

## DAFTAR PUSTAKA

- Abbas, H, Lal, A, & Jaffrani, AS 2021, ‘Comparison of Single Antibiotic Paste Nitrofurantoin and Calcium Hydroxide Paste as Intracanal Medicaments in Alleviating Post-Operative Pain in Patients with Symptomatic Irreversible Pulpitis -A Randomized Controlled Trial’, *British Journal of Pharmaceutical Research*, vol. 33, no. 46A, pp. 484–494.
- Airiska, M, Winarni, LM, & Ratnasari, F 2020, ‘Hubungan Pengetahuan Kesehatan Terhadap Peran Keluarga Dalam Perawatan Lansia Dengan Gangguan Mobilitas Fisik Di Ruang Perawatan Rsud Pakuhaji Kabupaten Tangerang’, *Menara Medika*, vol. 3, no. 1, pp. 32–39, <https://jurnal.umsb.ac.id/index.php/menaramedika/index> JMM.
- Amelia, W & Saputri, DMA 2020, ‘Efektifitas Hand Massage Terhadap Skala Nyeri Pada Pasien Post Operasi Laparotomi Jl . Jamal Jamil Pondok Kopi Siteba Padang’, *Jurnal Kesehatan Midwinerslion*, vol. 5, no. 1, pp. 96–105.
- Aspiani, RY 2021a, *Buku ajar asuhan keperawatan maternitas aplikasi NANDA, NIC, dan NOC*, CV Trans Info Media, Jakarta.
- Aspiani, RY 2021b, *Buku ajar asuhan keperawatan gerontik jilid 2*, T Ari (ed.), Trans Info Media, Jakarta.
- Aspiani, Reny Yuli 2021, *Asuhan Keperawatan Maternitas Aplikasi NANDA, NIC, dan NOC*, CV Trans Info Media, Jakarta.
- Begum, R & Hossain, MA 2019, ‘Validity and Reliability of Visual Analogue Scale (VAS) for Pain Measurement’, *Journal of Medical Case Reports and Reviews*, vol. 2, no. 11, pp. 394–402, <https://jmccrr.info/index.php/jmccrr/article/view/44>.
- Byrom, B et al. 2022, ‘Measurement Comparability of Electronic and Paper Administration of Visual Analogue Scales: A Review of Published Studies’, *Therapeutic Innovation and Regulatory Science*, vol. 56, no. 3, pp. 394–404, <https://doi.org/10.1007/s43441-022-00376-2>.
- Celador, EC, Rydiger, J, & Tameem, A 2022, *Essential Notes in Pain Medicine*, Oxford University Press, United Kingdom.
- Cudney, L et al. 2022, ‘Investigating the relationship between objective measures of sleep and self-report sleep quality in healthy adults: A review’, *Journal of Clinical Sleep Medicine*, vol. 18, no. 3, pp. 927–936.
- Desmawati, Kongsuwan, W, & Chatchawet, W 2019, ‘Effect of nursing intervention integrating an Islamic praying program on labor pain and pain

- behaviors in primiparous Muslim women', *Iranian Journal of Nursing and Midwifery Research*, vol. 24, no. 3, pp. 220–226.
- Desmawati, Kongsuwan, W, & Chatchawet, W 2021, 'Level of Labor Pain, Level of Labor Pain Behaviors, and Cultural Pain Behaviors among First-Time Indonesian Muslim Mothers', *Open Journal of Obstetrics and Gynecology*, vol. 11, no. 01, pp. 27–39.
- Dydyk, AM & Grandhe, S 2023, 'Pain Assessment', in, StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing, <https://www.ncbi.nlm.nih.gov/books/NBK556098/>.
- Elsaqaa, HS, Sobhy, SI, & Zaki, NH 2021, 'Effect of Progressive Muscle Relaxation Technique on Pain Intensity and Physiological Parameters among Post Hysterectomized Women', *International Journal of Novel Research in Healthcare and Nursing*, vol. 8, no. 1, pp. 11–24.
- Fatimah, SN & Solehati, T 2023, 'Asuhan Keperawatan pada Ny.L Dengan Post Operasi Mioma Uteri Di Rsu Dr. Slamet Garut: a Case Report', *SENTRI: Jurnal Riset Ilmiah*, vol. 2, no. 7, pp. 2665–2670.
- Fitriani, A et al. 2023, 'Latihan Mobilisasi Untuk Meningkatkan Proses Pemulihan Pasca Operasi Laparotomi Pada Pasien Peritonitis', *Health Care Nursing Journal*, vol. 5, no. 1, pp. 529–537, <https://journal.umtas.ac.id/index.php/healthcare>.
- Gofur, N et al. 2021, 'Uterine Myoma, Risk Factor and Pathophysiology: A Review Article', *Clin Onco*, vol. 4, no. 3, pp. 1–4.
- Hidayatulloh, AI et al. 2020, 'Pengalaman dan Manajemen Nyeri Pasien Pasca Operasi di Ruang Kemuning V RSUUP dr. Hasan Sadikin Bandung : Studi Kasus', *Jurnal Ilmu Keperawatan dan Kebidanan*, vol. 11, no. 2, pp. 187–204.
- Ibrahim, HAF, Elgzar, WT, & Hablas, RM 2021, 'The effect of jacobson's progressive relaxation technique on postoperative pain, activity tolerance, and sleeping quality in patients undergoing gynecological surgery', *Iranian Journal of Nursing and Midwifery Research*, vol. 26, no. 4, pp. 295–302.
- Isrofah et al. 2024, *Buku Ajar Asuhan Keperawatan Pemenuhan Kebutuhan Dasar*, PT. Sonpedia Publishing Indonesia, Jambi.
- Jawabri, K & Raja, A 2022, *Physiology, sleep patterns*, StatPearls Publishing, viewed 8 March 2023, <https://www.ncbi.nlm.nih.gov/books/NBK551680/>.
- Kodim, Y 2021, *Konsep Dasar Keperawatan - Edisi Revisi*, T Ismail (ed.), CV Trans Info Media, Jakarta.

