

POLITEKNIK KESEHATAN KEMENTERIAN KESEHATAN
TANJUNGPURUN
PROGRAM STUDI DIII KEPERAWATAN KOTABUMI

Karya Tulis Ilmiah, April 2025

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PENERAPAN TEKNIK *PROGRESSIVE MUSCLE RELAXATION (PMR)* PADA
KLIEN *POST* OPERASI TUMOR *MAMAE SINISTRA* DENGAN MASALAH
KEPERAWATAN NYERI AKUT DI RUMAH SAKIT UMUM HANDAYANI
KOTABUMI, LAMPUNG UTARA

xvii + 71 Halaman + 5 tabel + 5 gambar + lampiran

ABSTRAK

Tumor payudara adalah pembengkakan yang terjadi di area payudara karena terjadinya pertumbuhan sel yang tidak normal. Ditandai dengan adanya benjolan pada area payudara dengan faktor resiko wanita usia subur dengan rentang usia remaja hingga dewasa. Penelitian ini bertujuan untuk memperoleh gambaran penerapan teknik *PMR* pada klien *post* operasi tumor payudara dengan masalah Keperawatan Nyeri Akut di Rumah Sakit Umum Handayani. Metode penelitian ini menggunakan tindakan keperawatan berupa penerapan teknik *PMR* yang dilaporkan dalam bentuk studi kasus. Hasil penelitian setelah dilakukan penerapan teknik *PMR* didapatkan hasil nyeri akut Ny. V menurun ditandai dengan skala nyeri menurun dari skor 6 menjadi skor 2 selama 3 hari proses keperawatan, tampak meringis menurun, pola tidur membaik. Kesimpulan dari penelitian ini bahwa teknik *PMR* dapat membantu menurunkan skala nyeri pada Ny. V dengan masalah nyeri akut *post* operasi tumor *mamae sinistra*.

Kata kunci : Nyeri Akut, *Post* Operasi, Tumor Payudara, *Progressive Muscle Relaxation (PMR)*

Daftar Bacaan : 25 (2016 - 2025)

*HEALTH POLYTECHNIC OF THE MINISTRY OF HEALTH TANJUNGKARANG
DIII STUDY PROGRAM IN NURSING KOTABUMI*

*Scientific Papers, April 2025
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*IMPLEMENTATION OF PROGRESSIVE MUSCLE RELAXATION (PMR)
TECHNIQUE FOR POSTOPERATIVE MAMAE SINISTRA TUMOR CLIENTS
WITH ACUTE PAIN NURSING PROBLEMS AT HANDAYANI KOTABUMI
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xvii + 71 Pages + 5 tables + 5 pictures + appendices

ABSTRACT

Breast tumor is a swelling that occurs in the breast area due to abnormal cell growth. It is characterized by the presence of a lump in the breast area, with risk factors commonly found in women of reproductive age, ranging from adolescence to adulthood. This study aims to describe the application of Progressive Muscle Relaxation (PMR) technique in a client post-breast tumor surgery who experiences the nursing problem of Acute Pain at Handayani General Hospital. The research method involves a nursing intervention through the application of PMR technique, reported in the form of a case study. The results showed that after the PMR technique was applied, Mrs. V experienced a reduction in acute pain, indicated by a decrease in the pain scale from a score of 6 to a score of 2 over a 3-day nursing care period. Signs of grimacing decreased, and sleep patterns improved. The conclusion of this study is that the Progressive Muscle Relaxation technique can help reduce the pain scale in Mrs. V, who experienced acute pain following surgery for a left breast tumor (tumor mammae sinistra).

Keywords : Acute Pain, Breast Tumor, Postoperative, , Progressive Muscle Relaxation (PMR)

References : 25 (2016-2025)