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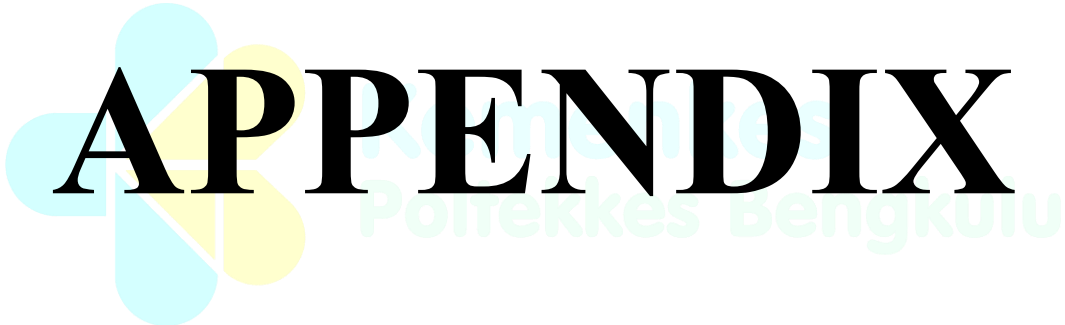
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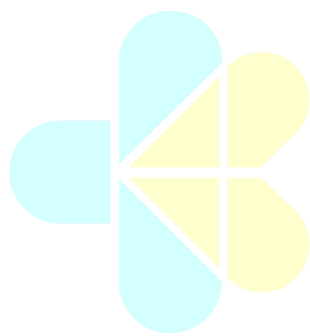
APPENDIX

Appendices 1 Table Master

No	Name	Age	Gender	Jobs	Pretest	Posttest	Groups
1	S	64	Women	Not Working	37	34	1
2	E	43	Women	Not Working	39	37	1
3	R	56	Women	Not Working	35	29	1
4	S	34	Women	Not Working	36	35	1
5	S	59	Women	Not Working	38	26	1
6	T	66	Women	Not Working	39	33	1
7	A	53	Women	Not Working	37	24	1
8	8	36	Women	Not Working	39	28	1
9	D	42	Women	Not Working	38	23	1
10	M	48	Male	Not Working	35	22	1
11	R	42	Women	Not Working	35	26	1
12	D	45	Male	Work	39	38	1
13	A	41	Women	Work	38	37	1
14	S	57	Women	Not Working	38	21	1
15	I	62	Women	Not Working	39	33	1
16	S	48	Women	Not Working	34	31	1
17	I	67	Women	Work	38	32	1
18	E	42	Women	Not Working	39	27	1
19	J	63	Women	Work	38	37	1
20	E	56	Women	Not Working	38	27	1
21	Y	34	Women	Not Working	38	21	1
22	D	38	Women	Not Working	38	27	1
23	R	39	Women	Not Working	37	21	1
24	L	45	Male	Not Working	38	24	1
25	S	34	Women	Not Working	39	24	1
26	R	39	Women	Work	39	28	1
27	P	48	Women	Work	37	25	1
28	M	65	Women	Not Working	35	28	1
29	N	38	Women	Not Working	37	22	1
30	N	54	Women	Not Working	39	31	1
31	S	40	Women	Not Working	38	35	1
32	Y	37	Women	Work	38	37	1
33	L	53	Women	Not Working	39	29	1
34	T	36	Women	Not Working	36	29	1
35	M	52	Women	Not Working	38	20	1
36	D	58	Women	Not Working	39	26	1
37	M	36	Women	Not Working	39	32	1
38	E	34	Women	Not Working	39	30	1
39	E	51	Women	Not Working	37	25	1
40	I	34	Women	Not Working	36	28	1

41	S	48	Women	Not Working	38	22	1
42	S	52	Male	Not Working	38	24	1
43	Z	38	Women	Not Working	38	23	1
44	P	65	Women	Not Working	39	23	1
45	Y	44	Women	Not Working	35	29	1
46	S	48	Women	Not Working	36	26	1
47	A	49	Women	Not Working	36	29	1
48	S	62	Women	Not Working	45	23	1
49	E	65	Women	Not Working	48	25	1
50	B	46	Women	Work	46	31	1
51	H	39	Women	Not Working	45	36	1
52	W	48	Women	Work	49	25	1
53	L	66	Women	Not Working	49	41	1
54	Y	50	Women	Not Working	42	33	1
55	N	44	Women	Work	47	28	1
56	Z	60	Women	Not Working	47	42	1
57	S	40	Women	Not Working	44	22	1
58	L	41	Women	Work	43	32	1
59	M	38	Women	Not Working	45	24	1
60	S	44	Women	Not Working	49	24	1
61	Y	65	Women	Not Working	45	39	1
62	Z	45	Male	Not Working	43	40	1
63	W	39	Women	Work	48	28	1
64	A	64	Women	Not Working	47	36	1
65	S	36	Women	Not Working	42	24	1
66	T	36	Women	Not Working	49	26	1
67	R	45	Women	Not Working	48	30	1
68	F	35	Women	Not Working	46	26	1
69	I	40	Women	Not Working	46	33	1
70	A	57	Women	Not Working	45	29	1
71	H	35	Women	Work	44	28	1
72	S	39	Women	Not Working	49	28	1
73	M	36	Women	Not Working	43	29	1
74	L	38	Women	Not Working	48	24	1
75	H	34	Women	Not Working	43	21	1
76	M	62	Women	Work	42	26	1
77	S	45	Women	Not Working	40	24	1
78	R	44	Women	Not Working	56	34	1
79	E	41	Women	Not Working	53	20	1
80	A	35	Women	Not Working	50	48	1
81	W	35	Women	Not Working	54	45	1
82	Y	39	Women	Not Working	59	23	1