- Kusumawardani, E, Argaheni, NB, & Megawati, et al 2024, 'Buku Ajar Asuhan Kebidanan Kasus Kompleks', in, Mahakarya Citra Utama, Jakarta.
- Lubis, PN 2020, 'Diagnosis dan Tatalaksana Mioma Uteri', *Cermin Dunia Kedokteran*, vol. 47, no. 3, pp. 196–200.
- Maarj, M et al. 2022, 'Validation of an Electronic Visual Analog Scale App for Pain Evaluation in Children and Adolescents with Symptomatic Hypermobility: Cross-sectional Study', *JMIR Pediatrics and Parenting*, vol. 5, no. 4.
- Mastura, R, Nurhidayah, I, & Fikriyanti 2022, 'Asuhan Keperawatan Post Operasi Laparotomi Peritonitis Perforasi Gaster di ICU', *Jurnal Keperawatan*, vol. I, no. 1, pp. 110–117, <https://jim.usk.ac.id/FKep/article/viewFile/19795/9856>.
- Meijman, TF, Thunnissen, MJ, & de Vries-Griever, AGH 1990, 'The after-effects of a prolonged period of day-sleep on subjective sleep quality. Work & Stress', *Work & Stress: An International Journal of Work, Health & Organisations*, vol. 4, no. 1, pp. 65–70.
- Mirgain, SA & Singles, J 2021, *Progressive muscle relaxation*, U.S Departemen of Vererans Affairs, viewed 16 February 2023, <https://www.va.gov/wholehealth/>.
- Mobeen, S & Apostol, R 2023, *Ovarian Cyst*, Treasure Island (FL): StatPearls Publishing, <https://www.ncbi.nlm.nih.gov/books/NBK560541/>.
- Muharrina, CR et al. 2023, 'Kesehatan Reproduksi Reproductive Health', *Jurnal Pengabdian Masyarakat Kebidanan*, vol. 5, no. 1, pp. 26–29.
- Murwaningsih, E & Waluyo, A 2021, 'Manajemen Perawatan Luka akut', *Journal of Telenursing (JOTING)*, vol. 3, no. 2, pp. 546–554, <https://doi.org/10.1080/09638288.2019.1595750%0Ahttps://doi.org/10.1080/17518423.2017.1368728%0Ahttp://dx.doi.org/10.1080/17518423.2017.1368728%0Ahttps://doi.org/10.1016/j.ridd.2020.103766%0Ahttps://doi.org/10.1080/02640414.2019.1689076%0Ahttps://doi.org/>.
- Mushtaq, B & Khan, A 2018, 'Jacobson muscle relaxatation technique', *JOJ Nurse Health Care*, vol. 8, no. 1, pp. 8–10.
- Nabors, M 2020, *Muscle relaxation: The best exercises for joint and muscle pain relief*, Committee of Publishers Association and American Bar Association, United States.
- Nurhanifah, D & Sari, RT 2022, *Manajemen Nyeri Nonfarmakologi*, Urban Green.
- Paramitha, D et al. 2023, 'Implementasi Mobilisasi Dini Untuk Meningkatkan Anis Partiwi, 2024  
ANALISIS ASUHAN KEPERAWATAN DENGAN INTERVENSI JACOBSON'S PROGRESSIVE MUSCLE RELAXATION TECHNIQUE TERHADAP NYERI, TOLERANSI AKTIVITAS, DAN KUALITAS TIDUR PADA PASIEN YANG MENJALANI BEDAH GINEKOLOGI  
UPN "Veteran" Jakarta, Fakultas Ilmu Kesehatan, Program Studi Pendidikan Profesi Ners Program Profesi [www.upnvj.ac.id-www.library.upnvj.ac.id-www.repository.upnvj.ac.id]

