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## Lampiran 1.

### SURAT PERMOHONAN MENJADI RESPONDEN

Kepada Yth.

Bapak/Ibu/Saudara/Saudari Calon Responden

Di RS UNHAS Makassar

Saya Mahasiswa Program Megister Ilmu Keperawatan (S2-Keperawatan) Fakultas Keperawatan Universitas Hasanuddin Makassar, akan melakukan penelitian dengan Judul: “Efektivitas Kombinasi *Pro Self Pain Control* dan *Guided Imagery* Terhadap Penurunan Nyeri Pada Pasien Kanker Payudara Di Unit Rawat Jalan Rumah Sakit Universitas Hasanuddin”. Penelitian ini dilakukan sebagai salah satu syarat untuk menyelesaikan tesis untuk memperoleh gelar Megister Keperawatan di Universitas Hasanuddin Makassar.

Tujuan penelitian ini untuk mengetahui efek dari intervensi *Pro Self Pain Control* dan *Guided Imagery* dalam menurunkan nyeri yang dialami oleh pasien kanker payudara dan manajemen nyeri pasien secara mandiri dirumah. Untuk keperluan tersebut saya mohon partisipasi dan kesediaan Bapak/Ibu untuk ikut serta dalam penelitian ini.

Bapak/Ibu berhak mengundurkan diri setiap saat tanpa sanksi apapun dan penelitian ini tidak akan menimbulkan akibat yang merugikan bagi anda sebagai responden. Saya akan menjamin kerahasiaan identitas Bapak/Ibu/Saudara/Saudari dan serta jawaban yang diberikan hanya dipergunakan untuk mengembangkan ilmu keperawatan dan pengembangan penelitian.

Demikian permohonan ini, atas partisipasi Bapak/Ibu/Saudara/Saudari saya ucapkan terima kasih.

Makassar, September 2023

Hormat Saya

Nurnianingsih A. Yasin

**Lampiran 2.**

**LEMBAR PERSETUJUAN MENAJADI RESPONDEN**

Saya yang bertanda tangan dibawah ini:

Nama (inisial) :

Usia :

Kode : \*(Peneliti yang mengisi)

Setelah mendengar/membaca penjelasan tentang maksud dan tujuan penelitian ini, dengan ini saya menyatakan bersedia berpartisipasi untuk menjadi responden dalam penelitian yang berjudul “Efektivitas Kombinasi *Pro Self Pain Control* Dan *Guided Imagery* Terhadap Penurunan Nyeri Pada Pasien Kanker Payudara Di Unit Rawat Jalan Rumah Sakit Universitas Hasanuddin”.

Hasil yang diperoleh dari saya sebagai responden dapat dipublikasikan sebagai hasil dari penelitian dan akan diseminarkan pada ujian hasil dengan tidak akan mencantumkan nama kecuali nomor/kode responden.

Keikutsertaan saya ini bersifat sukarela dan tidak ada unsur paksaan dari pihak manapun. Demikian surat pernyataan ini saya buat, untuk dapat dipergunakan sebagaimana mestinya.

Nama

Tanda Tangan

Tgl/Bln/Thn

Responden/keluarga: ..... ..

**Lampiran 3.**

**LEMBAR DATA DEMOGRAFI**

**Petunjuk Pengisian:** berikan tanda check list (√) pada jawaban yang sesuai dikolom yang tersedia dan jawab dengan tulisan pada pertanyaan lainnya.

**Data demografi**

Kode Responden : (diisi oleh peneliti)

Nama (Inisial) :

Usia : .....tahun

Pendidikan Terakhir :

- Tidak Sekolah     SMP/SLTP/MTs/ sederajat     Perguruan tinggi  
 SD/MI/ sederajat     SMA/SLTA/MA/ sederajat

Status Pernikahan :

- Menikah     Belum menikah/janda

Pekerjaan :.....

Lama Menderita :

- 0-1 Tahun     1-2 Tahun     2-3 Tahun

Stadium Kanker :

- Stadium 1     Stadium 2     Stadium 3

Pengobatan yang dijalani :

- Kemoterapi     Radiasi

Lainnya.....

