

CHAPTER III

CONCEPTUAL FRAMEWORK, RESEARCH HYPOTHESES AND OPERATIONAL DEFINITION

A. Concept Framework

A conceptual framework is a term used to describe the relationships between dependent variables. This study aims to examine the effect of *Yoga for Cancer Survivors* (YOCAS) therapy and the administration of *Mentha piperita* L. Aromatherapy on sleep disorders in the chemotherapy room.

Based on the review of the concept, the conceptual framework of this research is formulated as follows:

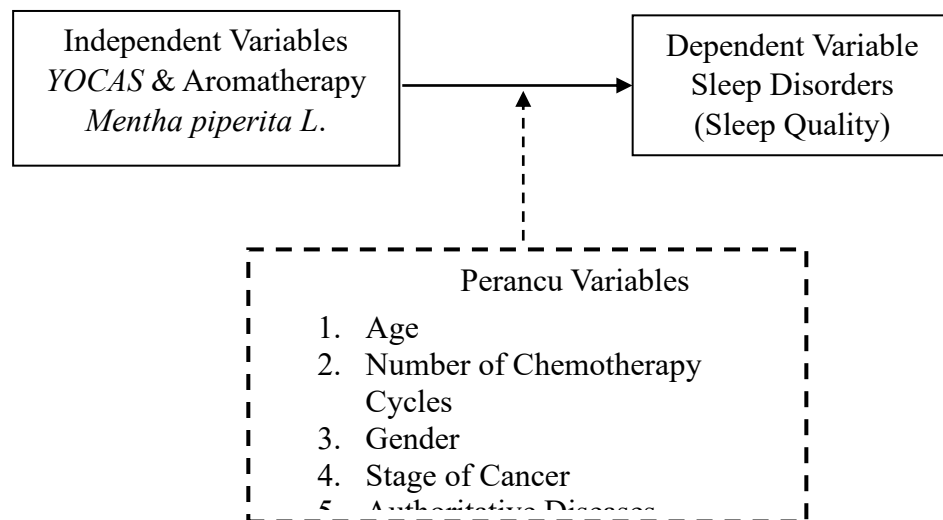


Chart 3. 1 Concept Framework

Explanation :

: Areas Researched

: Affects Between Variables

B. Research Hypothesis

The hypotheses in this study are as follows:

Ha: There is an effect of *Yoga for Cancer Survivors* (YOCAS) therapy and the administration of *Mentha piperita L* aromatherapy. Sleep Disorders in Cancer Patients Undergoing Chemotherapy at dr. M. Yunus Hospital, Bengkulu City.

C. Operational Definition

This study has independent variables, namely *Yoga for Cancer Survivors* (YOCAS) and *Mentha piperita L Aromatherapy*. and the bound variable, namely Sleep Disorders in patients undergoing chemotherapy which can be observed in the table below:

Table 3. 1 Operational Definition

Variable	Operational Definition	Measuring Instruments	How to Measure	Measurement Results	Scale
Independent					
Yoga for Cancer Survivors (YOCAS)	The yoga program, which is specifically designed for cancer patients undergoing chemotherapy, consists of breathing exercises, stretching, and relaxation meditation, performed as per the procedure, 30 minutes/session, 2 times,	SOP for YOCAS intervention and aromatherapy administration	Observation sheet	-	Nominal

first before
chemotherap
y in the
chemotherap
y room,
second at
home 3 days
after
chemotherap
y.

*Aromathera
py Mentha
piperita L.* Complement
ary therapy
uses
peppermint
essential oil
through
inhalation to
provide a
relaxing
effect and
reduce sleep
disturbances,
administered
30 minutes,
along with
Yoga
Therapy for
Cancer
Survivors,
with 10 drops
of
peppermint
essential oil
and ml of
water.

Dependency					
Sleep Disorders (Sleep Quality)	Patients' subjective perceptions of sleep quality over the past 1	Pittsburgh Sleep Quality Index (PSQI)	Pittsburgh Sleep Quality Index (PSQI)	0-21	Ratio

	month, including duration, latency, disruption, efficiency, use of sleep medications, and daytime dysfunction and Respondents filled out a 19-item questionnaire ; 7 components are converted into total scores		Questionnaire		
Perancu Variables					
Age	Respondent's life span in a matter of years	Data collection sheet	Filling out a demographic data form	-	Ratio
Number of chemotherapy cycles	The number of chemotherapy cycles that the patient has undergone to the time of data collection in the ongoing chemotherapy program.	Data collection sheet	Filling in the form in writing	-	Ratio
Gender	The patient's biological identity,	Data collection sheet	Filling out a demographic	1 = Male 2 = Female	Nominal

	whether male or female.		ic data form		
Stage of cancer	The severity of the cancer indicates the extent to which the disease has spread at the time of diagnosis.	Medical Records	Observations	1 = Stage I 2 = Stage II 3 = Stage III 4 = Stage IV	Nominal
Authoritative Diseases	The presence of one or more other diseases that a doctor has diagnosed and accompanies cancer in patients undergoing chemotherapy	Questionnaire Sheet	Filling out the questionnaire	1 = Hypertension 2 = Diabetes Mellitus 3 = Asthma 4 = none	Nominal