83	S	45	Women	Not Working	54	46	1
84	N	36	Women	Not Working	52	25	1
85	T	37	Women	Not Working	51	25	1
86	E	40	Women	Not Working	54	48	1
87	I	40	Women	Not Working	55	20	1
88	R	57	Women	Work	55	28	1
89	S	45	Women	Work	52	35	1
90	S	34	Women	Work	55	29	1



Kemenkes
Poltekkes Bengkulu

Appendices 2 Output SPSS

OUTPUT SPSS

A. A UNIVARIATE ANALYSIS

1. Participant Characteristics

		Statistics		
		Usia	Jenis Kelamin	Pekerjaan
N	Valid	90	90	90
	Missing	0	0	0

Usia					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	34	7	7.8	7.8	7.8
	35	4	4.4	4.4	12.2
	36	7	7.8	7.8	20.0
	37	2	2.2	2.2	22.2
	38	5	5.6	5.6	27.8
	39	6	6.7	6.7	34.4
	40	5	5.6	5.6	40.0
	41	3	3.3	3.3	43.3
	42	3	3.3	3.3	46.7
	43	1	1.1	1.1	47.8
	44	4	4.4	4.4	52.2
	45	7	7.8	7.8	60.0
	46	1	1.1	1.1	61.1
	48	6	6.7	6.7	67.8
	49	1	1.1	1.1	68.9
	50	1	1.1	1.1	70.0
	51	1	1.1	1.1	71.1
	52	2	2.2	2.2	73.3
	53	2	2.2	2.2	75.6
	54	1	1.1	1.1	76.7
	56	2	2.2	2.2	78.9
	57	3	3.3	3.3	82.2
	58	1	1.1	1.1	83.3
	59	1	1.1	1.1	84.4
	60	1	1.1	1.1	85.6
	62	3	3.3	3.3	88.9
	63	1	1.1	1.1	90.0
	64	2	2.2	2.2	92.2
	65	4	4.4	4.4	96.7
	66	2	2.2	2.2	98.9
	67	1	1.1	1.1	100.0
	Total	90	100.0	100.0	

Jenis Kelamin					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Laki-laki	5	5.6	5.6	5.6
	Perempuan	85	94.4	94.4	100.0
	Total	90	100.0	100.0	

Pekerjaan

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Tidak Bekerja	73	81.1	81.1	81.1
	Bekerja	17	18.9	18.9	100.0
	Total	90	100.0	100.0	

2. Average Overview of Anxiety in Cancer Patients

Case Processing Summary

		Valid		Cases Missing		Total	
Kelompok		N	Percent	N	Percent	N	Percent
Pretest	1	90	100.0%	0	0.0%	90	100.0%
Posttes	1	90	100.0%	0	0.0%	90	100.0%

Descriptives

Kelompok			Statistic	Std. Error
Pretest	1	Mean	42.58	.657
		95% Confidence Interval for Mean	Lower Bound	41.27
			Upper Bound	43.88
		5% Trimmed Mean	42.26	
		Median	39.00	
		Variance	38.808	
		Std. Deviation	6.230	
		Minimum	34	
		Maximum	59	
		Range	25	
		Interquartile Range	9	
		Skewness	.753	.254
		Kurtosis	-.522	.503
Postes	1	Mean	29.12	.687
		95% Confidence Interval for Mean	Lower Bound	27.76
			Upper Bound	30.49
		5% Trimmed Mean	28.66	
		Median	28.00	
		Variance	42.446	
		Std. Deviation	6.515	
		Minimum	20	
		Maximum	48	
		Range	28	
		Interquartile Range	9	
		Skewness	.993	.254
		Kurtosis	.671	.503

B. BIVARIATE ANALYSIS

1. Normality

Tests of Normality

	Kelompok	Kolmogorov-Smirnov ^a			Shapiro-Wilk		
		Statistic	df	Sig.	Statistic	df	Sig.
Pretest	1	.239	90	.000	.899	90	.000
Posttes	1	.152	90	.000	.923	90	.000

a. Lilliefors Significance Correction

2. Effect of Jacobson's Progressive Muscle Relaxation (JPMR) on Alterations in Anxiety in Cancer Patients Undergoing Chemotherapy

Ranks

		N	Mean Rank	Sum of Ranks
Posttes - Pretest	Negative Ranks	90 ^a	45.50	4095.00
	Positive Ranks	0 ^b	.00	.00
	Ties	0 ^c		
	Total	90		

a. Posttes < Pretest

b. Posttes > Pretest

c. Posttes = Pretest

Test Statistics^a

	Posttes - Pretest
Z	-8.241 ^b
Asymp. Sig. (2-tailed)	.000

a. Wilcoxon Signed Ranks Test

b. Based on positive ranks.

Appendices 3 JPMR Intervention Documentation





Appendices 4 Respondent's Application Letter

PARTICIPANT APPLICATION LETTER

Dear Sir.

