

# Pengaruh terapi progressive muscle relaxation dan sleep hygiene education terhadap perubahan skor indeks kualitas tidur pasien kanker payudara = The effect of progressive muscle relaxation and sleep hygiene education to change sleep quality index scores of patient with breast cancer / Ika Wulansari

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## Abstrak

### <b>ABSTRAK</b><br>

Gangguan tidur yang dialami pasien kanker payudara bisa mempengaruhi fisik, mental, kesehatan serta kesejahteraan. Penelitian ini bertujuan melihat pengaruh latihan progressive muscle relaxation dan sleep hygiene education terhadap perubahan skor kualitas tidur pasien kanker payudara. Desain Penelitian menggunakan metode quasi eksperimen dengan pre-post test with control group yang melibatkan 62 pasien kanker payudara dengan metode consecutive sampling di Jakarta . Hasil uji statistik dengan independent t-test menunjukkan adanya perbedaan bermakna skor kualitas tidur antara kelompok intervensi dan kelompok kontrol ( $6,66 \pm 3,815; 9,30 \pm 3,334$ , pvalue = 0,005). Latihan progressive muscle relaxation dan sleep hygiene education terbukti dapat mempengaruhi perubahan kualitas tidur pasien kanker sehingga menjadi pilihan terapi untuk mengatasi gangguan tidur.

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### <b>ABSTRACT</b><br>

Sleeping disorder experienced by patients with breast cancer can affect the physical, mental, health, and well-being. This study examines the effect of progressive muscle relaxation training and sleep hygiene education to change sleep quality scores of patient with breast cancer. The study design using quasi experiment with pre-post test within control group, involving 62 breast cancer patients using consecutive sampling method in Jakarta. Statistical test results with independent t-test showed a significant difference in score of sleep quality between in intervention group and the control group ( $6,66 \pm 3,815; 9,30 \pm 3,334$ , pvalue = 0,005). Progressive muscle relaxation exercise and sleep hygiene education proven to be affective to change the patients sleeping quality, so that it can be an alternative therapeutic option to overcome sleeping disorders.