

## DAFTAR PUSTAKA

- A, DIDI KURNIAWAN, Z. R. (2019). *PENGARUH PROGRESSIVE MUSCLE RELAXATION TERHADAP KUALITAS NYERI PASIEN KANKER PAYUDARA DENGAN*. 10(1).
- Agung, A., Emi, A., Gayatri, D., Ode, L., Rahman, A., Nuraini, T., Waluyo, A., Barat, J., Barat, J., Barat, J., Barat, J., & Barat, J. (n.d.). *GUIDED IMAGERY WITH DIGITAL THERAPY VIRTUAL REALITY AS PAIN SCORE AMONG BREAST CANCER PATIENTS : A RANDOMIZED*. 432–445.
- Bellver-pérez, A., Peris-juan, C., & Santaballa-beltrán, A. (2019). *Effectiveness of group therapy in women with localized breast cancer*.
- Charalambous, A., Giannakopoulou, M., Bozas, E., & Paikousis, L. (2019). Parallel and serial mediation analysis between pain, anxiety, depression, fatigue and nausea, vomiting and retching within a randomised controlled trial in patients with breast and prostate cancer. *BMJ Open*, 9(1), 1–10. <https://doi.org/10.1136/bmjopen-2018-026809>
- Eka, M., Fujianti, Y., Kristianto, H., & Yuliatun, L. (2023). *Jurnal Aisyah : Jurnal Ilmu Kesehatan Combination of Music Therapy and Murottal Therapy on Pain Level of Breast Cancer Patients*. 8(1), 405–414. <https://doi.org/10.30604/jika.v8i1.1649>
- Nursanti, I., Widagdo, G., Ilmu, F., Universitas, K., & Jakarta, M. (2020). *Penurunan intensitas nyeri dengan masase klasik pada perempuan dengan kanker payudara yang menjalani kemoterapi*.
- Perdani, Z. P., Hastuti, H., Kartini, & Yoyoh, I. (2021). *Panduan Literatur Riview Program Studi Pendidikan Profesi Ners*. PT. Nas Media Indonesia Anggota IKAPI.
- Simanullang, P. (2019). Pengaruh progressive muscle relaxation (PMR) terhadap kecemasan pada pasien kanker yang menjalani kemoterapi di RSU Martha Friska Brayan Medan. *Jurnal Darma Agung Husada*, V(April), 1–8.
- Sulastril\*, Kadek Ayu Erika1, R. R. (2024). *EFEKTIVITAS TEKNIK GUIDED IMAGERY DALAM MENURUNKAN NYERI TERHADAP KADAR ENDORFIN PADA PASIEN BREAST CANCER* Sulastril\*,. 17, 153–164.
- Sunardianta, I. G., Sri, R., Pujiastuti, E., Indrati, D., & Sulistyowati, D. (2020). *International Journal of Nursing and Health Services ( IJNHS ) Emotive Behavior*

- Therapy and Flexibility Activities on Pain Level among Breast Cancer Patients.* 4(1), 52–58.
- Volume, J., Suwardi, A., Rahayu, D. A., Jiwa, K., Universitas, F., & Semarang, M. (2019). *EFFECTIVENESS OF MUROTAL THERAPY IN DECREASING PAIN LEVEL OF CANCER PATIENTS.*
- Adrian, S. J. (2019). Diagnosis dan tatalaksana terbaru pada dewasa. *Cdk-274*, 46(3), 172–178.  
<http://www.cdkjournal.com/index.php/CDK/article/view/503%0A>Adiakses pada tanggal 28 oktober 2020
- Charalambous, A., Giannakopoulou, M., Bozas, E., Marcou, Y., Kitsios, P., & Paikousis, L. (2016). Guided imagery and progressive muscle relaxation as a cluster of symptoms management intervention in patients receiving chemotherapy: A randomized control trial. *PLoS ONE*, 11(6), 1–18.  
<https://doi.org/10.1371/journal.pone.0156911>
- Charalambous, A., Giannakopoulou, M., Bozas, E., & Paikousis, L. (2019). Parallel and serial mediation analysis between pain, anxiety, depression, fatigue and nausea, vomiting and retching within a randomised controlled trial in patients with breast and prostate cancer. *BMJ Open*, 9(1), 1–10.  
<https://doi.org/10.1136/bmjopen-2018-026809>
- Covid-, P. L. T. (2022). *Factors related to the incidence of anxiety in the elderly about covid-19. 1*, 1–9.
- Fang, J., Yu, C., Liu, J., Mao, X., Jia, X., Luo, J., & Liu, R. (2022). A systematic review and meta-analysis of the effects of muscle relaxation training vs. conventional nursing on the depression, anxiety and life quality of patients with breast cancer. *Translational Cancer Research*, 11(3), 548–558. <https://doi.org/10.21037/tcr-22-428>
- Febrianti, D., Hamid, A. Y. S., & Wardani, I. Y. (2015). Gambaran Asuhan Keperawatan Pada Klien Hipertensi Dengan Ansietas Menggunakan Pendekatan Uncertainty in Illness Dan Comfort Theory. *Jurnal Ilmu Kesehatan*, 7(2), 113–118.  
 (2018) /10.1080/23288604.2016.1224023%0Ahttp://pdx.sagepub.com/lookup/doi/10
- Kaur, M., Agnihotri, M., Das, K., Rai, B., & Ghai, S. (2018). Effectiveness of an Interventional Package on the Level of Anxiety, Depression, and Fatigue among Patients with Cervical Cancer. *Asia-Pacific Journal of Oncology Nursing*, 5(2), 195–200. [https://doi.org/10.4103/apjon.apjon\\_56\\_17](https://doi.org/10.4103/apjon.apjon_56_17)

