ABSTRACT

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DESCRIPTION OF PHYSICAL ACTIVITY IN CANCER PATIENTS TREATING A CHEMOTHERAPY IN ISLAMIC HOSPITAL SULTAN AGUNG SEMARANG

Background: Cancer is a group of diseases characterized by uncontrolled spread and growth of abnormal cells. Cancer treatment is rapidly developing at this time of chemotherapy. Chemotherapy side effect of nausea, vomiting, hair loss, pain, fatigue, and interfere with daily activities. The purpose of this study to determine the description of physical activity in cancer patients who underwent chemotherapy.

Method: This research uses descriptive quantitative. The numbers of respondents is 41 people with consecutive sampling technique. The method of collecting using a questioner Baecke.

Result: The result obtained from 42 respondents showed that mot of which do intentional physical activity get physical activity high as 23 respondens (56,1%).

Conclusion: The conclusion existence of physical activity in cancer patients who underwent chemotherapy showed high physical activity because patients mostly do activities as usual, diligent exercise, and follow the elderly gymnastics every 2 times a week.

Keywords: physical activity, cancer patients, and chemotherapy

References: 28 (2006-2016)