

THESIS

**THE EFFECT OF YOGA THERAPY FOR CANCER SURVIVORS (YOCAS) AND
MENTHA PIPERITA L. AROMATHERAPY ON SLEEP DISORDERS IN THE
CHEMOTHERAPY ROOM AT Dr. M. YUNUS HOSPITAL, BENGKULU
PROVINCE, 2026**



Written By:

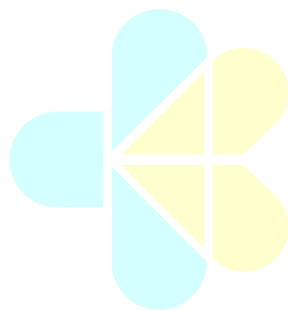
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BENGKULU HEALTH POLYTECHNIC MINISTRY OF
HEALTH DEPARTMENT OF NURSING BACHELOR
OF APPLIED NURSING STUDY PROGRAM
ACADEMIC YEAR 2026**

THESIS TITLE PAGE

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CHEMOTHERAPY ROOM AT Dr. M. YUNUS HOSPITAL, BENGKULU
PROVINCE, 2026**

Submitted as a Fulfillment Requirement for the Bachelor of Applied Nursing
(STr) Degree in the Bachelor of Applied Nursing Study Program, Nursing
Department, Poltekkes Kemenkes Bengkulu



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I declare that this thesis is my own work (ORIGINAL), and the contents of this thesis do not contain any work that has ever been submitted by another person to obtain an academic degree at an educational institution, and to the best of my knowledge there are no works or opinions that have ever been written and/or published by another person, except those that are writtenly referred to in this manuscript and mentioned in the bibliography.

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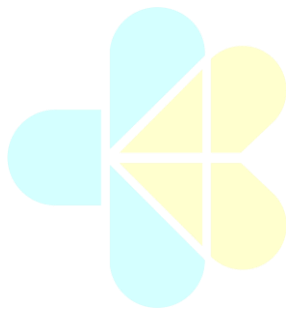
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MOTTO AND DEDICATION

“Tomorrow and Beyond is my secret, no guessing and no need to be anxious, live as well as possible today”

(Qs. Al-Luqman ayat 34)

MOTTO

“Happiness is not a matter of later but now, the most valuable treasure is not material but about time that cannot be held back”

(Raim Laode)

“Life is not preceded by dreaming individually, no one knows when you will reach your goal and change it is not your business to answer that, tell yourself, tomorrow may be achieved”

(Baskara Putra)

DEDICATION

“Bismillahirrahmanirrahim”

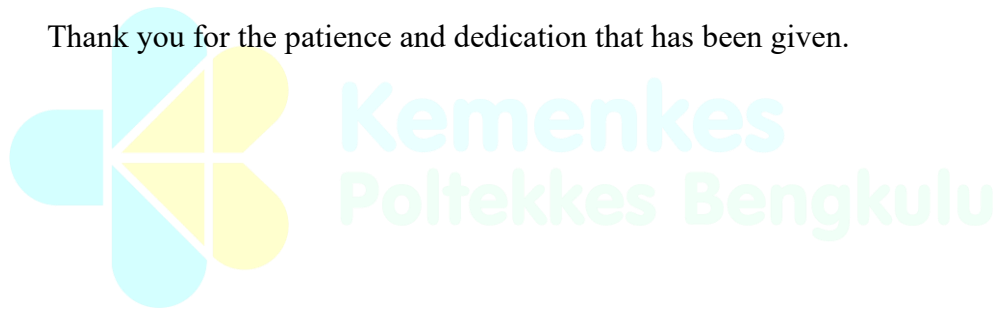
All praise and gratitude to the presence of Allah SWT. for all His mercy, affection, and bounty. Thanks to your permission, help, and pleasure, this thesis can finally be completed properly. Hopefully the knowledge gained through the process of preparing this thesis will be useful knowledge, bring blessings, and have the value of worship by your side. Aamiin ya rabbal 'alamin.

With the permission of Allah SWT. and the support and prayers of my loved ones, I gratefully dedicate this thesis to:

1. For the late Beloved Father, your son finally reached this point. An achievement that I always want to show you, even though fate makes you return to Allah Swt. first, I believe that every prayer and love of yours still accompanies my every step. Thank you for being an excuse for me to keep fighting and not giving up. I present this achievement as a form of my love, respect, and gratitude to you. May Allah SWT reunite us in His paradise. Aamiin, Al-Fatihah.