- Peristaltik Usus Pasien Post Laparotomi Atas Indikasi Kista Ovarium', *Indonesian Journal of Nursing and Health Sciences*, vol. 4, no. 2, pp. 153–160.
- Patel, A et al. 2022, *Physiology, Sleep Stages, StatPearls Publishing*, viewed 8 March 2023, <https://www.ncbi.nlm.nih.gov/books/NBK526132/>.
- Potter, P et al. 2019, *Essential for nursing practice*, Ninth Edit, Elsevier.
- Potter, P & Perry, AG 2020, *Fundamentals of Nursing Vol 1- 9th Indonesian Edition*, E Novieastari et al. (eds.), Elsevier Health Sciences, Singapore.
- Probosari, AE, Pitoyo, J, & Bachtiar, A 2022, 'Pengaruh Intervensi Musik Instrumental Jawa Pasien Post Operasi Laparotomi di RSUD dr. Soedomo Trenggalek', *Jurnal Keperawatan Terapan*, vol. 8, no. 2, pp. 134–142.
- Rady, SE & El-Deeb, HAAE-M 2020, 'Effect of Progressive Muscle Relaxation Technique on Post-Operative Pain and Quality of Recovery among Patients with Abdominal Surgeries', *Egyptian Journal of Health Care*, vol. 11, no. 4, pp. 566–581.
- Rismawati et al. 2022, 'Penerapan Terapi ROM Latihan Bola Karet terhadap Gangguan Mobilitas Fisik Pada Pasien Stroke: Literature Review', *Nursing Sciences Journal*, vol. 6, no. 1, p. 1.
- Saleh, L et al. 2019, *Teknik relaksasi otot progresif pada air traffic controller (ATC)*, Deepublish, Yogyakarta.
- Sari, DP, Elsera, C, & Sulistyowati, AD 2023, 'Hubungan Tingkat Nyeri Post Sectio Caesarea Dengan Kualitas Tidur Pasien Postpartum', *TRIAGE Jurnal Ilmu Keperawatan*, vol. 9, no. 2, pp. 8–16.
- Sudaryanti, D et al. 2023, 'Relaksasi Otot Progresif Pada Penatalaksanaan Nyeri Pasien Pasca Operasi', *Journal of Telenursing (JOTING)*, vol. 5, no. 1, pp. 601–609.
- Tamarinda, NA, Naufal, AF, & Setiawan, GAI 2024, 'Management Fisioterapi Pada Kasus Post Operasi Histerektomi Total Akibat Mioma Uteri : Case Study', *Jurnal Fisioterapi dan Ilmu Kesehatan Sisthana*, vol. 6, no. 1, pp. 44–52.
- Tim Pokja SDKI DPP PPNI 2017, *Standar Diagnosis Keperawatan Indonesia*, DPP PPNI, Jakarta.
- Tim Pokja SIKI DPP PPNI 2018, *Standar Intervensi Keperawatan Indonesia*, DPP PPNI, Jakarta.
- Tim Pokja SLKI DPP PPNI 2019, *Standar Luaran Keperawatan Indonesia*, DPP

Anis Partiwi, 2024

*ANALISIS ASUHAN KEPERAWATAN DENGAN INTERVENSI JACOBSON'S PROGRESSIVE MUSCLE RELAXATION TECHNIQUE TERHADAP NYERI, TOLERANSI AKTIVITAS, DAN KUALITAS TIDUR PADA PASIEN YANG MENJALANI BEDAH GINEKOLOGI*

UPN "Veteran" Jakarta, Fakultas Ilmu Kesehatan, Program Studi Pendidikan Profesi Ners Program Profesi  
[[www.upnvj.ac.id](http://www.upnvj.ac.id)-[www.library.upnvj.ac.id](http://www.library.upnvj.ac.id)-[www.repository.upnvj.ac.id](http://www.repository.upnvj.ac.id)]

PPNI, Jakarta.

- Torales, J et al. 2020, ‘An overview of jacobson’s progressive muscle relaxation in managing anxiety’, *Revista Argentina de Clinica Psicologica*, vol. 29, no. 3, pp. 17–23.
- Torres, F 2020, *What are sleep disorders?*, American Psychiatric Association, viewed 9 March 2023, <https://www.psychiatry.org/patients-families/sleep-disorders/what-are-sleep-disorders>.
- War 2021, *Faktor Risiko Kejadian Kista Ovarium*, RH Hadi (ed.), Pustaka Taman Ilmu, Sulawesi.
- Wati, F & Ernawati, E 2020, ‘Penurunan Skala Nyeri Pasien Post-Op Appendectomy Menggunakan Teknik Relaksasi Genggam Jari’, *Ners Muda*, vol. 1, no. 3, p. 200.
- Widyarni, A 2020, ‘Faktor Resiko Kejadian Kista Ovarium Di Poliklinik Kandungan dan Kebidanan Rumah Sakit Islam Banjarmasin’, *Dinamika Kesehatan: Jurnal Kebidanan Dan Keperawatan*, vol. 11, no. 1, pp. 28–36.
- Wu, W et al. 2023, ‘Pain nursing for gynecologic cancer patients’, *Frontiers in Oncology*, vol. 13, no. July, pp. 1–10.
- Wulandari 2021, *Terapi Preventif Kista Ovarium*, N Qalby (ed.), Pustaka Taman Ilmu, Sulawesi.
- Yodang 2021, *Buku ajar keperawatan paliatif: Berdasarkan kurikulum AIPNI 2015*, Edisi e-Bo, Trans Info Media, Jakarta.