Prospective Participants

Respectfully,

I am the undersigned:

Name : Shakila Mutiara Kartini

**Students : Department of Nursing Undergraduate Study Program
Applied Nursing and Nurse Profession**

**Address : Perumahan Permata Griya Asri Block G, No.01 Kec.
Sungai Serut, Bengkulu City**

Hp No. : 08984894992

Students of the Bengkulu Ministry of Health Polytechnic who are carrying out research. The purpose of this study is to find out "**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**". The researcher (I) will provide this consent sheet and explain that your involvement in the study is voluntary.

In this study, I will maintain the confidentiality of the participants in this study. The patient's name will not be recorded anywhere. Involvement in this study can provide direct benefits to Participants; the results of this study can be useful to increase Participants' knowledge about the Effect of Jacobson's Progressive Muscle Relaxation on Alterations in Anxiety. If after being involved in this research, the Participant still has a Statement, the Participant can contact me at the number above.

If you agree, then I ask for your willingness to sign the consent sheet as a research respondent. I thank you for your attention, cooperation, and willingness to become a participant.

Sincerely,

Shakila Mutiara Kartini

Appendices 5 Informed Consent

INFORMED CONSENT DAN RESEARCH EXPLANATION

Dear Sir.

Prospective Participants

Respectfully,

I am the undersigned:

Name : Shakila Mutiara Kartini

**Students : Department of Nursing Undergraduate Study Program
Applied Nursing and Nurse Profession**

Nim : P01720322094

Hp No. : 08984894992

I am a student of the Bengkulu Ministry of Health Polytechnic who is carrying out research entitled "**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**". The purpose of this study is to increase knowledge in the management of non-pharmacological therapies in alterations in anxiety in cancer patients undergoing chemotherapy.

In this study, participants will be given observation sheets to assess anxiety during chemotherapy. This study did not cause harm to participants and may cause mild side effects such as fatigue. If you are late to become a Participant and incriminating things occur, then it is allowed to report to the researcher, or you can immediately withdraw from this study by contacting the researcher at the phone number listed above. Participants will be compensated for the time spent filling out these observation sheets, as determined by the researcher.

The confidentiality of all information provided will be maintained and will only be used for research purposes. All results of participants' records or data will be stored at the Bengkulu Ministry of Health Polytechnic. After reading the information and understanding the objectives of the research and the expected role in this study, please be willing to sign the consent sheet as a Participant in this study.

Bengkulu, 2026

(Shakila Mutiara Kartini)

Appendices 6 Respondent Consent

LETTER OF APPROVAL PARTICIPANTS

I am the undersigned

Name :

Age :

Gender :

Address :

I am hereby willing to participate as a participant in research conducted by Sister Shakila Mutiara Kartini, an Applied Bachelor of Nursing Student at the Health Polytechnic of the Ministry of Health Bengkulu, 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 Bengkulu in 2026"

This research will not harm me or have a bad effect on me and my family, so I am willing to become a Participant. Thus, I made this letter of approval to be used as it should.

Bengkulu, 2026

Researcher

Participants

(Shakila Mutiara Kartini)

()

Appendices 7 Demographic Data Collection

COLLECTION OF PARTICIPANT DEMOGRAPHIC DATA

Participant No. :

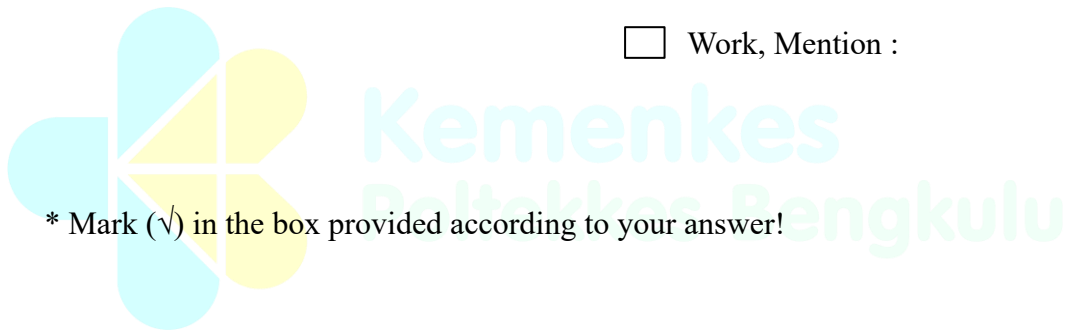
1. Participant's name (initial) :

2. Gender : ☐ Male
☐ Women

3. Age : Year

4. Jobs : ☐ Not Working
☐ Work, Mention :

* Mark (√) in the box provided according to your answer!



Appendices 8 Lembar Instrumen State-Trait Anxiety Inventory

FORMAT INSTRUMEN *STATE-TRAIT ANXIETY INVENTORY* (STAI)

Name :

Gender :

Age :

Address :

Technician instructions:

Give a sign ✓ on the score of each item, adjusted to the patient's condition and the information under the statement, in order to determine the quality of the patient's sleep.

