

THESIS

**THE EFFECT OF JACOBSON'S PROGRESSIVE MUSCLE RELAXATION
(JPMR) ON ALTERATIONS IN ANXIETY AMONG CANCER PATIENTS
UNDERGOING CHEMOTHERAPY AT DR. M. YUNUS REGIONAL
GENERAL HOSPITAL, BENGKULU, IN 2026**



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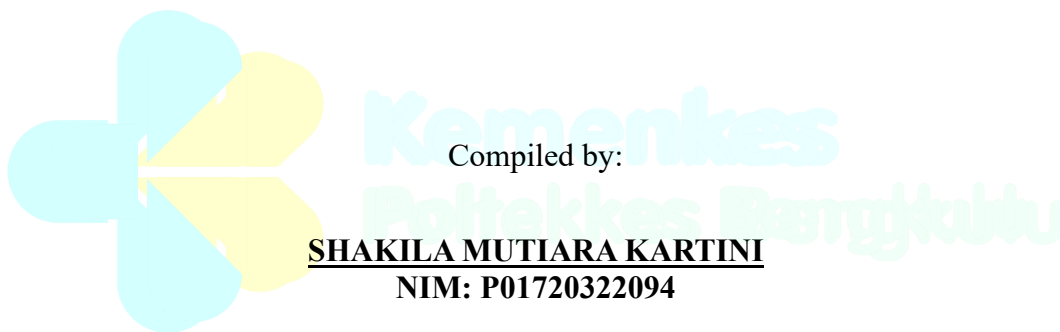
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HEALTH POLYTECHNIC OF THE MINISTRY OF HEALTH BENGKULU
BACHELOR OF NURSING PROGRAM
NURSING APPLICATIONS
YEAR 2026**

THESIS TITLE PAGE

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GENERAL HOSPITAL, BENGKULU, IN 2026**

Submitted as one of the requirements to obtain an Applied Bachelor of Nursing
(S.Tr.Kep) in the Applied Bachelor of Nursing Study Program, Department of
Nursing Polytechnic, Ministry of Health, Bengkulu



**MINISTRY OF HEALTH OF THE REPUBLIC OF INDONESIA
HEALTH POLYTECHNIC OF THE MINISTRY OF HEALTH BENGKULU
DEPARTMENT OF NURSING STUDY PROGRAM
BACHELOR OF APPLIED NURSING
YEAR 2026**

THESIS APPROVAL PAGE

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GENERAL HOSPITAL, BENGKULU, IN 2026**

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Declare that this Proposal is my own work (ORIGINAL), and that the content of this Proposal does not contain any work that has ever been submitted by another person to obtain an academic degree in an Educational Institution, and to the best of my knowledge there are no works or opinions that have been written and/or published by others, except those that are referred to in writing in this manuscript and mentioned in the bibliography.

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MOTTO AND PRESENTATION

"Allah does not burden a person except according to his ability; He gets (reward) from what he does and gets (punishment) from (evil) he does."

(Q.S Al-Baqarah:289)

MOTTO

" Everything you lose is a step you take "

"Life can be heavy, especially if you try to carry it all at once. Part of growing up and moving into new chapters of your life is about catch and release"

- Taylor Swift

"In the end, I'm gonna be alright

But it might take a hundred sleepless nights"

- Lany

PRESENTATION

"Bismillahirrahmanirrahim"

With full gratitude to Allah SWT for all the graces, strength, patience, and facilities that have been given, the author was finally able to reach this stage. This offering sheet is a simple space for the author to express his great gratitude to his loved ones who are always present in every step of this struggle. This thesis is presented by the author to:

- ❖ **Allah SWT**, because by His permission, grace, and mercy, the writer is always given strength, patience, help, sustenance, and ease in carrying out every process of life. Thank you for the prayers that were answered, the path that was paved, and the heart that was always strengthened in facing every test so that the writer was able to survive to this stage.
- ❖ **The Prophet Muhammad SAW**, as a role model for all mankind. Thanks to the struggle and the treatise he brought, mankind was able to come out of the dark age to an era of light, full of knowledge, and good values. May prayers and greetings always be poured out to him, his family, friends, and all his people until the end of time.

- ❖ My two beloved parents, my father and my mother. Thank you for all the prayers, love, affection, support, and sacrifices that never stop accompanying every step of the author. Thank you for being a place to go home, a source of strength, and a figure that always strengthens when the author feels tired in completing this thesis. Thank you for all the prayers offered in the invisible third of the night, but so much of meaning in every step of the writer's struggle. Every advice, sincerity, and struggle of Dad and Mom is the biggest reason for the writer to continue to persevere and step up to this point. This thesis is presented by the author as a form of gratitude and pride of the author to Father and Mother
- ❖ To my dear sister, Thank you for being one of the encouragements for the author in every process of preparing this thesis. Your presence, prayers, and support are motivations for the writer to continue learning, developing, and trying to become an older brother who can provide an example and be a source of pride for the family. Hopefully, in the future the writer can continue to accompany every step and become a good role model, both in the academic and non-academic fields.
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being a place to share stories, strengthen each other, and remind each other to keep going. May this friendship that has been established always be maintained and lead us to each other's success.

