

**APPLICATION OF PROGRESSIVE MUSCLE RELAXATION THERAPY
IN FULLY FULFILLING THE NEEDS FOR SAFE AND
COMFORTABLE: NAUSEA IN CHEMOTHERAPY PATIENTS OF CA
MAMMAE WITH ANEMIA AT SOERADJI TIRTONEGORO
HOSPITAL**

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ABSTRACT

Background: Breast cancer is one of the most common cancers experienced by women. Chemotherapy is one of the treatments to inhibit cancer cells but can cause bad side effects, one of which is nausea and vomiting. Data obtained on the number of chemotherapy patients during the period January-November 2021 was 1142 people, of which, Ca Mammae chemotherapy patients had the highest number compared to other types of cancer, namely 537 people (47.02%). Treatment is with non-pharmacological therapy, one of which is progressive muscle relaxation therapy which can reduce nausea and vomiting during chemotherapy.

Objective: Implementation of progressive muscle relaxation therapy in fulfilling the safe and comfortable needs of nausea in chemotherapy patients with Ca Mammae with anemia at Soeradji Tirtonegoro Hospital.

Method: This study used a case study approach in two Ca Mammae patients with nausea nursing problems. Progressive muscle relaxation therapy intervention was carried out for 3 consecutive days with a duration of 15 minutes per day. Evaluation was carried out through observation and measurement of nausea levels using the Nausea Vomiting and Reching Index (INVR).

Results: After being given progressive muscle relaxation therapy, both patients showed a decrease in nausea levels. The decrease in nausea levels was obtained from INVR measurement results for three consecutive days. The first patient was initially on a scale of 10, after being given the intervention decreased to a scale of 6. The second patient was initially on a scale of 9, after being given the intervention decreased to a scale of 7.

Conclusion: After being given progressive muscle relaxation therapy, both patients showed a decrease in nausea levels. The decrease in nausea levels was obtained from INVR measurement results. Family involvement also contributed to the success of the intervention.

Keywords: progessive muscle relaxation, nausea, vomiting, Ca Mammae, chemotherapy.

**PENERAPAN TERAPI RELAKSASI OTOT PROGRESIF DALAM
PEMEMUHAN KEBUTUHAN AMAN NYAMAN: NAUSEA
PASIEN KEMOTERAPI CA MAMMAE DENGAN
ANEMIA DI RS SOERADJI TIRTONEGORO**

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ABSTRAK

Latar Belakang: Kanker payudara salah satu kanker yang paling banyak dialami oleh wanita. Kemoterapi menjadi salah satu pengobatan untuk menghambat sel kanker tetapi dapat mengakibatkan efek samping yang kurang baik salah satunya mual muntah. Diperoleh data jumlah pasien kemoterapi selama periode Januari-November 2021 sebanyak 1142 orang, dari jumlah tersebut pasien kemoterapi *Ca Mammae* memiliki angka tertinggi dibandingkan dengan jenis kanker lain yaitu sebanyak 537 orang (47,02%). Penanganannya dengan terapi non farmakologis salah satunya terapi relaksasi otot progresif yang dapat mengurangi rasa mual muntah saat menjalani kemoterapi.

Tujuan: Dilakukannya penerapan terapi relaksasi otot progresif dalam pemenuhan kebutuhan aman nyaman: nausea pasien kemoterapi *Ca Mammae* dengan Anemia di RS Soeradji Tirtonegoro.

Metode: Penelitian ini menggunakan pendekatan studi kasus pada dua pasien *Ca Mammae* dengan masalah keperawatan nausea. Intervensi terapi relaksasi otot progresif dilakukan selama 3 hari berturut-turut dengan durasi 15 menit per hari. Evaluasi dilakukan melalui observasi dan pengukuran tingkat nausea menggunakan *Index Nausea Vomiting and Reching* (INVR).

Hasil: Setelah diberikan terapi relaksasi otot progresif, kedua pasien menunjukkan penurunan tingkat nausea. Adanya penurunan tingkat nausea didapatkan dengan hasil pengukuran INVR selama tiga hari berturut-turut. Pasien pertama awalnya pada skala 10, setelah diberikan intervensi mengalami penurunan menjadi skala 6. Pada pasien kedua awalnya pada skala 9, setelah diberikan intervensi mengalami penurunan menjadi skala 7.

Kesimpulan: Penerapan terapi relaksasi otot progresif dalam menurunkan tingkat nausea menjadi bagian dari praktik keperawatan dengan mempertimbangkan dukungan dan keterlibatan dari keluarga.

Kata Kunci: terapi relaksasi otot progresif, nausea, *Ca Mammae*, kemoterapi.