

Pengaruh kombinasi progressive muscle relaxation dan teknik lima jari terhadap kejadian fatigue klien kanker yang menjalani kemoterapi =
The effects combination of progressive muscle relaxation and the five finger techniques on the incidence of fatigue cancer clients undergoing chemotherapy at abdoel moeloek hospital in Bandar Lampung 2017

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Abstrak

Magister Ilmu Keperawatan Universitas Indonesia Judul: Pengaruh Kombinasi Progressive Muscle Relaxation Terhadap Kejadian Fatigue Klien Kanker yang Menjalani Kemoterapi
Kemoterapi pada pasien kanker bertujuan mengendalikan pertumbuhan sel kanker, namun terkadang pemberian terapi tersebut bersifat toksik terhadap sel normal dan memberikan efek terjadinya fatigue. Kombinasi Progressive Muscle Relaxation dan teknik lima jari merupakan terapi komplementer untuk mengurangi kejadian fatigue pada pasien kanker dengan kemoterapi. Tujuan penelitian mengidentifikasi perbedaan pemberian Kombinasi PMR dan Teknik Lima Jari dengan latihan ROM terhadap kejadian fatigue klien kanker yang menjalani kemoterapi di RSAM Bandar Lampung. Penelitian ini merupakan quasi experiment pre-post test with control group. Teknik pengambilan sampel dengan consecutive sampling yang melibatkan 39 responden kelompok intervensi dan kontrol. Uji beda rata-rata skor pretest dan posttest pada kelompok kontrol dan intervensi menggunakan uji T berpasangan sedangkan perbedaan rata-rata skor pretest kelompok intervensi dengan kontrol maupun posttest kelompok intervensi dengan kontrol kejadian fatigue menggunakan uji Mann Whitney. Hasil penelitian membuktikan bahwa kombinasi PMR dan Teknik Lima Jari dapat mengurangi kejadian fatigue pada pasien kanker dengan kemoterapi $p < 0,05$.

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Chemotherapy performed in cancer patients aims to control the growth of cancer cells, but sometimes the therapy is toxic effect to normal cells and provide side effects such as fatigue. Combination Progressive Muscle Relaxation and the five finger technique consider as an alternative to decrease the incidence of fatigue in cancer patient with chemotherapy. This study aimed to identify the differences in the provision Combination of progressive muscle relaxation and the five finger techniques with range of motion exercise on the incidence of fatigue cancer clients undergoing chemotherapy at Abdoel Moeloek Hospital in Bandar Lampung. Design research used a quasi experiment pre post test with control group. The sampling technique was consecutive sampling recruited 39 respondents include intervention and control group.. Difference in mean pretest and posttest scores of fatigue incidence in the control and intervention groups using paired T Test while the mean difference of pretest group scores of intervention with control and posttest of intervention and group with fatigue event control using mann whitney test. This study showed that combination of PMR and the five finger technique can be given by nurse to reduce the fatigue incidence of cancer patients who undergoing chemotherapy $p < 0,05$.