

DAFTAR PUSTAKA

- Alvionita, S., Wongkar, D., & Pasiak, T. F. (2022). Pengaruh Relaksasi Otot Progresif terhadap Kecemasan. *EBiomedik*, 10(1), 42–49.
- Antúnez-Blancat, A., Gago-Valiente, F. J., García-Iglesias, J. J., & Merino-Navarro, D. (2024). *The Role of Nursing in the Management of Chemotherapy Extravasation: A Systematic Review Regarding Public Health*.
- Anugrahini, H. N., Nuswantoro, D., & Sriyono. (2019). *Progressive muscle relaxation and symptoms of women with breast cancer undergoing adjuvant chemotherapy*. Indian Journal of Forensic Medicine and Toxicology.
- Burhan, Z., & Vandita, L. Y. (2021). *The Effect of Imagery Exercise and Progressive Muscle Relaxation on Anxiety and Concentration in Soccer Athletes*.
- Cancer Research UK. (2023). *Breast cancer statistics and survival rates*.
- DIY, D. (2024). Upaya Pencegahan dan Pengendalian Kanker di Kota Yogyakarta.
- E Baldini, C Tibaldi, F Chiavacci, M Di Lieto, L. F. (2020). *Epirubicin/vinorelbine as First Line Therapy in Metastatic Breast Cancer*. <https://pubmed.ncbi.nlm.nih.gov/9696395/>
- Elfira, E. (2021). Aplikasi Latihan PMR (*Progressive Muscle Relaxation*) berbasis Arduino UNO pada pencegahan nyeri sendi Lansia.
- Faro, A., & Eaton, W. W. (2020). *A Diagnostic-Oriented Screening Scale for Anxiety Disorders: The Center for Epidemiologic Studies Anxiety Scale (CESA)*.
- Firmansyah, D., & Dede. (2022). Teknik Pengambilan Sampel Umum dalam Metodologi. *Jurnal Ilmiah Pendidikan Holistik (JIPH)*, 1(2), 85–114.
- Goodstats. (2024). 7 Provinsi dengan Prevalensi Kanker Tertinggi 2023.
- Hamid, A., Wisanti, E., & Ezdha, A. U. A. (2023). Pengaruh PMR Terhadap Tingkat Kelelahan Lansia Covid 19 di Kota Pekanbaru.
- JAMA. (2021). *Global Stage Distribution of Breast Cancer at Diagnosis*.
- Jeong, H., & Lee, B. (2024). *Psychometric Properties and Factor Structure of the Hamilton Anxiety Rating Scale among Korean University Students during COVID-19*.
- Kartika, D. E., Sabri, Y. S., & Gusty, R. P. (2022). Pengaruh *Progressive Muscle Relaxation* (PMR) dalam Menurunkan Skala Nyeri pada Pasien Kanker Paru yang Mendapatkan Pengobatan Kemoterapi.
- Kaur, S. (2022). *Chemotherapy and its Adverse Effects – A Systematic Review*.
- Kemenkes. (2018). Tata Laksana Kanker Payudara. <https://www.kemkes.go.id/id/pnkp-2018---tata-laksana-kanker-payudara>
- Kemenkes. (2022). Kanker Payudara Paling Banyak di Indonesia.
- Kemenkes. (2024). Strategi Komprehensif Penanganan Kanker di Indonesia: Rencana Kanker Nasional 2024-2034.
- Kemenkes. (2024b). Usia Dewasa

- Kurniasih, H. (2021). Buku Saku Deteksi Dini Kanker Payudara. <https://drive.google.com/file/d/1r4Q0cWLxyM42jCVu7FwKf4APpirofSEc/view>
- Mardiah, W., Hastuti, H., & Nugraha, B. A. (2022). Efektivitas Murottal Pada Kecemasan Mahasiswa Selama Pandemi Covid-19.
- Merina Widayastuti, C. Y. (2020). Relaksasi Progresif Sebagai Penurun Tingkat Stres Pasien Kanker Dengan Kemoterapi.
- Muthmainnah, P. R., Syahril, K., Rahmawati, Nulanda, M., & Dewi, A. S. (2022). Fakumi Medical Journal. Jurnal Mahasiswa Kedokteran, 2(5), 359–367.
- Nascimento, R. G. do. (2022). *Epidemiology and risk factors for breast cancer: a literature review. Revista Cientifica Multidisciplinar Núcleo Do Conhecimento*.
- Nguyen, K. T. (2023). *Effects of music intervention combined with progressive muscle relaxation on anxiety, depression, stress and quality of life among women with cancer*.
- Nguyen, K. T., Hoang, H. T. X., Bui, Q. V., Chan, D. N. S., Choi, K. C., & Chan, C. W. H. (2023). *Effects of music intervention combined with progressive muscle relaxation on anxiety, depression, stress and quality of life among women with cancer receiving chemotherapy*.
- Notoatmojo. (2018). Metodologi Penelitian Kesehatan.
- Nursalam. (2015). Manajemen Keperawatan.
- Ozhanli, Y., & Akyuz, N. (2022). *The Effect of Progressive Relaxation Exercise on Physiological Parameters, Pain and Anxiety Levels of Patients Undergoing Colorectal Cancer Surgery*.
- Pambuk, A. (2023). *The Challenging of Chemotherapy among the Cancer Treatments: The Fact and Meth of the Alternative*.
- Purwanti, T., & Khoiriyah, K. (2024). Terapi relaksasi otot progresif menurunkan kecemasan pada penderita kanker yang menjalani kemoterapi.
- Puspitaningtyas, H., Wiranata, J. A., Hutajulu, S. H., Widodo, I., Anggorowati, N., Sanjaya, G. Y., Lazuardi, L., & Sripan, P. (2023). *Breast cancer incidence in Yogyakarta, Indonesia from 2008–2019*.
- Putra, S. F., & Muhammad, H. N. (2021). Tingkat Kecemasan Guru PJOK Menghadapi Pembukaan Sekolah di Masa Pandemi Covid-19.
- Reitze, A., Voigt, M., Klawonn, F., Dusch, M., Grigull, L., & Mücke, U. (2024). *Impact of virtual reality on peri-interventional pain, anxiety and distress in a pediatric oncology outpatient clinic*.
- Ricky. (2022). *The Effectiveness of Progressive Muscle Relaxation (PMR) Against Anxiety in Breast Cancer Patients Undergoing Chemotherapy at Dr Wahidin Sudirohusodo Hospital Makassar*.
- Riwayati, S., Musa'adah, M., & Fitriyanti, D. (2023). Pengaruh Progressive Muscle Relaxation (PMR) Terhadap Fatigue Pasien Kanker Payudara Yang Menjalani Kemoterapi.