- Larasati, A. D., Anggorowati, A., & Johan, A. (2019). Manfaat Progressive Muscle Relaxation (PMR) sebagai intervensi keperawatan dalam meningkatkan Quality of Life (QOL) wanita kanker payudara yang menjalani kemoterapi. *Indonesian Journal of Nursing Research (IJNR)*, 2(1). <https://doi.org/10.35473/ijnr.v2i1.233>
- Liu, X., Ren, J. H., Jiang, S. S., Tan, Y., Ma, S. G., & Huang, Y. (2022). Expressive Arts Therapy Combined with Progressive Muscle Relaxation following Music for Perioperative Patients with Gynecological Malignancies: A Pilot Study. *Evidence-Based Complementary and Alternative Medicine*, 2022. <https://doi.org/10.1155/2022/6211581>
- Nuwa, M. S. (2018). Modul Kombinasi Terapi Progressive Muscle Relaxation dengan Spiritual Guided Imagery and Music. *Fakultas Keperawatan Universitas Airlangga, January*, 1–49.
- Perdani, Z. P., Hastuti, H., Kartini, & Yoyoh, I. (2021). *Panduan Literatur Riview Program Studi Pendidikan Profesi Ners*. PT. Nas Media Indonesia Anggota IKAPI.
- PH, L., Keliat, B. A., & Putri, Y. S. E. (2016). Respons ansietas. *Jurnal Keperawatan Jiwa*, 4(1), 13–20.
- Pouraboli, B., Poodineh, Z., & Jahani, Y. (2019). The effect of relaxation techniques on anxiety, fatigue and sleep quality of parents of children with Leukemia under Chemotherapy in South East Iran. *Asian Pacific Journal of Cancer Prevention*, 20(10), 2903–2908. <https://doi.org/10.31557/APJCP.2019.20.10.2903>
- Praptini, Sulistiowati, S. (2019). Di Rumah Singgah Kanker Denpasar. *Program Studi Ilmu Keperawatan Fakultas Kedokteran Udayana*, 1. <https://doi.org/10.20884/bion.v1i1.16>
- Rahayuwati, L., Rizal, Iqbal, A., Lukman, M., & Juniarti, N. (2020). Pendidikan Kesehatan tentang Pencegahan Penyakit Kanker dan Menjaga Kualitas Kesehatan. *Media Karya Kesehatan*, 3(1), 59–69.
- Rahmawati, W. (2017). Pengaruh Progressive Muscle Relaxation Terhadap Kecemasan Ibu Pre Operasi Sectio Secarea Di Ruang Bersalin. *NurseLine Journal Vol. 2 No. 2 Nopember 2017 p-ISSN 2540-7937.FK Universitas Brawijaya. Malang*, 2(2), 117–125.
- Salvadores-fuentes, P., & Alonso-blanco, C. (2017). *The impact of muscle relaxation techniques on the quality of life of cancer patients , as measured by the FACT-G questionnaire*. 1–14. <https://doi.org/10.1371/journal.pone.0184147>
- Samami, E., Elyasi, F., Mousavinasab, S. N., Shojaee, L., Zaboli, E., & Shahhosseini,

- Z. (2021). The effect of a supportive program on coping strategies and stress in women diagnosed with breast cancer: A randomized controlled clinical trial. *Nursing Open*, 8(3), 1157–1167. <https://doi.org/10.1002/nop2.728>
- Simanullang, P. (2019). Pengaruh progressive muscle relaxation (PMR) terhadap kecemasan pada pasien kanker yang menjalani kemoterapi di RSUD Martha Friska Brayan Medan. *Jurnal Darma Agung Husada*, V(April), 1–8.
- Stoerckel, E., Bellanti, D., Paat, C., Peacock, K., Aden, J., Setlik, R., Walter, J., & Inman, A. (2018). Effectiveness of A Self-Care. *Journal of Alternative and Complementary Medicine*, 24(9–10), 916–925. <https://doi.org/10.1089/acm.2018.0069>
- Syarif, A. S. S. (2019). *Upaya Mengatasi Anxiety Disorder pada Mahasiswa Kedokteran Universitas Sebelas Maret*. 6.
- <https://doi.org/10.20884/bion.v1i1.16>
- T. Rihiantoro, R. S. Handayani, N. L. M. Wahyuningrat, and S. Suratminah, “Pengaruh Teknik Relaksasi Otot Progresif Terhadap Kecemasan Pada Pasien Pre Operasi,” *J. Ilm. Keperawatan Sai Betik*, vol. 14, no. 2, p. 129, 2019, doi: 10.26630/jkep.v14i2.1295.
- Z. P. Perdani, H. Hastuti, Kartini, and I. Yoyoh, *Panduan Literatur Riview Program Studi Pendidikan Profesi Ners*. Yogyakarta: PT. Nas Media Indonesia Anggota IKAPI, 2021.