2. With love and respect, I dedicate this work to Mama. Thank you for being a figure who always believes in your child's abilities, strengthens when he is tired, and prays endlessly. Every achievement that your child achieves today cannot be separated from your affection, sacrifice, and sincerity. Mama is the reason I was able to survive to this point. Hopefully this small achievement can be one of the happiness that I can give to Mama. May Allah SWT. always bestow health, happiness, and blessings in every step of your life.
3. For my aunt, Linda sintompul. Thank you for all the prayers, attention, support, and contributions that have been given during the lecture process until the preparation of this thesis. Thank you for the guidance, motivation, and opportunities that have been given, so that it is an encouragement for me to continue learning, developing, and completing this education. May all of your kindness, sincerity, and dedication always be reciprocated with blessings, health, and success.
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FOREWORD

Praise be to the presence of Allah SWT who has given His grace and gifts, so that the author can complete this thesis with the title "*The Effect of Yoga Therapy for Cancer Survivors (YOCAS) and the Aromatherapy of Metha Piperita L. Against Sleep Disorders in the Chemotherapy Room of dr. M. Yunus Hospital, Bengkulu Province.*"The purpose of writing this thesis is whether there is an influence of Yoga Therapy *for Cancer Survivors (YOCAS)* and the Administration of *Aromatherapy Metha Piperita L. Against Sleep Disorders in the Chemotherapy Room.*

In completing this thesis, the author received a lot of material and moral assistance from various parties, for which the author would like to thank the:

1. Mrs. Linda SST., M.Kes., as the Director of the Bengkulu Ministry of Health Polytechnic.
2. Mrs. Ns. Erni Buston, SST., M.Kes., as the Head of the Nursing Department of the Bengkulu Ministry of Health and at the same time Supervisor 1 who has taken the time, energy and thought to provide guidance and direction with patience to the author in compiling this thesis.
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The author is aware of the inability to write a thesis, therefore the author expects criticism and suggestions from various parties so that the author can work better and optimally in the future. The author hopes that this thesis can be useful for all parties, especially for the researcher himself, students of the Department of Nursing, and others.

Bengkulu, 01 Juli 2026



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DISORDERS IN THE CHEMOTHERAPY ROOM AT dr. M. YUNUS
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ABSTRACT

Sleep disturbance is one of the most common side effects experienced by cancer patients undergoing chemotherapy and can reduce quality of life as well as hinder the recovery process. Non-pharmacological therapies such as *Yoga for Cancer Survivors* (YOCAS) and *Mentha piperita* L. aromatherapy may serve as alternative approaches to address this problem. This study aimed to determine the effect of *Yoga for Cancer Survivors* (YOCAS) therapy and *Mentha piperita* L. aromatherapy on sleep disturbances among cancer patients undergoing chemotherapy at Dr. M. Yunus Regional Hospital, Bengkulu Province, in 2026. This study employed a pre-experimental design using a one-group pretest-posttest approach. The sample consisted of 90 respondents selected through purposive sampling. Sleep disturbances were measured using the *Pittsburgh Sleep Quality Index* (PSQI). Data were analyzed using the Wilcoxon Signed Rank Test with a significance level of $\alpha = 0.05$. The results showed that the mean sleep disturbance score decreased from 8.20 before the intervention to 3.59 after the intervention. The Wilcoxon test yielded a p-value of 0.0001 ($p < 0.05$), indicating a significant effect of YOCAS therapy and *Mentha piperita* L. aromatherapy on sleep disturbances among cancer patients undergoing chemotherapy. It can be concluded that *Yoga for Cancer Survivors* (YOCAS) therapy and *Mentha piperita* L. aromatherapy are effective in reducing sleep disturbances among cancer patients undergoing chemotherapy and may be used as complementary non-pharmacological therapies to improve sleep quality in cancer patients.

