

REFERENSI

- Anggraini, N., Nugroho, S., & Hafifah, V. (2024). Penerapan Teknik Relaksasi Otot Progresif terhadap Penurunan Nyeri Hipertensi pada Lansia di Wisma Seroja UPT PSTW Pandaan Pasuruan. *Jurnal Ilmu Teknologi, Kesehatan, Dan Humaniora*, 5(1), 38–46.
- Ayangba, D., John, J., Pozzar, R., Hammer, M., & Miaskowski, C. (2024). Systematic Review of the Literature on Multiple Co-occurring Symptoms in Patients Receiving Treatment for Gynecologic Cancers. *Seminars in Oncology Nursing*, 40(1), 151572. <https://doi.org/10.1016/j.soncn.2023.151572>
- Barry, P. N., Ling, D. C., & Beriwal, S. (2022). Definitive chemoradiation or radiation therapy alone for the management of vulvar cancer. *International Journal of Gynecological Cancer*, 32(3), 332–337. <https://doi.org/10.1136/ijgc-2021-002530>
- Berek, J. S., Renz, M., Kehoe, S., Kumar, L., & Friedlander, M. (2021). Cancer of the ovary, fallopian tube, and peritoneum: 2021 update. *FIGO CANCER REPORT 2021*, 155, 61–85. <https://doi.org/10.1002/ijgo.13878>
- Cat, K., Vo, T., & Kawamura, K. (2025). Female Oncofertility: Current Understandings, Therapeutic Approaches, Controversies, and Future Perspectives. *Journal of Clinical Medicine*, 10, 1–23.
- Costa, M. L., Sales, C. H., Neto, J. V., Sarti, F. M., Rogero, M. M., & Fisberg, R. M. (2025). Vitamin E is associated with inflammatory biomarkers and metabolic syndrome: insights from a population study. *Nutrition Research*, 140, 161–172.
- Dzuwelda, M., & Yanti, S. (2025). Implementation of Progressive Muscle Relaxation (PMR) on Fatigue Patient with Cancer. *Proceeding of the 3rd Payung Negeri International Health Conference*, 3(1), 586–590.
- Fleming, B., Edison, P., & Kenny, L. (2023). Cognitive impairment after cancer treatment: mechanisms, clinical characterization, and management. *State of the Art REVIEW*, 1–18. <https://doi.org/10.1136/bmj-2022-071726>
- Foretz, M., Guigas, B., & Viollet, B. (2023). Metformin: update on mechanisms of action and repurposing potential. *Nature Reviews Endocrinology*, 19, 460–476.
- Fowler, J. R., Maani, E. V., Dunton, C. J., Gasalberti, D. P., & Jack, B. W. (2023). *Cervical cancer*. StatPearls. <https://pubmed.ncbi.nlm.nih.gov/28723082/>
- Ginex, P. K., Wood, S. K., & Sivakumaran, K. (2023). Physical activity interventions for cancer-related fatigue: A scoping review of randomized controlled trials from a Nursing Science Precision Health Model perspective. *Nursing Outlook*, 71.
- International Agency for Research on Cancer. (2024). *GLOBOCAN 2022: Indonesia fact sheet*. World Health Organization. <https://gco.iarc.who.int/media/globocan/factsheets/populations/360-indonesia-fact-sheet.pdf>
- Kementerian Kesehatan RI. (2024). *Rencana Kanker Nasional 2024-2034*. Kementerian Kesehatan RI. https://www.iccp-portal.org/sites/default/files/plans/Rencana_Kanker_Nasional_2024-2034.pdf?utm_source=chatgpt.com
- Kementerian Kesehatan RI. (2025a). *Kasus Kanker Diprediksi Meningkat 70*