- Rukminingsih, Adnan, G., & Latief, M. A. (2020). Metode Penelitian Pendidikan. Penelitian Kuantitatif, Penelitian Kualitatif, Penelitian Tindakan Kelas. In *Journal of Chemical Information and Modeling* (Vol. 53, Issue 9).
- Saluy, P., Tahir, P. I. A., & Purnawinadi, I. G. (2021). Pengaruh Teknik Relaksasi Otot Progresif Terhadap Kecemasan Pasien Kemoterapi. *Nutrix Journal*, 5(2), 8–16.
- Sari, N. M. R., Ludiana, & Sari, S. A. (2021). Penerapan Relaksasi Otot Progresif terhadap Tingkat Kecemasan pada Pasien Kanker Paru yang Menjalani Kemoterapi di Kota Metro.
- Sinha, M. K., Barman, A., Goyal, M., & Patra, S. (2021). *Progressive Muscle Relaxation And Guided Imagery In Breast Cancer*.
- Stuart, G. W. (2019). *Principle and Practice of Psychiatric Nursing*.
- Suratih, K., & Budi, E. (2022). *Benefits of Progressive Muscle Relaxation to Improve Sleep Quality in Youth*.
- Susanti, S., Fajriyah, N., & Bistara, D. N. (2023). *Assessment Of The Effects Of Progressive Muscle Relaxation And Lemon Aromatherapy On Blood Sugar Levels In Patients With Type 2 Diabetes Mellitus*.
- Suyatno. (2018). Menghitung Besar Sampel Penelitian. <https://www.slideshare.net/slideshow/menghitung-besarsampelpenelitian/28448264>
- Swami, U., Shah, U., & Goel, S. (2019). *Eribulin in Cancer Treatment. Marine Drugs*, 13(8), 5016–5058. <https://doi.org/10.3390/md13085016>
- Tri, K. (2022). *Instrument Kecemasan*,
- Trisetyaningsih, Y., Pratama, B., Rohmani, N., Tinggi, S., Kesehatan, I., Achmad, J., & Yogyakarta, Y. (2018). Saputri, I. A. *Jurnal Kesehatan Samodra Ilmu*, 9(2), 4–11. ners_yanita@yahoo.co.id
- Wang, X., Dai, Z., Zhu, X., Li, Y., Ma, L., Cui, X., & Zhan, T. (2024). *Effects Of Mindfulness-Based Stress Reduction On Quality Of Life Of Breast Cancer Patient: A Systematic Review And Meta-Analysis*.
- Wang, Y., Yang, L., Lin, G., Huang, B., Sheng, X., Wang, L., Chen, L., Qiu, X., Wu, X., & Lin, R. (2024). *The Efficacy Of Progressive Muscle Relaxation Training On Cancer-Related Fatigue And Quality Of Life In Patients With Cancer: A Systematic Review And Meta-Analysis Of Randomized Controlled Studies*.
- WHO. (2022). *Cancer Today*. <https://gco.iarc.fr/today/en>
- Widyastuti, M., Yuliastuti, C., Farida, I., Rinarto, N. D., & Firmansyah, I. R. (2020). Relaksasi Progresif Sebagai Penurun Tingkat Stres Pasien Kanker Dengan Kemoterapi.
- Yudono, D. T. (2020). *The Effect of Progressive Muscle Relaxation Therapy on Anxiety of Patients with Chemotherapy Measures at Dadi Keluarga Hospital Banyumas*.
- Yulianti, I., Santoso, H., & Sutinigsih, D. (2016). Faktor-Faktor Risiko Kanker Payudara (Studi Kasus Pada Rumah Sakit Ken Saras Semarang).