Yes	Statement	Never	Sometimes	Frequent	Almost always
1	I feel happy that there is support from my family and health workers during chemotherapy				
2	I feel satisfied with myself in undergoing chemotherapy treatment				
3	I wish I could be as happy as anyone else who didn't have chemotherapy				
4	I felt relieved after undergoing chemotherapy and getting an explanation from the health workers				
5	I am a strong person in the face of <i>cancer</i> and the chemotherapy process				

6	I felt calm and able to control myself while facing the chemotherapy process				
7	I feel happy when I feel the progress in chemotherapy treatment				
8	I feel safe with the care and supervision of healthcare workers during chemotherapy				
9	I make decisions easily regarding medication and chemotherapy				
10	I feel satisfied with my condition and the body's response to chemotherapy				
11	I feel like a failure because of my <i>cancer condition</i> and the chemotherapy treatment I am undergoing				
12	I feel tense when I think about problems related to <i>cancer</i> and chemotherapy				
13	I feel nervous and anxious every time I go to a chemotherapy session				
14	I found the difficulties during chemotherapy to be so much that I couldn't overcome it				
15	I was too worried about something that wasn't really				

	important related to my illness and chemotherapy				
16	I feel like I have disturbing/disturbing thoughts about my <i>cancer</i> and chemotherapy				
17	I feel less confident in my body condition after chemotherapy				
18	I felt not strong enough to deal with the side effects and the chemotherapy process				
19	I think about unimportant things about my illness and they bother me				
20	I responded to the disappointment regarding the results of the examination so that it was difficult to forget it				

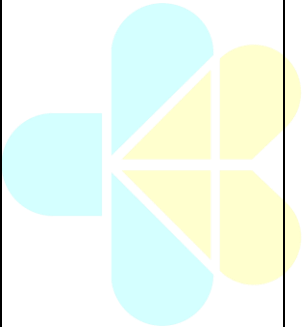
Source : (Pratiwi & Ningsih, 2022)

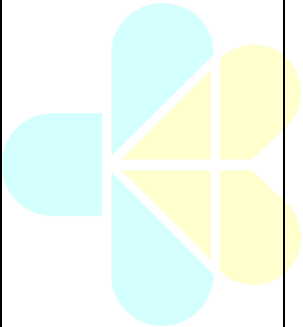
Appendices 9 Lembar SOP Jacobson's Progressive Muscle Relaxation

**STANDARD OPERATING PROCEDURES
JACOBSON'S PROGRESSIVE MUSCLE RELAXATION**

	STANDARD OPERATING PROCEDURES JACOBSON'S PROGRESSIVE MUSCLE RELAXATION
Definition	Relaxation techniques are performed by tensing and then gradually relaxing muscle groups to reduce physical tension and anxiety and increase a sense of relaxation.
Purpose	To reduce muscle tension and anxiety, promote physical and mental relaxation; fiber helps patients feel calmer and more comfortable during treatment.
Preparation of tools/materials and training conditions	1. Quiet, comfortable place, enough lighting 2. Safe and comfortable sitting or lying position 3. Stopwatch 4. Exercise for 5-10 minutes 5. Exercises are done before chemotherapy
So, Interaxis	1. Studying participants' initial data 2. Preparing research tools and instruments 3. Prepare yourself professionally 4. Explain your goals and plan of action
Onboarding Phase	1. Greet and introduce yourself 2. Evaluation of the Participant's initial data validation 3. Informed consent (describes the type of action, objectives, benefit of risk, time, procedure, consent to the action (oral/written))
Work Phase	Patient preparation

	1. The patient is positioned to sit or lie down as comfortably as possible according to the condition. 2. Ensure the client is cooperative Prepare the environment 1. Make sure the room is quiet, safe, with enough light Tool preparation 1. Prepare a stable and comfortable chair or bed 2. Set up a stopwatch/clock to estimate the duration of the relaxation tension Preparation of officers a. Hand washing treatment before making contact with clients
Implementation of action procedures	i. Early relaxation a. The patient breathes in slowly through the nose and exhales through the mouth b. Do it 3 times until you relax 2. Exercises on the hands a. The patient is asked to clench his hands firmly for 5 seconds b. Release your fist and feel the hand muscles relax for 10 seconds c. The same step is repeated on the left hand 3. Exercises on the arm a. The patient is asked to bend the elbow of the upper arm close to the shoulder, tense the biceps muscles for 5 seconds b. Tension is released, and the arm is rested for 10 seconds c. The arm is then straightened to tighten the triceps muscle for 5 seconds, then relaxed again for 10 seconds

	4. Exercises on the facial muscles a. Have the patient frown vigorously for 5 seconds b. The forehead is relaxed, and the client is asked to feel a sense of relaxation for 10 seconds c. The patient is asked to close the eyes tightly for 5 seconds and then relax them again d. The jaw is tightened by pressing the teeth for 5 seconds and then released until it feels relaxed 5. Exercises on the neck and shoulders a. The patient slowly raises his head back until he feels a pull of the neck muscles for 5 seconds, then returns to the starting position. b. The head is lowered until the chin is close to the chest for 5 seconds and then returned to its original position. c. The patient raises his shoulders toward his ears for a few seconds, then lowers them while feeling the shoulders relax. 6. Chest and breathing exercises a. The patient takes a deep breath through the nose until the chest expands. b. The breath is held for approximately 5 seconds. c. The breath is exhaled slowly through the mouth, and the client is asked to feel the chest and breathing becoming more relaxed for about 10 seconds. 7. Exercises on the abdominal muscles a. The patient tightens the abdominal muscles by pulling the abdomen inward for 5 seconds.
--	---

