical stress due to the effects of chemotherapy. Unstable physical and emotional conditions can affect patient self-efficacy, especially cancer patients who are undergoing chemotherapy treatment. This condition really needs to be prevented by making efforts to increase the patient's self-efficacy. One of the non-pharmacological treatments to improve self-efficacy is the affirmation relaxation technique.

**Objective:** To determine the effect of affirmation relaxation on increasing self-efficacy in breast cancer patients in RSUD Panembahan Senopati Bantul.

**Method:** This type of research is quasi experiment with pretest posttest without control group. The study was conducted from April 19 to April 30, 2022. The respondents were breast cancer patients who underwent chemotherapy as many as 22 respondents using the quota sampling technique. The instruments used are affirmation relaxation audio and questionnaires General Self-Efficacy Scale. Data analysis used univariate analysis and Wilcoxon Signed Ranks test.

**Result:** The results showed that the level of self-efficacy before treatment was in the good category of 10 respondents (45.5%), enough for 11 respondents (50%), and less category for 1 respondent (4.5%). The level of self-efficacy after treatment is in the good category of 18 respondents (81.8%), and enough category for 4 respondents (18.2%). There is an effect of giving affirmation relaxation to increase self-efficacy in breast cancer patients with a p value of 0.000.

**Conclusion:** There is an effect of giving affirmation relaxation to increase self-efficacy in breast cancer patients undergoing chemotherapy.

**Keywords:** affirmation relaxation, self efficacy, breast cancer, chemotherapy

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**PENGARUH RELAKSASI AFIRMASI TERHADAP PENINGKATAN  
SELF EFFICACY PADA PASIEN KANKER PAYUDARA DI RSUD  
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**ABSTRAK**

**Latar Belakang :** Pasien kanker payudara yang menjalani pengobatan kemoterapi mengalami beberapa dampak psikologis seperti cemas, kurang percaya diri, ketidakberdayaan, dan *stress* fisik akibat efek kemoterapi. Kondisi fisik dan emosional yang tidak stabil dapat mempengaruhi *self efficacy* pasien terutama pasien kanker yang sedang menjalani pengobatan kemoterapi. Kondisi tersebut sangat perlu untuk dicegah dengan melakukan upaya meningkatkan *self efficacy* pasien. Salah satu tindakan non farmakologis untuk meningkatkan *self efficacy* yaitu dengan teknik relaksasi afirmasi.

**Tujuan :** Diketuinya pengaruh relaksasi afirmasi terhadap peningkatan *self efficacy* pada pasien kanker payudara di RSUD Panembahan Senopati Bantul.

**Metode :** Jenis penelitian *quasy eksperiment* dengan *pretest posttest without control group*. Penelitian dilaksanakan tanggal 19 April s.d 30 April 2022. Responden penelitian adalah pasien kanker payudara yang menjalani kemoterapi sebanyak 22 responden dengan menggunakan teknik *quota sampling*. Instrumen yang digunakan audio relaksasi afirmasi dan kuesioner *General Self Efficacy Scale*. Analisis data menggunakan analisis univariat dan Uji *Wilcoxon Signed Ranks*.

**Hasil :** Hasil penelitian menunjukkan tingkat *self efficacy* sebelum perlakuan yaitu kategori baik 10 responden (45,5%), cukup 11 responden (50%), dan kurang 1 responden (4,5%). Tingkat *self efficacy* setelah perlakuan yaitu kategori baik 18 responden (81,8%), dan cukup 4 responden (18,2%). Terdapat pengaruh pemberian relaksasi afirmasi terhadap peningkatan *self efficacy* pada pasien kanker payudara dengan *p value* 0.000.

**Kesimpulan :** Ada pengaruh pemberian relaksasi afirmasi terhadap peningkatan *self efficacy* pada pasien kanker payudara yang menjalani kemoterapi.

**Kata Kunci :** relaksasi afirmasi, *self efficacy*, kanker payudara, kemoterapi

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