- Persen pada 2050, Kemenkes Perkuat Deteksi Dini.*
<https://kemkes.go.id/id/kasus-kanker-diprediksi-meningkat-70-persen-pada-2050-kemenkes-perkuat-deteksi-dini>
- Kementerian Kesehatan RI. (2025b). *Waspada! Kanker Serviks: Ancaman Nyata Bagi Perempuan Indonesia.* <https://ayosehat.kemkes.go.id/topik-penyakit/neoplasma/kanker-serviks-leher-rahim>
- Khemthong, U., Hawsawi, S., & Schneider, J. K. (2026). Effects of Exercise on Balance in Cancer Survivors with Chemotherapy-Induced Peripheral Neuropathy. *Cancer Nursing*, 49(1), 52–66. <https://doi.org/10.1097/NCC.0000000000001382>
- Komalasari, D. R., Vongsirinavarat, M., & Hiengkaew, V. (2024). Balance performance, falls-efficacy and social participation in patients with type 2 diabetes mellitus with and without vestibular dysfunction. *PeerJ*, 12, 1–20. <https://doi.org/10.7717/peerj.17287>
- Marano, G., Mazza, M., Marano, G., Mazza, M., & Psychiatry, U. (2024). Impact of gynecological cancers on women's mental health. *World Journal of Psychiatry*, 14(9), 1294–1300. <https://doi.org/10.5498/wjp.v14.i9.1294>
- Martin, T., Twomey, R., Medysky, M. E., Temesi, J., Culos-reed, S. N., & Millet, G. Y. (2021). The Relationship between Fatigue and Actigraphy-Derived Sleep and Rest – Activity Patterns in Cancer Survivors. *Current Oncology*, 28(2), 1170–1182.
- Mee, T., Kirby, N., Defourny, N., Kirby, K., & Burnet, N. (2023). The use of radiotherapy, surgery and chemotherapy in the curative treatment of cancer: results from the FORTY (Favourable Outcomes from RadioTherapy) project. *Br J Radiol*, April, 1–8.
- Miyashita, M. (2024). Chemotherapy-related cognitive impairment: What we need to know and what we can do. *Asia-Pacific Journal of Oncology Nursing*, 11(October 2023), 2023–2025. <https://doi.org/10.1016/j.apjon.2023.100334>
- Momayyezi, M., Fallahzadeh, H., Farzaneh, F., & Momayyezi, M. (2021). Sleep Quality and Cancer-Related Fatigue in Patients with Cancer. *Tabriz University of Medical Sciences*, 10(3), 145–152. <https://doi.org/10.34172/jcs.2021.021>
- Monk, B. J., Smith, G., Lima, J., Long, G. H., Alam, N., Nakamura, H., Meulendijks, D., Ghiorghiu, D., & Banerjee, S. (2022). Real-world outcomes in patients with advanced endometrial cancer: A retrospective cohort study of US electronic health records. *Gynecologic Oncology*, 164(2), 325–332. <https://doi.org/https://doi.org/10.1016/j.ygyno.2021.12.008>
- Muswhina, H., & Suprpti, F. (2025). Self-Management Fatigue Pasien Kanker yang Sedang Menjalani Kemoterapi di Rumah Sakit: Literature Review. *Jurnal Ilmiah Indonesia*, 10(9), 7577–7588.
- Natosba, J., Purwanto, S., & Rizona, F. (2020). Aplikasi Progressive Muscle Relaxation sebagai Upaya Reduksi Nyeri dan Kecemasan. *Jurnal Abdimas Madani Dan Lestari*, 02(September), 66–75.
- Norelli, S. K., Long, A., & Krepps, J. M. (2023). *Relaxation Techniques*. StatPearls. <https://www.ncbi.nlm.nih.gov/books/NBK513238/#:~:text=Progressive Muscle Relaxation&text=The exercise involves tensing and,the support of a narrator.>

