

# **PENERAPAN *EVIDENCE BASED* TERAPI *FOOT REFLEXOLOGY MASSAGE* TERHADAP KECEMASAN, DEPRESI DAN KUALITAS HIDUP PADA PASIEN KANKER SERVIKS**

**(Nurul Hidayah)**

## **Abstrak**

Pasien kanker serviks yang menjalani kemoterapi lebih mungkin mengalami gejala psikologis selain masalah fisik seperti kecemasan dan depresi, yang merupakan masalah serius bagi 85% pasien kanker. Pasien kanker serviks mengalami masalah fisik yang signifikan akibat dampak dari diagnosis, prognosis, dan pengobatan. Depresi pada pasien kanker serviks dapat memburuk selama pengobatan kanker, bertahan hingga akhir pengobatan, dan memengaruhi kualitas hidup. Perawatan untuk penderita kanker serviks tidak hanya berfokus pada penanganan kebutuhan terapi farmakologis namun dibutuhkan terapi non farmakologis yang dikombinasikan pada saat kemoterapi. Pijat Refleksi Kaki merupakan alternatif pengobatan non farmakologis yang efektif untuk meredakan nyeri, kecemasan dan depresi dengan menggunakan teknik pemijatan berupa gosokan (memijat), pengurutan ibu jari, rotasi titik tangan, tekanan dan penekanan. Rangsangan berupa pijatan dan tekanan pada kaki dapat menimbulkan gelombang relaksasi ke seluruh tubuh, sehingga memberikan respon rileks bagi tubuh dengan meningkatkan stimulasi saraf dan aliran darah. Hal ini juga diasumsikan meningkatkan pelepasan hormon dopamin dan endorfin dengan merangsang sistem kekebalan tubuh, sistem endokrin, dan neuropeptide Hormon-hormon ini cenderung mencegah transmisi rasa sakit, memberikan relaksasi, mengurangi stres, dan meningkatkan ketenangan.

**Kata Kunci:** *Depresi, Kecemasan, Kualitas Hidup, Kemoterapi, Kanker Serviks, Terapi Reflexology Massage*

# ***APPLICATION OF EVIDENCE BASED FOOT REFLEXOLOGY MASSAGE THERAPY ON ANXIETY, DEPRESSION AND QUALITY OF LIFE IN CERVICAL CANCER PATIENTS***

**(Nurul Hidayah)**

## **Abstract**

Cervical cancer patients undergoing chemotherapy are more likely to experience psychological symptoms in addition to physical problems such as anxiety and depression, which are serious concerns for 85% of cancer patients. Cervical cancer patients experience significant physical problems due to the impact of diagnosis, prognosis and treatment. Depression in cervical cancer patients can worsen during cancer treatment, persist until the end of treatment, and affect quality of life. Treatment for patients with cervical cancer does not only focus on addressing the needs of pharmacological therapy but non-pharmacological therapy is needed in combination with chemotherapy. Foot Reflexology is an effective non-pharmacological treatment alternative to relieve pain, anxiety and depression by using massage techniques in the form of rubbing (massaging), thumb sorting, hand point rotation, pressure and suppression. Stimulation in the form of massage and pressure on the feet can cause waves of relaxation throughout the body, thus providing a relaxed response to the body by increasing nerve stimulation and blood flow. It is also assumed to increase the release of dopamine and endorphin hormones by stimulating the immune system, endocrine system, and neuropeptide. These hormones tend to prevent the transmission of pain, provide relaxation, reduce stress, and promote calmness.

**Keywords:** *Reflexology Massage Therapy, Anxiety, Depression, Quality of Life, Cervical Cancer, Chemotherapy*