Keywords: *Yoga for Cancer Survivors* (YOCAS); *Mentha piperita* L. aromatherapy; sleep disturbance; chemotherapy; cancer

**PENGARUH TERAPI YOGA FOR CANCER SURVIVORS (YOCAS) DAN
PEMBERIAN AROMATERAPI MENTHA PIPERITA L. TERHADAP
GANGGUAN TIDUR DI RUANG KEMOTERAPI
DI RSUD dr. M. YUNUS PROVINSI BENGKULU
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ABSTRAK

Gangguan tidur merupakan salah satu efek samping yang sering dialami pasien kanker yang menjalani kemoterapi dan dapat menurunkan kualitas hidup serta menghambat proses pemulihan. Terapi nonfarmakologis seperti *Yoga for Cancer Survivors* (YOCAS) dan aromaterapi *Mentha piperita L.* dapat menjadi alternatif untuk mengatasi masalah tersebut. Penelitian ini bertujuan untuk mengetahui pengaruh terapi *Yoga for Cancer Survivors* (YOCAS) dan pemberian aromaterapi *Mentha piperita L.* terhadap gangguan tidur pada pasien kanker yang menjalani kemoterapi di RSUD dr. M. Yunus Provinsi Bengkulu Tahun 2026. Penelitian ini menggunakan desain pra-eksperimental dengan pendekatan *one-group pretest-posttest design*. Sampel penelitian berjumlah 90 responden yang dipilih menggunakan teknik *purposive sampling*. Pengukuran gangguan tidur dilakukan menggunakan instrumen *Pittsburgh Sleep Quality Index (PSQI)*. Analisis data menggunakan uji Wilcoxon Signed-Rank Test dengan tingkat kemaknaan $\alpha = 0,05$. Hasil penelitian menunjukkan rata-rata skor gangguan tidur menurun dari 8,20 sebelum intervensi menjadi 3,59 setelah intervensi. Hasil uji *Wilcoxon* diperoleh nilai $p\text{-value} = 0,0001$ ($p < 0,05$), yang menunjukkan terdapat pengaruh signifikan terapi YOCAS dan aromaterapi *Mentha piperita L.* terhadap gangguan tidur pada pasien kanker yang menjalani kemoterapi. Disimpulkan bahwa terapi *Yoga for Cancer Survivors* (YOCAS) dan pemberian aromaterapi *Mentha piperita L.* efektif dalam menurunkan gangguan tidur pada pasien kanker yang menjalani kemoterapi sehingga dapat dijadikan sebagai terapi komplementer nonfarmakologis untuk meningkatkan kualitas tidur pasien kanker.

Kata Kunci: *Yoga for Cancer Survivors* (YOCAS); aromaterapi *Mentha piperita L.*; gangguan tidur; kemoterapi; kanker.

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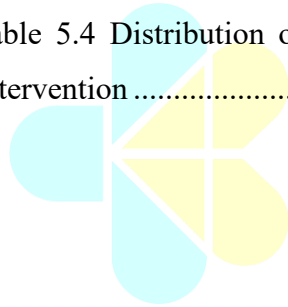
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LIST OF ABBREVIATIONS

AFP	: <i>Alfa-fetoprotein</i>
AIDS	: <i>Acquired Immune Deficiency Syndrome</i>
CEA	: <i>Carcinoembryonic Antigen</i>
CMV	: <i>Cytomegalovirus</i>
DNA	: <i>Deoxyribonucleic Acid</i>
HBV	: <i>Hepatitis B Virus</i>
HCG	: <i>Human Chorionic Gonadotropin</i>
HIV	: <i>Human Immunodeficiency Virus</i>
HPV	: <i>Human Papilloma Virus</i>
HTLV-I	: <i>Human T-cell Leukemia Virus type I</i>
IL-1	: <i>Interleukin-1</i>
IL-6	: <i>Interleukin-6</i>
NSE	: <i>Nolase Spesifik Neuron</i>
PSA	: <i>Prostat</i>
PSQI	: <i>Pittsburgh Sleep Quality Index</i>
RNA	: <i>Ribonucleic Acid</i>
SCC	: <i>Sel Skuamosa</i>
TNF-α	: <i>Tumor Necrosis Factor-alpha</i>
USG	: <i>Ultrasonografi</i>
UV	: <i>Ultraviolet</i>
XP	: <i>Xeroderma Pigmentosu</i>
YOCAS	: <i>Yoga for Cancer Survivors</i>