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Putri Aprianty Sagala

Asuhan Keperawatan Pada Pasien Kanker Serviks Dengan Penerapan Relaksasi Otot Progresif Untuk Mengatasi Masalah Nausea Di Ruangan Tulip RSUD Arifin Achmad Provinsi Riau

Xiii + 81 Halaman + 4 Tabel + 8 Lampiran

ABSTRAK

Nausea merupakan efek samping utama kemoterapi pada pasien kanker serviks. Apabila mual dan muntah,tidak diatasi dengan baik akan dapat menurunkan asupan nutrisi, menyebabkan dehidrasi, serta menurunkan kualitas hidup pasien. Upaya penatalaksanaan tidak hanya meliputi pendekatan farmakologis, tetapi juga intervensi nonfarmakologis, salah satunya adalah terapi *Progressive Muscle Relaxation* (PMR). Tujuan dari studi kasus ini adalah untuk memberikan asuhan keperawatan pada pasien kanker serviks dengan penerapan *Progressive Muscle Relaxation* (PMR) untuk mengatasi nausea di Ruang Tulip Rumah Sakit Umum Daerah Arifin Achmad Provinsi Riau. Desain penelitian yang digunakan adalah studi kasus dengan pendekatan *Evidence-Based Nursing (EBN)*. Asuhan keperawatan diberikan kepada dua pasien kanker serviks. Intervensi dilakukan selama tiga hari berturut-turut, dengan durasi setiap sesi selama 30 menit. Pengumpulan data dilakukan melalui wawancara, observasi, serta pengisian kuesioner *Index of Nausea, Vomiting, and Retching* (INVR). Hasil penelitian menunjukkan adanya penurunan skor mual dan muntah setelah penerapan terapi *Progressive Muscle Relaxation* (PMR) dengan rata-rata skor sebelum diberikan intervensi 26% dan setelah diberikan intervensi rata-rata skor menjadi 5%. Setelah mendapatkan terapi *Progressive Muscle Relaxation* (PMR), pasien tampak lebih rileks, mampu mengontrol sensasi mual, dan menunjukkan peningkatan kenyamanan. Kesimpulannya, terapi *Progressive Muscle Relaxation* (PMR) dapat menurunkan nausea pada pasien kanker serviks. Diharapkan terapi *Progressive Muscle Relaxation* (PMR) dapat dijadikan sebagai salah satu intervensi pada asuhan keperawatan pasien kanker serviks yang menjalani kemoterapi.

Kata Kunci : Kanker Serviks, Kemoterapi, Mual dan Muntah, Relaksasi Otot Progesif
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Putri Aprianty Sagala

Nursing Care For Cervical Cancer Patients With The Application Of Progressive Muscle Relaxation To Address Nausea In The Tulip Ward Of Arifin Achmad Regional General Hospital, Riau Province

Xiii + 81 Pages + 4 Tables + 8 Appendices

ABSTRACT

Nausea is a major side effect of chemotherapy in patients with cervical cancer. If nausea and vomiting are not properly managed, they can reduce nutritional intake, cause dehydration, and decrease the patient's quality of life. Management efforts include not only pharmacological approaches but also non-pharmacological interventions, one of which is Progressive Muscle Relaxation (PMR) therapy. The purpose of this case study was to provide nursing care for cervical cancer patients through the application of Progressive Muscle Relaxation (PMR) to manage nausea in the Tulip Ward of Arifin Achmad Regional General Hospital, Riau Province. The research design used was a case study with an Evidence-Based Nursing (EBN) approach. Nursing care was provided to two cervical cancer patients. The intervention was carried out for three consecutive days, with each session lasting 30 minutes. Data were collected through interviews, observations, and completion of the Index of Nausea, Vomiting, and Retching (INVR) questionnaire. The results showed a decrease in nausea and vomiting scores after the implementation of Progressive Muscle Relaxation (PMR) therapy, with an average score of 26% before the intervention and a reduced average score of 5% after the intervention. After receiving Progressive Muscle Relaxation (PMR) therapy, patients appeared more relaxed, were able to control nausea sensations, and showed improved comfort. In conclusion, Progressive Muscle Relaxation (PMR) therapy can reduce nausea in patients with cervical cancer. It is expected that Progressive Muscle Relaxation (PMR) therapy can be used as one of the nursing interventions for cervical cancer patients undergoing chemotherapy.

Keywords **:** *Cancer, Chemotherapy, Nause and Vomiting, Progressive Muscle Relaxation*
References **:** *34 (2019-2025)*