

EDUKASI VIDEO RELAKSASI NAFAS DALAM DENGAN MUSIK TERHADAP KUALITAS HIDUP *FAMILY CAREGIVER* PENYINTAS KANKER

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INTISARI

Latar Belakang : Penyintas kanker sering mengalami penurunan aktivitas fisik dan ketergantungan dalam aktivitas harian, sehingga membutuhkan peran *family caregiver* secara intensif. Tugas yang berat dan berkelanjutan ini dapat memengaruhi kualitas hidup *caregiver* secara fisik, psikologis, sosial, dan finansial. Edukasi kesehatan melalui media video relaksasi napas dalam dengan musik merupakan salah satu metode yang potensial untuk meningkatkan kualitas hidup *family caregiver*.

Tujuan : Mengetahui pengaruh edukasi video relaksasi napas dalam dengan musik terhadap kualitas hidup *family caregiver* penyintas kanker di wilayah kerja Puskesmas Ngemplak 1 Yogyakarta.

Metode : Penelitian ini menggunakan desain pre-eksperimental dengan rancangan one group pretest-posttest. Populasi terdiri dari 20 *family caregiver* penyintas kanker di wilayah kerja Puskesmas Ngemplak 1 Yogyakarta yang dipilih dengan total sampling. Data dikumpulkan menggunakan kuesioner Caregiver Qol Index-Cancer (CQOLC) sebelum dan sesudah intervensi. Analisis data menggunakan uji Wilcoxon Signed Rank Test.

Hasil : Hasil penelitian menunjukkan terjadi peningkatan signifikan pada kualitas hidup *family caregiver* setelah diberikan edukasi video relaksasi napas dalam dengan musik. Sebelum intervensi, 10% *caregiver* memiliki kualitas hidup rendah, 65% sedang, dan 25% tinggi. Setelah intervensi, 90% *caregiver* berada pada kategori kualitas hidup tinggi dan 10% sedang. Hasil uji Wilcoxon menunjukkan nilai p-value sebesar 0,000 ($p < 0,05$) yang menandakan adanya perbedaan signifikan.

Kesimpulan : Edukasi video relaksasi napas dalam dengan musik efektif dalam meningkatkan kualitas hidup *family caregiver* penyintas kanker. Intervensi ini dapat dijadikan alternatif terapi nonfarmakologis dalam program promosi kesehatan di puskesmas.

Kata Kunci : Edukasi Video, Relaksasi Napas Dalam, Musik, Kualitas Hidup, *Family Caregiver*, Penyintas Kanker.

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**VIDEO DEEP BREATHING RELAXATION EDUCATION WITH MUSIC
ON THE QUALITY OF LIFE OF FAMILY CAREGIVERS OF CANCER
SURVIVORS**

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ABSTRAK

Background : Cancer survivors often experience decreased physical activity and dependence in daily activities, requiring intensive support from family caregivers. The ongoing caregiving responsibilities can negatively affect the caregivers' quality of life, including physical, psychological, social, and financial aspects. Health education through video-based deep breathing relaxation combined with music is a potential method to improve caregivers' quality of life.

Objective : To determine the effect of educational videos on deep breathing relaxation with music on the quality of life of family caregivers of cancer survivors at Puskesmas Ngemplak 1 Yogyakarta.

Method : This study used a pre-experimental one group pretest-posttest design. The population consisted of 20 family caregivers of cancer survivors in the working area of Puskesmas Ngemplak 1 Yogyakarta, selected by total sampling. Data were collected using the Caregiver Qol Index-Cancer (CQOLC) questionnaire before and after the intervention. Data analysis was conducted using the Wilcoxon Signed Rank Test.

Result : The study showed a significant improvement in the quality of life of family caregivers after receiving educational videos on deep breathing relaxation with music. Before the intervention, 10% of caregivers had low, 65% moderate, and 25% high quality of life. After the intervention, 90% achieved high and 10% moderate quality of life. The Wilcoxon test yielded a p-value of 0.000 ($p < 0.05$), indicating a significant difference.

Conclusion : Educational videos on deep breathing relaxation with music are effective in improving the quality of life of family caregivers of cancer survivors and can be utilized as a non-pharmacological intervention in health promotion programs at primary healthcare centers.

Keywords : Educational Video, Deep Breathing Relaxation, Music, Quality of Life, Family Caregiver, Cancer Survivors.

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