

DAFTAR PUSTAKA

- Adelia, M., Mariza, A., Amirus, K., & Latifah, N. S. (2024). Progressive muscle relaxation as an effort to reduce pain intensity in cervical cancer sufferers. *JKM (Jurnal Kebidanan Malahayati)*, *10*(11), 1123–1129. <https://doi.org/https://doi.org/10.33024/jkm.v10i11.17966>
- Alhalawi, Z., & Ervita, L. (2025). Manfaat Progressive Muscle Relaxation (PMR) sebagai Intervensi Nonfarmakologis untuk Nyeri pada Pasien Kanker. *INNOVATIVE: Journal Of Social Science Research*, *5*(3), 3966–3977. <https://j-innovative.org/index.php/Innovative>
- Bahcaci, U., Uysal, S. A., İyigun, Z. E., Ordu, C., Soybir, G. R., & Ozmen, V. (2024). Progressive relaxation training in patients with breast cancer receiving aromatase inhibitor therapy-randomized controlled trial. *PLoS ONE*, *19*(4), 1–12. <https://doi.org/10.1371/journal.pone.0301020>
- Brownson-Smith, R., Orange, S. T., Cresti, N., Hunt, K., Saxton, J., Temesi, J., & Received: (2025). Effect of exercise before and/or during taxane-containing chemotherapy treatment on chemotherapy-induced peripheral neuropathy symptoms in women with breast cancer: systematic review and meta-analysis. *Journal of Cancer Survivorship*, *19*, 78–96. <https://doi.org/10.1007/s11764-023-01450-w>
- Brozovic, G., Lesar, N., Janev, D., Bošnjak, T., & Muhaxhiri, B. (2022). Cancer pain and therapy. *Acta Clinica Croatica*, *61*, 103–108. <https://doi.org/10.20471/acc.2022.61.s2.13>
- Burgess, B. L., Cho, E., & Honigberg, L. (2022). Neurofilament light as a predictive biomarker of unresolved chemotherapy-induced peripheral neuropathy in subjects receiving paclitaxel and carboplatin. *Scientific Reports*, *12*(15593), 1–9. <https://doi.org/10.1038/s41598-022-18716-5>
- Dinas Kesehatan Provinsi Jawa Tengah. (2024). *Kondisi Penyakit Tidak Menular*. Portal Data Jawa Tengah. <https://data.jatengprov.go.id/no/dataset/9a3-kondisi-penyakit-tidak-menular/resource/d8a2f7ef-03b3-47f2-860a-5f073250bbaf/view/24da1ed7-11dc-43dc-980a-30d10fc4a9a0>
- Doan, L. V., Yoon, J., Chun, J., Perez, R., & Wang, J. (2023). Pain associated with breast cancer : etiologies and therapies. *Frontiers in Pain Research*, *4*(1182488.), 1–14. <https://doi.org/10.3389/fpain.2023.1182488>
- Elsaba, H. A. H. F., Mohamed, S. H., Sweelam, M. Y. M., Younes, M. M. A. E. H., & Ahmed, S. I. (2022). Progressive muscle relaxation technique effectiveness on pain and fatigue among post- mastectomy women : A quasi-experimental study. *International Journal of Health Sciences*, *6*(S8), 6336–6351. <https://doi.org/https://doi.org/10.53730/ijhs.v6nS8.13782>
- Engvall, K., Gréen, H., Fredrikson, M., Lagerlund, M., Lewin, F., & Åvall-Lundqvist, E. (2022). Impact of persistent peripheral neuropathy on health-related quality of life among early-stage breast cancer survivors : a population-based cross- sectional study. *Breast Cancer Research and Treatment*, *195*, 379–391. <https://doi.org/10.1007/s10549-022-06670-9>
- Glare, P., Aubrey, K., Gulati, A., Lee, Y. C., Moryl, N., & Overton, S. (2022). Pharmacologic Management of Persistent Pain in Cancer Survivors. *Drugs*, *82*, 275–291. <https://doi.org/10.1007/s40265-022-01675-6>
- Gökmen, V., & Ayoğlu, T. (2026). Effectiveness of postoperative progressive relaxation exercises on pain, anxiety, and physiological parameters after emergency abdominal surgery: a randomized controlled trial. *Irish Journal of Medical Science*.