- Paramita, N., Nusdwinuringtyas, N., & Spkfr, K. (2016). Validity and Reliability of the Indonesian Version of the Brief Fatigue Inventory in Cancer Patients. *Journal of Pain and Symptom Management*, 52(5), 744–751. <https://doi.org/10.1016/j.jpainsymman.2016.04.011>
- PPNI. (2017). *Standar Diagnosis Keperawatan Indonesia: Definisi dan Indikator Diagnostik (Edisi 1)*. DPP PPNI.
- PPNI. (2019). *Standar Luaran Keperawatan Indonesia: Definisi dan Kriteria Hasil Keperawatan (Edisi 1)*. DPP PPNI.
- Putra, G., & Rahman, N. (2024). Factors associated with fatigue in patients undergoing radiotherapy: A literature review. *Indonesian Journal of Global Health Research*, 6(55), 605–616.
- Putri, S. I., Devi, H. M., & Fransiska, R. D. (2025). Associated factors of cervical cancer screening intention among reproductive- aged women : A cross-sectional study. *Pedimaternal Nursing Journa*, 11(2), 90–98.
- Said, N. B., & Alsayed, A. (2026). Cancer-Related Fatigue, Psychological Symptoms , and Sleep Quality and Influencing Factors in Cancer Patients Receiving Chemotherapy. *The Journal of Health Care Organization, Provision, and Financing*, 63, 1–8. <https://doi.org/10.1177/00469580261422596>
- Schmidt, M. E., Hermann, S., Arndt, V., & Steindorf, K. (2020). Prevalence and severity of long-term physical, emotional, and cognitive fatigue across 15 different cancer entities. *Cancer Medicine*, 9, 8053–8061. <https://doi.org/10.1002/cam4.3413>
- Tang, Y., Wang, Y., Tian, J., & Zhou, S. (2024). Thirteen Nonpharmacological Interventions with Advanced Cancer. *Cancer Nursing*, 47(1). <https://doi.org/10.1097/NCC.0000000000001155>
- Toussaint, L., Nguyen, Q. A., Roettger, C., Dixon, K., Offenb, M., Kohls, N., Hirsch, J., & Sirois, F. (2021). Effectiveness of Progressive Muscle Relaxation , Deep Breathing , and Guided Imagery in Promoting Psychological and Physiological States of Relaxation. *Evidence-Based Complementary and Alternative Medicine*, 2021, 1–8.
- Wang, Y., Tian, L., Liu, X., Zhang, H., Tang, Y., Zhang, H., & Nie, W. (2023). Multidimensional Predictors of Cancer-Related Fatigue Based on the Predisposing, Precipitating, and Perpetuating (3P) Model: A Systematic Review. *Cancers*, 15, 1–20.
- Wang, Y., Yang, LLin, G., Huang, B., Sheng, X., Wang, L., & Chen, L. . (2024). The efficacy of progressive muscle relaxation training on cancer-related fatigue and quality of life in patients with cancer: A systematic review and meta-analysis of randomized controlled studies. *International Journal of Nursing Studies*, 152.
- Werdani, Y. D. W., Lilyana, A., & Putri, T. A. W. (2022). Multifaktorial pemicu cancer-related fatigue (CRF) pada pasien kanker. *Jurnal Ners LENTERA*, 10(1), 49–59.
- WHO. (2024). *Mencegah dan mengendalikan kanker: WHO dan para mitra meningkatkan dukungan*. <https://www.who.int/indonesia/id/news/detail/24-10-2024-preventing-and-controlling-cancer--who-and-partners-step-up-support>
- Wolfe, D. M., Hamel, C., Berard, J., Veroniki, A. A., & Skidmore, B. (2025).

Comparative Effectiveness of Interventions to Treat Cancer Treatment-Related Cognitive Impairment in Adult Cancer Survivors Following Systemic Therapy: A Systematic Review with Network Meta-Analyses. *Cancers*, 17(3430), 2–28.

Yang, S., Chu, S., Ga, Y., Ai, Q., Liu, Y., Li, X., & Chen, N. (2019). A Narrative Review of Cancer-Related Fatigue (CRF) and Its Possible Pathogenesis. *Cells*, 8(738), 1–19.

Zhang, X., Jing, Z., Yu, A., Xu, X., Meng, H., & Wang, K. (2025). High sodium intake: a silent killer driving global gastric cancer burden. *BMC Cancer*, 25, 1–16.

Zhao, J., Zhan, L., Pang, Y., Shen, S., Huang, J., Zhang, W., & Wei, S. (2025). Prevalence and risk factors for cancer-related fatigue in women with malignant gynecological tumors: a meta-analysis and systematic review. *BMC Cancer*, 25(827), 1–14.