

**PROGRAM STUDI PROFESI NERS
FAKULTAS KEPERAWATAN
INSTITUT KESEHATAN PAYUNG NEGERI PEKANBARU**

Karya Ilmiah Berbasis *Evidence Based Practice*, September 2026

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Penerapan Terapi Relaksasi Benson untuk Mengatasi Ansietas Pasien *Ca Mammae* yang Menjalani Kemoterapi di Ruang Dahlia RSUD Arifin Achmad Provinsi Riau

xiii + 55 halaman + 8 tabel + 1 gambar + 10 lampiran

ABSTRAK

Salah satu penanganan *Ca Mammae* yang banyak digunakan adalah kemoterapi berupa pengobatan sitotoksik yang menghancurkan sel kanker yang tumbuh cepat. Ansietas sering dialami pasien *Ca Mammae* akibat ketakutan terhadap prosedur dan efek samping kemoterapi serta kekhawatiran terhadap perubahan hidup yang ditimbulkan oleh penyakitnya. Metode pengelolaan ansietas secara nonfarmakologis diantaranya dengan terapi relaksasi benson. Penerapan *Evidence Based Practice Nursing* (EBN) menggunakan metode studi kasus dengan 2 pasien *Ca Mammae* yang menjalani kemoterapi dengan masalah keperawatan ansietas. Terapi diberikan 1 kali sehari selama 2 hari berturut-turut dengan masing-masing 10 menit per sesi. Tingkat ansietas diukur sebelum dan sesudah intervensi menggunakan kuesioner *Zung Self-Rating Anxiety Scale* (ZSAS), serta evaluasi berdasarkan indikator luaran yaitu, verbalisasi kebingungan, verbalisasi khawatir akibat kondisi yang dihadapi, perilaku gelisah, perilaku tegang, keluhan pusing dan pucat. Hasil penerapan menunjukkan bahwa sebelum diberikan intervensi tingkat ansietas Ny.N yaitu 61 (kecemasan sedang) dan Ny. E yaitu 65 (kecemasan sedang), kemudian setelah dilakukan intervensi tingkat ansietas Ny. E menurun menjadi 27 (tidak cemas) dan Ny.E menurun menjadi 33 (tidak cemas). Kesimpulan yang didapat dari kedua pasien bahwa penerapan terapi relaksasi benson mampu menurunkan tingkat ansietas pada pasien *Ca Mammae* yang menjalani kemoterapi. Rekomendasi dari hasil penerapan ini yaitu memperhatikan faktor yang mempengaruhi hasil akhir penerapan, salah satunya seperti mengontrol lingkungan sekitar pasien tetap kondusif.

Kata Kunci : Ansietas, Terapi Relaksasi Benson, *Ca Mammae*, Kemoterapi
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**NERS STUDY PROGRAM
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Application of Benson Relaxation Therapy to Reduce Anxiety in Ca Mammae Patients Undergoing Chemotherapy in the Dahlia Room of Arifin Achmad Regional General Hospital Riau Province

xiii + 55 pages + 8 tables + 1 picture + 10 attachment

ABSTRACT

One of the commonly used treatments for breast cancer is chemotherapy, which involves cytotoxic drugs that destroy rapidly growing cancer cells. Anxiety is frequently experienced by breast cancer patients due to fear of chemotherapy procedures and their side effects, as well as concerns about the changes in life caused by the disease. Non-pharmacological approaches to anxiety management include Benson relaxation therapy. This Evidence-Based Nursing Practice (EBN) was conducted using a case study method involving two breast cancer patients undergoing chemotherapy who experienced the nursing problem of anxiety. The intervention was administered once daily for two consecutive days, with each session lasting 10 minutes. Anxiety levels were measured before and after the intervention using the Zung Self-Rating Anxiety Scale (ZSAS) questionnaire. Evaluation was also based on outcome indicators, including verbalization of confusion, verbalization of worry related to the condition, restlessness, tension, complaints of dizziness, and pallor. The results showed that before the intervention, Mrs.N had a ZSAS score of 61, indicating moderate anxiety, while Mrs.E had a score of 65, also indicating moderate anxiety. After the intervention, the anxiety level of Mrs.N decreased to a score of 27, indicating no anxiety, while Mrs.E score decreased to 33, also indicating no anxiety. In conclusion, the application of Benson relaxation therapy was effective in reducing anxiety levels in breast cancer patients undergoing chemotherapy. The recommendation from the results of this implementation is to pay attention to the factors that affect the final results of the implementation, one of which is controlling the environment around the patient to remain conducive.

**Keywords : Anxiety, Benson Relaxation Therapy, Ca Mammae, Chemotherapy
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