

**PROGRAM STUDI S1 KEPERAWATAN
FAKULTAS ILMU KEPERAWATAN
UNIVERSITAS ISLAM SULTAN AGUNG SEMARANG
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ABSTRAK

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PENGARUH TERAPI KOMBINASI *PROGRESSIVE MUSCLE RELAXATION* DAN AROMATERAPI LEMON TERHADAP NYERI PADA PASIEN KANKER

117 halaman + 7 tabel + 18 gambar + 12 lampiran + xii

Latar belakang : Nyeri kanker diakibatkan oleh pertumbuhan massa kanker yang semakin membesar sehingga menekan tulang, jaringan maupun organ lain di sekitarnya. Nyeri kanker merupakan keluhan umum pasien pasca pengobatan. Nyeri yang tidak diidentifikasi lebih lanjut akan berdampak pada aktivitas pasien. Penatalaksanaan nyeri bisa dilakukan dengan tindakan farmakologi dan nonfarmakologi. Terapi nonfarmakologi diantaranya yaitu *progressive muscle relaxation* dan aromaterapi lemon.

Tujuan : Mengetahui pengaruh *progressive muscle relaxation* dan aromaterapi lemon terhadap nyeri pada pasien kanker.

Metode : Penelitian ini merupakan penelitian *Pre Experiment* dengan menggunakan *One Group With Pretest — Posttest Design*. Sampel terdiri dari 9 responden menggunakan teknik *noproability sampling* dengan metode *purposive sampling*.

Hasil : Berdasarkan hasil penelitian uji yang digunakan yaitu uji Wilcoxon Signed Rank Test dengan tingkat kemaknaan 95%, didapatkan nilai p value 0,006 lebih kecil dari nilai signifikan 0,05.

Kesimpulan : Terdapat pengaruh *progressive muscle relaxation* dan aromaterapi lemon terhadap nyeri pada pasien kanker dengan nilai p value 0,006.

Kata Kunci : *Progressive muscle relaxation*, aromaterapi lemon, nyeri, kanker

Daftar Pustaka : 28 (2015 – 2020)

**NURSING SCIENCE STUDY PROGRAM
FACULTY OF NURSING SCIENCE
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ABSTRACT

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EFFECT OF COMBINATION THERAPY PROGRESSIVE MUSCLE RELAXATION AND LEMON AROMATHERAPY ON PAIN IN CANCER PATIENTS

117 pages + 7 tables + 18 pictures + 12 attachments +xii

Background: Cancer pain is caused by the growth of cancer mass that is getting bigger so that it suppresses bones, tissues and other organs around it. Cancer pain is a common complaint of post-treatment patients. Pain that is not further identified will have an impact on the patient's activity. Pain management can be done by pharmacological and nonpharmacological measures. Nonpharmacological therapies include progressive muscle relaxation and lemon aromatherapy.

Aim : This study aimed to determine the effect of progressive muscle relaxation and lemon aromatherapy of cancer's patient.

Method : Pre Experiment used One Group With Pretest — Posttest Design. The sample consisted of 9 respondents using nonprobability sampling technique with purposive sampling method.

Result : The results of this research is Wilcoxon Signed Rank Test with a maximum level of 95%, obtained p value of 0.006 less than the significant value of 0.05.

Conclusion : There is an effect of progressive muscle relaxation and aromatherapy lemon on pain in cancer patients with a p value of 0.006.

Keywords : Progressive muscle relaxation, lemon aromatherapy, pain, cancer

Bibliography : 28 (2015 – 2020)