	b. Tension is released, and the patient is asked to pay attention to the sensation of the abdominal muscles relaxing for 10 seconds. 8. Exercises on the back a. The patient slightly arches his back away from the back of the chair or bed for a few seconds according to tolerance. b. The back is then returned to its original position and the client is asked to feel a more relaxed back. 9. Exercises on the thighs and buttocks a. The patient tenses the thigh and buttock muscles simultaneously for approximately 5 seconds. b. The tension is released, and the muscles are allowed to relax while the patient feels lightness in the thighs and buttocks. 10. Exercises on the calves and legs a. The patient points the toes towards the head so that the calf muscles feel tense for 5 seconds. b. The legs are then relaxed for about 10 seconds. c. The toes are directed away from the head for 5 seconds to tighten the muscles, then back to relax. 11. Cooling a. Patients are asked to remain in a comfortable position for 1–2 minutes while breathing slowly and regularly. b. Patients are asked to feel their whole body feeling lighter and relaxed. c. The patient is then directed to open his eyes slowly, move his hands and feet slowly, and then return to a normal sitting position safely.
--	---

Source : (Toqan & Ayed, 2023)

Appendices 10 Research Permit



Kementerian Kesehatan
Direktorat Jenderal
Sumber Daya Manusia Kesehatan
Politeknik Kesehatan Bengkulu
Jalan Indragiri No.3 Padang Harapan
Bengkulu 38225
(0736) 341212
<https://www.poltekkesbengkulu.ac.id>

08 Agustus 2025

Nomor : PP.06.02/F.XXIII.1/ ~~6324~~ /2025
Perihal : Izin Pra Penelitian

Yth.
Direktur Rumah Sakit M Yunus Provinsi Bengkulu
di
Tempat

Sehubungan penyusunan tugas akhir dalam bentuk Skripsi Mahasiswa Program Studi Keperawatan Program Sarjana Terapan Jurusan Keperawatan Politeknik Kesehatan Kemenkes Bengkulu Tahun Akademik 2025/2026, dengan ini mohon Bapak/Ibu dapat memberikan izin pengambilan data, Pra Penelitian pada mahasiswa dibawah ini :

Nama Mahasiswa : Shakila Mutiara Kartini
Nim : P01720322094
Tempat : RSUD M YUNUS KOTA BENGKULU
Judul : Pengaruh Jacobson's Progressive Muscle Relaxation (JPMR) Terhadap Alterations In Anxiety Pada Pasien Cancer Yang Menjalani Kemoterapi Di RSUD M Yunus Bengkulu Tahun 2025
No Handphone : 08984894992

Demikianlah, atas perhatian dan kerjasamanya kami mengucapkan terimakasih.

Wakil Direktur I Bidang Akademik

Septiyanti, S.Kep, Ners, M.Pd

Ms. Namay, 2/Kep

Appendices 12 Ethical Exemption



Kementerian Kesehatan
Poltekkes Bengkulu

Jalan Indragiri No. 3 Padang Harapan
Bengkulu 38225
(0736) 341212
<https://poltekkesbengkulu.ac.id>

KETERANGAN LAYAK ETIK
DESCRIPTION OF ETHICAL EXEMPTION
"ETHICAL EXEMPTION"

No.KEPK.BKL/299/04/2026

Protokol penelitian versi 1 yang diusulkan oleh :
The research protocol proposed by

Peneliti utama : Shakila Mutiara Kartini
Principal In Investigator

Nama Institusi : Poltekkes Kemenkes Bengkulu
Name of the Institution

Dengan judul:
Title
"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"

"The Effect of Jacobson's Progressive Muscle Relaxation (JPMR) on Anxiety Alterations in Cancer Patients Undergoing Chemotherapy at Dr. M. Yunus Regional General Hospital, Bengkulu, in 2026"

Dinyatakan layak etik sesuai 7 (tujuh) Standar WHO 2011, yaitu 1) Nilai Sosial, 2) Nilai Ilmiah, 3) Pemerataan Beban dan Manfaat, 4) Risiko, 5) Bujukan/Eksploitasi, 6) Kerahasiaan dan Privacy, dan 7) Persetujuan Setelah Penjelasan, yang merujuk pada Pedoman CIOMS 2016. Hal ini seperti yang ditunjukkan oleh terpenuhinya indikator setiap standar.

Declared to be ethically appropriate in accordance to 7 (seven) WHO 2011 Standards, 1) Social Values, 2) Scientific Values, 3) Equitable Assessment and Benefits, 4) Risks, 5) Persuasion/Exploitation, 6) Confidentiality and Privacy, and 7) Informed Consent, referring to the 2016 CIOMS Guidelines. This is as indicated by the fulfillment of the indicators of each standard.

Pernyataan Laik Etik ini berlaku selama kurun waktu tanggal 03 April 2026 sampai dengan tanggal 03 April 2027.

This declaration of ethics applies during the period April 03, 2026 until April 03, 2027.