- <https://doi.org/10.1007/s11845-026-04357-4>
- IARC. (2024). *GLOBOCAN 2022: Indonesia Fact Sheet*. Global Cancer Observatory. <https://gco.iarc.who.int/media/globocan/factsheets/populations/360-indonesia-fact-sheet.pdf>
- Irawan, H., Abdillah, H., Alamsyah, A. Z., & Alamsah, M. S. (2026). The Effect of Progressive Muscle Relaxation Technique on Pain. *Jurnal Keperawatan Priority*, 9(1), 47–57.
- Israwati, D. A., Abbas, H. H., & Arman. (2025). Monitoring Deteksi Kanker Payudara Berbasis Aplikasi Ca. Mammae di Rumah Sakit Ibnu Sina YW-Umi Kota Makassar. *Window of Public Health Journal*, 6(2), 354–369. <http://jurnal.fkm.umi.ac.id/index.php/woph/article/view/woph6213>
- Klinke, J., Molinari, V., & Jensen, K. (2026). Intraindividual pain variability in chronic pain: A systematic review. *Molecular Pain*, 22, 1–12. <https://doi.org/10.1177/17448069261439609>
- Lopez, G., Eng, C., Overman, M., Ramirez, D., Liu, W., Beinhorn, C., Sumler, P., Prinsloo, S., Li, Y., Chen, M., Bruera, E., & Cohen, L. (2022). A randomized pilot study of oncology massage to treat chemotherapy-induced peripheral neuropathy. *Scientific Reports*, 12(19023), 1–10. <https://doi.org/10.1038/s41598-022-23372-w>
- Mahalati, K. M., Collins, J. O., & Forman, D. L. (2026). Post-Mastectomy Pain Syndrome Following Breast Cancer Treatment: A Neuroimmune Disorder from an Integrative Oncology Perspective. *Annals of Clinical Case Reports*, 11(2825), 1–24. <http://anncaserep.com>
- Mahmud, Sudadi, & Ristiano, M. B. (2023). Manajemen nyeri pada pasien kanker payudara stadium paliatif dengan cancer pain. *Jurnal Komplikasi Anestesi*, 10(2), 24–32. <https://doi.org/10.22146/jka.v10i2.8302>
- Miftahurroziqin, M. A., Susumaningrum, L. A., Kurdi, F., & Basri, A. A. (2024). Progressive Muscle Relaxation to Reduce Chronic Pain in Elderly with Hypertension: A Case Study. *Jurnal Kesehatan Komunitas Indonesia (JKKI)*, 4(1), 79–96. <https://doi.org/10.58545/jkki.v4i1.163>
- Nezami, N., Behi, A., Manyapu, S., Meisel, J. L., Resnick, N., Corn, D., & Prologo, J. D. (2023). Percutaneous CT-Guided Cryoneurolysis of the Intercostobrachial Nerve for Management of Postmastectomy Pain Syndrome. *Journal of Vascular and Interventional Radiology*, 34(5), 807–813. <https://doi.org/10.1016/j.jvir.2022.12.465>
- Plinsinga, M. L., Singh, B., Rose, G. L., Clifford, B., Bailey, T. G., Spence, R. R., Turner, J., Coppieters, M. W., McCarthy, A. L., & Hayes, S. C. (2023). The Effect of Exercise on Pain in People with Cancer: A Systematic Review with Meta-analysis. *Sports Medicine*, 53, 1737–1752. <https://doi.org/10.1007/s40279-023-01862-9>
- PPNI. (2016). *Standar Diagnosis Keperawatan Indonesia: Definisi dan Indikator Diagnostik* (1st ed.). DPP PPNI.
