

Pengaruh latihan fisik terhadap nyeri pada pasien kanker payudara pasca mastektomi  
di RSUD Dr. Achmad Mochtar Bukittinggi = The effect of physical exercise on the perception of pain after mastectomy in patients with breast cancer / Indrawati

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Abstrak

**ABSTRAK**

Kanker payudara adalah kanker pada jaringan payudara. Kanker ini merupakan kanker yang paling umum diderita wanita. Pengalaman dan pengobatan kanker tersebut mempunyai pengaruh yang besar dalam kualitas hidup pasien, seperti kelemahan, mual dan nyeri. Efek samping atau keluhan dari kanker dan pengobatannya cenderung meningkat selama perawatan dan dapat menetap selama berbulan-bulan atau bertahun-tahun. Untuk mencapai proses penyembuhan dan pemulihan yang baik pada pasien kanker payudara pasca mastektomi perlu adanya manajemen nyeri yang tepat. Penelitian ini bertujuan mengidentifikasi pengaruh latihan fisik terhadap nyeri pada pasien kanker payudara pasca mastektomi di RSUD Dr. Achmad Mochtar Bukittinggi. Desain penelitian ini adalah quasi eksperiment, khususnya non-equivalent control group dengan pre dan post test. Sampel berjumlah 30 orang (15 orang kelompok intervensi yang diberikan 7 hari latihan fisik ditambah analgesik dan 15 orang kelompok kontrol yang diberikan terapi standar analgesik), yang diambil dengan metode non probability sampling jenis consecutive sampling. Evaluasi tingkat nyeri dilakukan setiap hari baik pada kelompok intervensi maupun kelompok kontrol. Hasil penelitian diperoleh adanya penurunan tingkat nyeri setiap harinya, baik pada kelompok intervensi maupun kelompok kontrol. Penurunan yang lebih besar terjadi pada kelompok intervensi ( $p=0,000$ ), artinya latihan fisik pada pasien kanker payudara pasca mastektomi dapat berpengaruh terhadap penurunan tingkat nyeri. Rekomendasi hasil penelitian ini perlu adanya penelitian lanjut dengan jumlah sampel yang lebih besar dan dilanjutkan dengan perawatan di rumah serta dapat di jadikan salah satu intervensi keperawatan dalam menangani manajemen nyeri pasca mastektomi.

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**ABSTRACT**

Breast cancer is one of the common types of cancer among women. The trajectory of the experience for having the disease and its treatment are believed to produce a big effect on the quality of life of the patients. The experiences such as weaknesses, nausea, and pain have to be through by the patients on the daily bases. This side effects and complaints created from the cancer and its therapy tend to increase during hospitalization and can be pertinent for months or ever years. Therefore, to achieve a better healing and

recovery processes for the breast cancer patients especially post mastectomy requires the right pain management.

The purpose of this study is to identify the effect of physical exercise on pain perceived by the breast cancer patient after mastectomy at Dr Achmad Mochtar General Hospital, Bukittinggi. The design was a quasi experimental using a non-equivalent control group with pre and post test approach. There was 30 subjects participated in the study divided two groups (the intervention group was provided with analgesic and seven days physical exercise; and, the control group was provided with analgesic only); 15 subjects for each group. A non probability sampling method-consecutive type was utilized to gather the subjects. The pain was evaluated each day to both groups.

The findings of the study demonstrated that there is a daily pain reduction between both groups. Further, the comparison of the pain reduction between these two group leads to the bigger pain reduction in the intervention group compared to the control group ( $p=0.000$ ). This finding showed that the physical exercise provided to the post mastectomy-breast cancer patients has a significant effect to reduce the pain level. This with home care; also this finding can be used as a foundation to involve physical exercise as one of the nursing intervention in managing post mastectomy pain commonly experienced by breast cancer patients.