

**PROGRAM STUDI ILMU KEPERAWATAN
FAKULTAS ILMU KEPERAWATAN
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ABSTRAK

Annisa Roisifa HaningPratiwi

**PENGARUH *FOOT MASSAGE* TERHADAP NYERI DAN ANSIETAS
PADA PASIEN KANKER POST OPERASI**

108 halaman + 7 tabel + 2 gambar + xvi + 12 lampiran

Latar Belakang: Pasien kanker dapat mengalami permasalahan nyeri dan ansietas akibat dari dampak penyakit maupun tindakan penatalaksanaan kanker secara farmakologi yang terdiri dari tiga komponen yaitu operasi, radiasi, dan kemoterapi. Maka dari itu perlu dilakukan intervensi keperawatan melalui teknik *foot massage* yang selama ini belum banyak dilakukan untuk mengurangi nyeri dan ansietas. Tujuan penelitian ini ingin mengetahui adanya pengaruh teknik *foot massage* nyeri dan ansietas pada pasien kanker postoperasi.

Metode: Penelitian ini merupakan penelitian kuantitatif sempel diambil dengan teknik insidental sampling dan didapatkan 9 responden.

Hasil: Dari hasil analisis data didapatkan mayoritas responden berusia 46-55th sebanyak 4 orang (44,4%) , pada hasil distribusi jenis kelamin mayoritas responden berjenis kelamin perempuan sebanyak 6 orang (66,7%), dengan mayoritas berpendidikan sekolah dasar sebanyak 4 orang (44,4%) . Hasil rata-rata pretest nyeri adalah 4,11 sedangkan pada posttest nyeri 2,89 dengan nilai minimum pretest 3 dan maksimum 2. Hasil rata-rata pretes ansietas adalah 49,78 sedangkan pada post test ansietas 35,00 dengan nilai minimum 5 dan maksimum 4 .

Simpulan: Dari hasil penelitian dapat disimpulkan bahwa pemberian *foot massage* pada pasien kanker postoperasi mampu menurunkan nyeri dan ansietas

Kata Kunci : Kanker, *Foot Massage*, Nyeri, Ansietas

Daftar Pustaka : 20 (2015-2020)

**BACHELOR OF SCIENCE IN NURSING
FACULTY OF NURSING SCIENCE
SULTAN AGUNG ISLAMIC UNIVERSITY SEMARANG
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ABSTRACT

Annisa Roisifa Haning Pratiwi

**THE EFFECT OF *FOOT MASSAGE* TOWARDS PAIN AND ANXIETY ON
POSTOPERATIVE CANCER PATIENTS**

108 Pages + 9 Tables + 2 Pictures + XVI + 12 Attachments

Background : cancer patients may experienced pain and anxiety problems as a side effect of the disease or pharmacological cancer management, which consist of three components; surgery, radiation and chemotherapy. Therefore, it necessary to carry out nursing interventions through foot massage techniques which have not been commonly used to reduce pain and anxiety. The purpose of this study is to determine the effect of foot massage techniques towards pain and anxiety on postoperative cancer patients.

Method : Type of the research was used quantitative design wih incidental sempling tecnique and obtained 9 respondents .

Results: From the results of data analysis, it was found that the majority of respondents aged 46-55 years were 4 people (44.4%), the majority of respondents were female as many as 6 people (66.7%), and the majority of education were elementary school as many as 4 people (44.4%). The average result of the pretest pain was 4.11 while the posttest pain was 2.89 with a minimum value of 3 and a maximum of 2. The average pretest result of anxiety was 49.78 while in the posttest anxiety was 35.00 with a minimum value of 5 and a maximum 4.

Conclusion: From the results of the study, concluded that giving foot massage to postoperative cancer patients can reduce pain and anxiety

Keywords : Cancer, *Foot Massage*, Pain, Anxiety

Bibliography : 20 (2015-2020)