

CHAPTER III

CONCEPTUAL FRAMEWORK, RESEARCH HYPOTHESIS AND OPERATIONAL DEFINITIONS

A. Concept Framework

A conceptual framework is a conceptual model that is compiled to describe and explain the relationships between the variables being studied so that the direction, logic, and focus of the research become clear. This study examines the effect of Jacobson's Progressive Muscle Relaxation (JPMR) as an independent variable on alterations in anxiety in cancer patients undergoing chemotherapy at dr. M. Yunus Bengkulu Hospital.

Based on the theoretical foundation and relevant empirical findings, the framework of the research concept is prepared as follows:

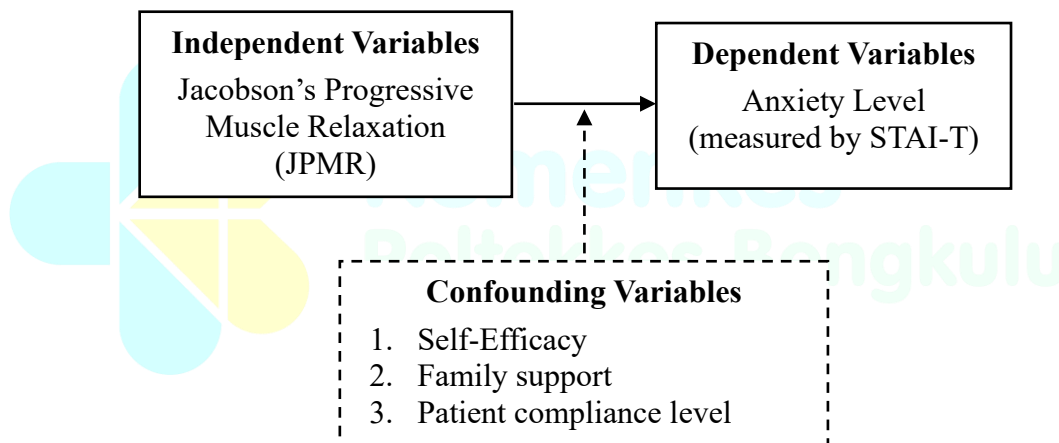
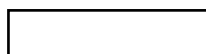
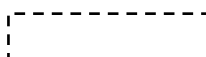


Chart 3. 1 Concept Framework

Description :



: Variables studied



: Variables are not studied in a bivariate and multivariate

B. Operational Definition

Table 3. 1 Operational Definition

Variabel	Operational Definition	Measuring Instruments	How to Measure	Measurement Results	Scale
Independent					
Jacobson's Progressive Muscle Relaxation (JPMR)	Relaxation techniques are carried out by tightening and then relaxing the muscles gradually so that the body recognizes the sensation of relaxation and reduces tension. The intervention was carried out 1 session before chemotherapy for 5 minutes, starting with a comfortable position and breathing slowly 3 times, then tightening and relaxing the muscles sequentially in the hands, arms, face, neck to shoulders, chest, abdomen, back, thighs-buttocks, and calves-feet, and ended with cooling down for 1-2 minutes.	SOP Jacobson's Progressive Muscle Relaxation (JPMR)	Observations		Nominal
Dependent					
Anxiety Level	The total score obtained by cancer patients	Questionnaire State-Trait Anxiety	Participants fill out the instrument	The average anxiety	Ratio

	undergoing chemotherapy from measurements using the JPMR pre and post-therapy STAI worksheets.	Inventory (STAI-T) (20 statement items)	according to the perceived conditions	score is expressed from 20-80	
Confounding					
Age	Participant's lifespan in a matter of years	Data collection sheet	Filling out a demographic data form	Expressed in years	Ratio
Gender	Gender of the participants recorded during the study.	Data collection sheet	Filling out a demographic data form	1 = Male 2 = Female	Nominal
Jobs	The status of the work that the Participant is doing at the time of the research.	Data collection sheet	Filling out a demographic data form	1 = Not Working 2 = Work	Nominal

C. Research Hypothesis

A hypothesis is an initial conjecture that is compiled based on theories and previous research studies, the truth of which still needs to be proven. Hypothesis testing is carried out to find out whether there is a relationship or influence between the variables being studied, so that the results of the study can be scientifically accepted.

Ha : There is an effect of Jacobson's Progressive Muscle Relaxation (JPMR) on alterations in anxiety in cancer patients undergoing chemotherapy.