- PPNI. (2018a). *Standar Intervensi Keperawatan Indonesia: Definisi dan Tindakan Keperawatan* (1st ed.). DPP PPNI.
- PPNI. (2018b). *Standar Luaran Keperawatan Indonesia: Definisi dan Kriteria Hasil Keperawatan* (1st ed.). DPP PPNI.
- PPNI. (2021). *Pedoman Standar Prosedur Operasional Keperawatan* (1st ed.). DPP PPNI.
- Prasestiyo, H., Allenidekania, & Maria, R. (2022). Progressive muscle relaxation: Alternatif mengurangi gejala pada pasien kemoterapi. *Jurnal Keperawatan*

- Silampari*, 5(2), 1013–1020. <https://doi.org/10.31539/jks.v5i2.3592>
- Ren, Y., Kong, X., Yang, Q., Ouyang, L., Liu, Q., Dong, H., Wang, Z., Fang, Y., & Wang, J. (2022). Incidence, risk factors, prevention and treatment of postmastectomy pain syndrome in breast cancer : A multicenter study. *International Journal of Surgery*, 106(10693), 1–14. <https://doi.org/10.1016/j.ijssu.2022.106937>
- Rifky, M. A., Eltohamy, S. A., Ibrahim, M. K. A. E.-A., & Zakzouk, M. M. A. A. (2023). An Overview on Post-Mastectomy Pain and its prevention. *International Journal of Chemical and Biochemical Sciences*, 24(10), 1048–1055. www.iscientific.org/Journal.html
- Salati, S. A., Alsulaim, L., Alharbi, M. H., Alharbi, N. H., Alsenaid, T. M., Alaodah, S. A., Alsuhaibani, A. S., & Albaqami, K. A. (2023). Postmastectomy Pain Syndrome : A Narrative Review. *Cureus*, 15(10), 1–15. <https://doi.org/10.7759/cureus.47384>
- Strijbos, B. T. M., Janssen, L., Voogd, A. C., Zwaans, W. A. R., Roumen, R. M. H., & Braat, A. J. G. M. (2024). Persistent Pain After Breast Cancer Treatment, an Underreported Burden for Breast Cancer Survivors. *Annals of Surgical Oncology*, 31, 6753–6763. <https://doi.org/10.1245/s10434-024-15682-2>
- Suryani, D., Nuraini, T., & Gayatri, D. (2022). Intervensi relaksasi otot progresif (progressive muscle relaxation) pada pasien kanker yang mengalami fatigue. *Journal of Telenursing (JOTING)*, 4(2), 668–674. <https://doi.org/10.31539/joting.v4i2.4247>
- Tunnisa, R. Z., Arfina, A., Wardah, & Azhar, B. (2025). Application of progressive muscle relaxation in breast cancer patients with chronic pain at RSUD Arifin Achmad Province Riau. *Proceeding of The 3rd Payung Negeri International Health Conference*, 3(1), 651–659.
- Virassamy, B., Caramia, F., Savas, P., Harris, M. A., Pan, J.-W., Wang, J., Brown, E., O'Malley, M. M. R., Geelen, C. T. van, Hun, M., Burn, T. N., Sant, S., Ballan, J. D., Kay, J., Gonzalez, L. E. L., Clarke, K., Yeang, H. X. A., Idrizi, R., Jana, M., ... Loi, S. (2026). Parity and lactation induce T-cell-mediated breast cancer protection. *Nature*, 649, 449–459. <https://doi.org/10.1038/s41586-025-09713-5>
- WHO. (2026). *Breast Cancer*. World Health Organization. <https://www.who.int/news-room/fact-sheets/detail/breast-cancer>
- Xiong, X., Zheng, L.-W., Ding, Y., Chen, Y.-F., Cai, Y.-W., Wang, L.-P., Huang, L., Liu, C.-C., Shao, Z.-M., & Yu, K.-D. (2025). Breast cancer : pathogenesis and treatments. *Signal Transduction and Targeted Therapy*, 10(49), 1–33. <https://doi.org/10.1038/s41392-024-02108-4>