April 03, 2026
Chairperson,



apt. Zamharira Muslim, M.Farm

00272/EE/2026/0064221771

Appendices 13 DPMPTSP Research Recommendations



PEMERINTAH PROVINSI BENGKULU
DINAS PENANAMAN MODAL DAN PELAYANAN TERPADU SATU PINTU
Jalan Batang Hari No.108, Kelurahan Tanah Patah, Kecamatan Ratu Agung, Kota Bengkulu
Website: <https://dpmtsp.bengkuluprov.go.id> | Email: dpmtsp@bengkuluprov.go.id
BENGKULU 38224

REKOMENDASI

Nomor : 503/82.650/723/DPMPTSP-P.4/2026

TENTANG PENELITIAN

- Dasar :
1. Peraturan Gubernur Bengkulu Nomor 13 Tahun 2022 Tentang Pendelegasian Wewenang Penyelenggaraan Pelayanan Perizinan Berusaha Berbasis Resiko dan Non perizinan Kepada Kepala Dinas Penanaman Modal dan Pelayanan Terpadu Satu Pintu.
 2. Surat Wakil Direktur I Bidang Akademik Poltekkes Kemenkes Bengkulu
Nomor : PP. 01.01/F.XXIII.1/4664/2026, Tanggal 2 Juni 2026 Perihal Rekomendasi Penelitian.
Permohonan diterima tanggal 3 Juni 2026.

Nama / NPM	: SHAKILA MUTIARA KARTINI/P01720322094
Pekerjaan	: Mahasiswa
Maksud	: Melakukan Penelitian
Judul Proposal Penelitian	: Pengaruh <i>Jacobson's Progressive Muscle Relaxation</i> (JPMR) terhadap <i>Alterations in Anxiety</i> pada Pasien <i>Cancer</i> yang Menjalani Kemoterapi di RSUD Dr. M. Yunus Bengkulu Tahun 2026
Daerah Penelitian	: Rumah Sakit Umum Daerah Dr. M. Yunus Bengkulu
Waktu Penelitian/Kegiatan	: 7 Juni 2026 s.d 7 Juli 2026
Penanggung Jawab	: Wakil Direktur I Bidang Akademik Poltekkes Kemenkes Bengkulu

Dengan ini merekomendasikan penelitian yang akan diadakan dengan ketentuan :

- a. Sebelum melakukan penelitian harus melapor kepada Gubernur/Bupati/Walikota Cq.Kepala Badan Kesatuan Bangsa dan Politik atau sebutan lain setempat.
- b. Harus mentaati semua ketentuan Perundang-undangan yang berlaku.
- c. Selesai melakukan penelitian agar melaporkan/menyampaikan hasil penelitian kepada Kepala Badan Kesatuan Bangsa dan Politik Provinsi Bengkulu.
- d. Apabila masa berlaku Rekomendasi ini sudah berakhir, sedangkan pelaksanaan penelitian belum selesai, perpanjangan Rekomendasi Penelitian harus diajukan kembali kepada instansi pemohon.
- e. Rekomendasi ini akan dicabut kembali dan dinyatakan tidak berlaku, apabila ternyata pemegang surat rekomendasi ini tidak mentaati/mengindahkan ketentuan-ketentuan seperti tersebut di atas.

Demikian Rekomendasi ini dikeluarkan untuk dapat dipergunakan sebagaimana mestinya



Ditetapkan di : Bengkulu
Pada tanggal : 03 Juni 2026

KEPALA DINAS PENANAMAN MODAL DAN
PELAYANAN TERPADU SATU PINTU
PROVINSI BENGKULU



KHIRDES LAPENDO PASJU, S.STP., M.Si
Pembina Utama Muda (IV/c)
NIP. 198112282000121001

Tembusan disampaikan kepada Yth :

1. Kepala Badan Kesatuan Bangsa dan Politik Provinsi Bengkulu
2. Direktur Poltekkes Kemenkes Bengkulu
3. Wakil Direktur I Bidang Akademik Poltekkes Kemenkes Bengkulu
4. Yang Bersangkutan

Appendices 14 Research Permit



Kementerian Kesehatan
Direktorat Jenderal
Sumber Daya Manusia Kesehatan
Politeknik Kesehatan Bengkulu
Jalan Indragiri No.3 Padang Harapan
Bengkulu 38225
(0736) 341212
<https://www.poltekkesbengkulu.ac.id>

16 April 2026

Nomor : PP. 01.01/F.XXIII.1/3262/2026
Perihal : Izin Penelitian

Yth,
Direktur RSUD dr. M Yunus Provinsi Bengkulu
di
Tempat

Sehubungan penyusunan tugas akhir mahasiswa dalam bentuk Skripsi Program Studi Keperawatan Program Sarjana Terapan Jurusan Keperawatan Politeknik Kesehatan Kemenkes Bengkulu Tahun Akademik 2025/2026, dengan ini kami mohon Bapak/Ibu dapat memberikan izin pengambilan data untuk penelitian kepada:

Nama : SHAKILA MUTIARA KARTINI
NIM : P01720322094
Tempat Penelitian : Rumah Sakit Umum Daerah dr. M Yunus Provinsi Bengkulu
Waktu Penelitian : 1 Mei - 31 Mei 2026
Judul : 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
No Handphone : 08984894992

Demikianlah, atas perhatian dan kesediaan Bapak/Ibu diucapkan terimakasih.

a.n. Direktur Poltekkes Kemenkes Bengkulu

7 Wakil Direktur I Bidang Akademik

Septiyanti, S.Kep, Ners, M.Pd



Appendices 15 Research Permit for UPTD RSUD dr. M. Yunus



PEMERINTAH PROVINSI BENGKULU
DINAS KESEHATAN
UPTD KHUSUS RSUD dr. M. YUNUS
Jl. Bhayangkara Bengkulu 38229 Telp. (0736) 52004 – 52006 Fax (0736) 52007



Bengkulu, 06 Mei 2026

Nomor : 074/ 230 /BID-DIK/V/2026

Lampiran : -

Yth. Kepada

Kabid. Pelayanan Keperawatan

Perihal : Permohonan Izin Penelitian

di-

Bengkulu

Menindaklanjuti surat dari Poltekkes Kemenkes Bengkulu Nomor :

PP.01.01/F.XXIII.1/3262/2026, Perihal penelitian

Nama : SHAKILA MUTIARA KARTINI

NIM : P01720322094

Prodi : D4 Keperawatan

Judul Penelitian : Pengaruh Jacobson's Progressive Muscle Relaxation (JPMR)
Terhadap Alterations In Anxiety Pada Pasien Cancer Yang
Manjalani Kemoterapi di RSUD dr. M. Yunus Bengkulu.