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FOREWORD

Praise be to the presence of Allah SWT who has given His grace and grace, so that the author can complete this thesis with the title "The Effect of *Jacobson's* Progressive Muscle Relaxation (JPMR) on Alterations in Anxiety in Cancer Patients Undergoing Chemotherapy at Dr. M. Yunus Hospital Bengkulu in 2026" The purpose of writing this thesis is as a guideline for the implementation of research on thesis preparation.

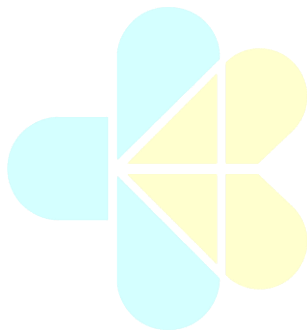
In completing this thesis, the author received a lot of material and moral assistance from various parties, for which the author would like to thank the:

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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 July 2026



(Shakila Mutiara Kartini)
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Poltekkes Bengkulu

**EFFECT OF JACOBSON'S PROGRESSIVE MUSCLE RELAXATION
(JPMR) ON ALTERATIONS IN ANXIETY IN PATIENTS
CANCER UNDERGOING CHEMOTHERAPY AT THE HOSPITAL
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ABSTRACT

Anxiety is one of the psychological problems that cancer patients who undergo chemotherapy often experience. This condition can affect the patient's physical and psychological condition and has the potential to reduce the success of treatment if not handled properly. One of the nonpharmacological interventions that can be used to reduce anxiety is *Jacobson's Progressive Muscle Relaxation* (JPMR). This study aims to determine the effect of *Jacobson's Progressive Muscle Relaxation* (JPMR) on *alterations in anxiety* in cancer patients undergoing chemotherapy at dr. M. Yunus Bengkulu Hospital in 2026. This study uses a quantitative method with a *pre-experimental one-group pre-test-post-test* design. The research sample amounted to 90 participants who were selected using *the consecutive sampling* technique. Data collection was carried out in May–June 2026 using *the State-Trait Anxiety Inventory* (STAI) instrument. Data analysis was conducted using *the Wilcoxon Signed Rank Test*. The results showed that the average score of *alterations in anxiety* before the intervention was 38.90 and decreased to 25.43 after being given the JPMR intervention. The results of *the Wilcoxon Signed Rank Test* showed a *p-value* of 0.000 ($p < 0.05$). It was concluded that *Jacobson's Progressive Muscle Relaxation* (JPMR) had an effect on reducing *alterations in anxiety* in cancer patients undergoing chemotherapy at dr. M. Yunus Bengkulu Hospital in 2026.

Kata Kunci: *Alterations in Anxiety; Cancer; Jacobson's Progressive Muscle Relaxation; Kemoterapi.*

**PENGARUH JACOBSON'S PROGRESSIVE MUSCLE RELAXATION
(JPMR) TERHADAP ALTERATIONS IN ANXIETY PADA PASIEN
CANCER YANG MENJALANI KEMOTERAPI DI RSUD**

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ABSTRAK

Kecemasan merupakan salah satu masalah psikologis yang sering dialami pasien cancer yang menjalani kemoterapi. Kondisi tersebut dapat memengaruhi kondisi fisik dan psikologis pasien serta berpotensi menurunkan keberhasilan pengobatan apabila tidak ditangani dengan baik. Salah satu intervensi nonfarmakologis yang dapat digunakan untuk menurunkan kecemasan adalah Jacobson's Progressive Muscle Relaxation (JPMR). Penelitian ini bertujuan untuk mengetahui pengaruh Jacobson's Progressive Muscle Relaxation (JPMR) terhadap alterations in anxiety pada pasien cancer yang menjalani kemoterapi di RSUD dr. M. Yunus Bengkulu Tahun 2026. Penelitian ini menggunakan metode kuantitatif dengan desain pre-experimental one-group pre-test-post-test. Sampel penelitian berjumlah 90 partisipan yang dipilih menggunakan teknik consecutive sampling. Pengumpulan data dilakukan pada bulan Mei–Juni 2026 menggunakan instrumen State-Trait Anxiety Inventory (STAI). Analisis data menggunakan uji Wilcoxon Signed Rank Test. Hasil penelitian menunjukkan bahwa rata-rata skor alterations in anxiety sebelum intervensi sebesar 38,90 dan menurun menjadi 25,43 setelah diberikan intervensi JPMR. Hasil uji Wilcoxon Signed Rank Test menunjukkan nilai p-value sebesar 0,000 ($p < 0,05$). Disimpulkan bahwa Jacobson's Progressive Muscle Relaxation (JPMR) berpengaruh terhadap penurunan alterations in anxiety pada pasien cancer yang menjalani kemoterapi di RSUD dr. M. Yunus Bengkulu Tahun 2026.

Kata Kunci: Alterations in Anxiety; Cancer; Jacobson's Progressive Muscle Relaxation; Kemoterapi.

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ABBREVIATION LIST

CT	: Computed Tomography
DNA	: Deoxyribonucleic Acid
ECOG	: Eastern Cooperative Oncology Group
HPV	: Human Papillomavirus
ICU	: Intensive Care Unit
JPMR	: Jacobson's Progressive Muscle Relaxation
MRI	: Magnetic Resonance Imaging
PMR	: Progressive Muscle Relaxation
RNA	: Ribonucleic Acid
STAI-T	: State-Trait Anxiety Inventory
USG	: Ultrasonographers

