

Abstrak

**UNIVERSITAS MUHAMMADIYAH JEMBER  
PROGRAM STUDI PROFESI NERS  
FAKULTAS ILMU KESEHATAN**

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Terapi Relaksasi Otot Progresif Sebagai Intervensi Adaptasi Masalah Nyeri Pada Pasien Ca Cerviks di Ruang Dahlia RSD dr. Soebandi

86 halaman + 18 Tabel + 13 Gambar

**ABSTRAK**

**Latar Belakang :** Nyeri yang dirasakan terus menerus pada pasien kanker serviks dapat disebabkan oleh beberapa faktor, seperti tekanan tumor pada organ sekitar. Nyeri yang tidak tertangani dengan baik dapat memperlambat proses penyembuhan. Tindakan berbagai terapi non farmakologi banyak digunakan, salah satunya Terapi Relaksasi Otot Progresif. **Tujuan :** Penerapan Terapi Relaksasi Otot Progresif diharapkan dapat menjadi salah satu solusi efektif untuk dapat beradaptasi dengan rasa nyeri tanpa meningkatkan beban obat-obatan. **Metode :** Desain penelitian ini menggunakan studi kasus dengan satu macam fokus penelitian untuk menyelidiki fenomena yang berkaitan dengan kehidupan nyata. **Hasil :** Berdasarkan evaluasi setelah dilakukan Terapi Relaksasi Otot Progresif pada ke 3 klien dalam 1 hari 2 kali selama 3 hari dengan durasi 20 menit klien dan keluarga kooperatif dan mampu melakukan terapi secara mandiri. Respon dari ketiga klien selama tiga hari mengatakan nyerinya berkurang dan dapat beradaptasi dengan nyeri yang dialami.. **Kesimpulan :** Penerapan Terapi Relaksasi Otot Progresif dapat digunakan sebagai penatalaksanaan upaya dalam beradaptasi nyeri pada pasien kanker serviks.

**Kata Kunci :** Terapi Relaksasi Otot Progresif, Nyeri Kronis, Kanker Serviks

Abstract

**MUHAMMADIYAH UNIVERSITY OF JEMBER  
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Progressive Muscle Relaxation Therapy as an Adaptive Intervention for Pain Problems in Cervical Ca Patients in the Dahlia Room, RSD dr. Soebandi

86 pages + 18 tables + 13 figures

**ABSTRACT**

**Background:** The continuous pain experienced by cervical cancer patients can be caused by several factors, such as tumor pressure on surrounding organs. Pain that is not managed properly can slow down the healing process. Various non-pharmacological therapies are widely used, one of which is Progressive Muscle Relaxation Therapy. **Objective:** It is hoped that the application of Progressive Muscle Relaxation Therapy can be an effective solution for adapting to pain without increasing the burden of medication. **Method:** This research design uses a case study with one type of research focus to investigate phenomena related to real life. **Results:** Based on the evaluation after Progressive Muscle Relaxation Therapy was carried out on the 3 clients in 1 day 2 times for 3 days with a duration of 20 minutes, the client and family were cooperative and able to carry out therapy independently. The responses from the three clients for three days stated that their pain had decreased and they were able to adapt to the pain they were experiencing. **Conclusion:** The application of Progressive Muscle Relaxation Therapy can be used as a management effort to adapt to pain in cervical cancer patients.

**Keywords:** Progressive Muscle Relaxation Therapy, Chronic Pain, Cervical Cancer