Ruangan : Kemoterapi

Bersama ini kami mohon kesediaan unit bersangkutan untuk memberikan izin terhitung mulai 06 Mei s.d 06 Juni 2026. Setelah melakukan penelitian yang bersangkutan wajib melaporkan kembali hasil penelitian ke Bidang Pendidikan.

Demikian kami sampaikan, atas perhatian dan kerjasamanya diucapkan terima kasih.

KEPALA BIDANG PENDIDIKAN

Bengkulu, 06 Mei 2026
Kabid Pelayanan Keperawatan

44

Ns. FOURNI ARDIANSYAH, M.Kep
NIP. 19710604 199803 1 009



ATMAN GUSMADI, SKM
Pembina Tk I/IV.B
NIP. 19730809 199303 1 003



Appendices 16 Research Completion Letter



**PEMERINTAH PROVINSI BENGKULU
DINAS KESEHATAN
UPTD RSUD dr. M. YUNUS**

Jl. Bhayangkara Bengkulu 38229 Telp. (0736) 52004 – 52006 Fax. (0736) 52007
BENGKULU 38229



SURAT KETERANGAN

Nomor : 074/ 359 /BID-DIK/VI/2026

Yang bertandatangan dibawah ini :

- a. Nama : **LENI MARLINA, S.Si, Apt., M.Si**
b. Jabatan : Wakil Direktur Penunjang Medik dan Kependidikan

dengan ini menerangkan bahwa :

- a. Nama : **SHAKILA MUTIARA KARTINI**
b. NIM : P01720322094
c. Prodi : D4 Keperawatan
d. Institusi : Poltekkes Kemenkes Bengkulu
e. Judul Penelitian : Pengaruh *Jacobson's Progressive Muscle Relaxation* (JPMR) terhadap *Alterations In Anxiety* pada Pasien Cancer yang Menjalani Kemoterapi di RSUD dr. M. Yunus Bengkulu
f. Ruang Penelitian : Kemoterapi
g. Maksud : Telah Selesai Melaksanakan Penelitian Dari Tanggal 06 Mei s.d 06 Juni 2026

Demikian Surat Keterangan ini dibuat untuk dipergunakan seperlunya.

Bengkulu, Juni 2026
Wakil Direktur Penunjang Medik & Kependidikan

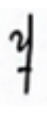
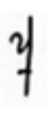
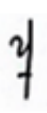


LENI MARLINA, S.Si, Apt., M.Si
NIP. 19750808 200312 2 007

Appendices 17 Guidance Consul Sheet

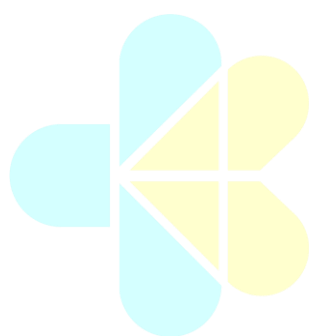
**LEMBAR KONSULTASI SKRIPSI
PRODI SARJANA TERAPAN KEPERAWATAN
JURUSAN SARJANA TERAPAN KEPERAWATAN
JURUSAN KEPERAWATAN POLTEKKES KEMENKES BENGKULU
TAHUN AJARAN 2025**

Nama : Shakila Mutiara Kartini
Nim : P01720322094
Judul : Pengaruh *Jacobson's Progressive Muscle Relaxation* (JPMR) Terhadap *Alterations in Anxiety* pada Pasien *Cancer* yang menjalani kemoterapi di RSUD M. Yunus Bengkulu tahun 2026
Pembimbing I : Ns. Erni Buston, SST., M. Kes.

NO	HARI/ TANGGAL	TOPIK	SARAN	PARAF PEMBIMBING
1	Jumat, 01 Agustus 2025	Konsul judul	- Cari masalah terkait penelitian yang diminati - Alasan mengenai pengambilan judul	
2	Senin, 04 Agustus 2025	Konsul judul	- ACC judul - Perbanyak referensi terkait judul yang diminati - Lakukan studi lapangan - Perbaiki Penulisan BAB I	
3	Kamis, 18 September 2025	Daftar pustaka dan BAB IV	- Perbaiki penulisan - Perbaiki latar belakang - Tambahkan sumber BAB I	

