

mengurangi tingkat emosional, dan meningkatkan penerimaan terhadap penyakit. *Mindfulness* bekerja melalui perbaikan regulasi emosi dan peningkatan kesadaran diri sehingga dapat menjadi alternatif intervensi keperawatan nonfarmakologis yang mendukung pengelolaan nyeri kanker secara holistik. Saran untuk peneliti selanjutnya agar menggunakan desain penelitian dengan jumlah responden yang lebih besar, periode intervensi yang lebih panjang, serta pengukuran regulasi emosi menggunakan instrumen yang lebih spesifik sehingga efektivitas *mindfulness* terhadap nyeri kronis dan regulasi emosi pada pasien kanker dapat dibuktikan secara lebih kuat.

Ucapan Terima Kasih

Peneliti mengucapkan terima kasih kepada seluruh responden yang telah berpartisipasi dalam penelitian ini, serta Rumah Sakit Nasional Diponegoro atas izin dan dukungannya selama proses penelitian. Peneliti juga ingin mengucapkan terima kasih kepada dosen pembimbing atas bimbingan, pengawasan, dan masukan yang diberikan selama proses penelitian. Selain itu, peneliti ingin mengucapkan terima kasih kepada seluruh anggota tim peneliti atas dukungan dan kerja samanya selama penelitian ini berlangsung.

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