4	Senin, 22 September 2025	Konsul perbaikan BAB IV dilanjutkan BAB III	• Perbaiki BAB I • Perbaiki kerangka teori • Tambahkan materi BAB II • Hapus materi yang tidak perlu • Perbaiki tabel dan bagan	27
5	Senin, 03 November 2025	Konsul BAB I, BAB II, BAB III dan BAB IV	• Perbaiki kalimat overlapping • Perbaiki kerapihan isi • Perbaiki variabel perancu	27
6	Kamis, 06 November 2025	Konsul perbaikan BAB I, BAB II, BAB III dan BAB IV	• Perbaiki definisi operasional • Perbaiki populasi dan sampel penelitian • Perbaiki hipotesis	27
7	Kamis, 13 November 2025	Konsul perbaikan BAB I, BAB II, BAB III, BAB IV	• Perbaiki cara penulisan daftar pustaka • Perbaiki penulisan kutipan • Perbanyak sumber materi	27
8	Rabu, 19 November 2025	Konsul perbaikan BAB I, BAB II, BAB III, BAB IV dan Lampiran	• Perbaiki BAB I • Perbaiki populasi dan sampel penelitian • Perbaiki hipotesis	27
9	Kamis, 27 November 2025	Konsul BAB I, BAB II, BAB III, BAB IV dan Lampiran	• ACC proposal dan lanjut ujian proposal	27
10	Rabu, 10 Juni 2026	Konsul BAB V	• Perbaiki kalimat dengan menghapus	

			kalimat yang berulang • Buat lebih terperinci lagi tentang alur penelitian	2/7
11	Kamis, 11 Juni 2026	Konsul perbaikan Alur penelitian dan tabel hasil BAB V	• Perbaiki cara penulisan • Perbaiki tabel hasil karakteristik responden • Perbaiki susunan interpretasi data dari tabel	2/7
12	Senin, 22 Juni 2026	Konsul perbaikan dan ACC skripsi	• ACC perbaikan skripsi • Persiapkan semua dokumen untuk syarat seminar hasil	2/7



Kemenkes
Poltekkes Bengkulu

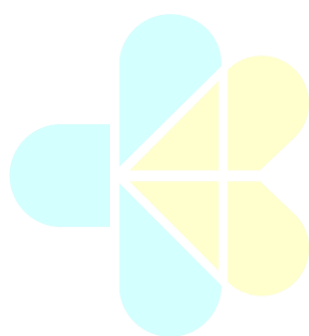
LEMBAR KONSULTASI SKRIPSI
PRODI SARJANA TERAPAN KEPERAWATAN
JURUSAN SARJANA TERAPAN KEPERAWATAN
JURUSAN KEPERAWATAN POLTEKKES KEMENKES BENGKULU
TAHUN AJARAN 2025

Nama : Shakila Mutiara Kartini
 Nim : P01720322094
 Judul : Pengaruh *Jacobson's Progressive Muscle Relaxation* (JPMR) Terhadap *Alterations in Anxiety* pada Pasien *Cancer* yang menjalani kemoterapi di RSUD M. Yunus Bengkulu tahun 2026
 Pembimbing II : Ns. Husni, S.Kep., M.Pd.

NO	HARI/ TANGGAL	TOPIK	SARAN	PARAF PEMBIMBING
1	Jumat, 01 Agustus 2025	Konsul judul	• Cari masalah terkait penelitian yang diminati • Alasan mengenai pengambilan judul	
2	Senin, 11 Agustus 2025	Konsul judul	• ACC judul • Perbanyak referensi terkait judul yang diminati • Lakukan studi lapangan • Perbaiki Penulisan BAB I	
3	Jumat, 19 September 2025	Daftar pustaka dan BAB IV	• Perbaiki penulisan • Perbaiki latar belakang • Tambahkan sumber BAB I	
4	Rabu, 01 Oktober 2025	Konsul perbaikan BAB IV	• Perbaiki BAB I • Perbaiki kerangka teori	

		dilanjutkan BAB III	• Tambahkan materi BAB II • Hapus materi yang tidak perlu • Perbaiki tabel dan bagan	
5	Rabu, 08 Oktober 2025	Konsul BAB I, BAB II, BAB III dan BAB IV	• Perbaiki kalimat overlapping • Perbaiki kerapihan isi • Perbaiki variabel perancu • Perbaiki definisi operasional	
6	Kamis, 13 November 2025	Konsul perbaikan BAB I, BAB II, BAB III, BAB IV	• Perbaiki cara penulisan daftar pustaka • Perbaiki penulisan kutipan • Perbanyak sumber materi	
7	Senin, 01 Desember 2025	Konsul BAB I, BAB II, BAB III,, BAB IV dan Lampiran	• ACC proposal dan lanjut ujian proposal	
8	Senin, 16 Juni 2026	Konsul BAB V	• Perbaiki Tabel SPSS • Perbaiki data output SPSS • Perbaiki kalimat dengan menghapus kalimat yang berulang	
9	Selasa, 17 Juni 2026	Konsul Perbaikan BAB V	• Perbaiki susunan kalimat alur penelitian • Tambahkan jurnal untuk pembahasan dari hasil	

			interpretasi hasil SPSS	
			• Buat abstrak skripsi	
10	Kamis, 19 Juni 2026	Konsul BAB V dan VI	• Menambahkan langkah-langkah dari intervensi di alur penelitian • Perbaiki susunan tabel SPSS	GP.
11	Jumat, 20 Juni 2026	Konsul Perbaikan	• Perbaiki susunan tabel SPSS	GP.
12	Senin, 22 Juni 2026	Konsul perbaikan dan ACC skripsi	• ACC perbaikan skripsi • Siapkan dokumen untuk syarat seminar • Daftar seminar hasil	GP.



Kemenkes
Poltekkes Bengkulu