Alamat :

Nomor telepon :

**Lampiran 4.**

***Instrumen Numeric Pain Rating Scale***

**PETUNJUK PENGISIAN**

Penggaris di bawah ini mempunyai skala dengan rentang dari 0 hingga 10. Dimana skala ini menunjukkan rasa nyeri yang anda rasakan. Skor 0 anda tidak merasakan nyeri dan skor 10 anda merasakan nyeri yang sangat hebat. Anda diperbolehkan untuk memberikan angka berapapun sesuai dengan rasa nyeri yang anda rasakan.



Lampiran 7

Persetujuan Etik



KEMENTERIAN PENDIDIKAN, KEBUDAYAAN  
RISET, DAN TEKNOLOGI  
UNIVERSITAS HASANUDDIN  
FAKULTAS KESEHATAN MASYARAKAT  
Jln.Perintis Kemerdekaan Km.10 Makassar 90245, Telp.(0411) 585658,  
E-mail : fkm.unhas@gmail.com, website: https/fkm.unhas.ac.id/

**REKOMENDASI PERSETUJUAN ETIK**

Nomor: 5131/UN4.14.1/TP.01.02/2023

Tanggal: 6 September 2023

Dengan ini Menyatakan bahwa Protokol dan Dokumen yang Berhubungan dengan Protokol berikut ini telah mendapatkan Persetujuan Etik :

No.Protokol	10823092165	No. Sponsor Protokol	
Peneliti Utama	Nurnianingsih A. Yasin,	Sponsor	Pribadi
Judul Peneliti	<b>Efektivitas Kombinasi <i>Pro Self Pain Control</i> dan <i>Guided Imagery</i> Terhadap Penurunan Nyeri Pada Pasien Kanker Payudara di Unit Rawat Jalan RS Universitas Hasanuddin</b>		
No.Versi Protokol	1	Tanggal Versi	10 Agustus 2023
No.Versi PSP	1	Tanggal Versi	10 Agustus 2023
Tempat Penelitian	<b>RS Universitas Hasanuddin</b>		
Judul Review	<input type="checkbox"/> Exempted <input checked="" type="checkbox"/> Expedited <input type="checkbox"/> Fullboard	Masa Berlaku <b>6 September 2023 Sampai 6 September 2024</b>	Frekuensi review lanjutan
Ketua Komisi Etik Penelitian	Nama : Prof.dr.Veni Hadju,M.Sc,Ph.D	Tanda tangan	Tanggal 6 September 2023
Sekretaris komisi Etik Penelitian	Nama : Dr. Wahiduddin, SKM.,M.Kes	Tanda tangan	Tanggal 6 September 2023

Kewajiban Peneliti Utama:

1. Menyerahkan Amandemen Protokol untuk persetujuan sebelum di implementasikan
2. Menyerahkan Laporan SAE ke Komisi Etik dalam 24 Jam dan dilengkapi dalam 7 hari dan Laporan SUSAR dalam 72 Jam setelah Peneliti Utama menerima laporan
3. Menyerahkan Laporan Kemajuan (*progress report*) setiap 6 bulan untuk penelitian resiko tinggi dan setiap setahun untuk penelitian resiko rendah
4. Menyerahkan laporan akhir setelah Penelitian berakhir
5. Melaporakn penyimpangan dari protocol yang disetujui (*protocol deviation/violation*)
6. Mematuhi semua peraturan yang ditentukan



KEMENTERIAN PENDIDIKAN, KEBUDAYAAN,  
RISET, DAN TEKNOLOGI  
UNIVERSITAS HASANUDDIN  
FAKULTAS KEPERAWATAN  
PROGRAM STUDI MAGISTER ILMU KEPERAWATAN

Jalan Perintis Kemerdekaan Km.10 Makassar 90245  
Laman: keperawatan@unhas.ac.id

Nomor : 2455/UN4.18.8/TP.02.02/2023

01 Agustus 2023

Lamp : 1 (satu) berkas

Hal : *Rekomendasi Etik.*

Yth. Ketua Komisi Etik  
Fakultas Kesehatan Masyarakat UNHAS  
di Makassar

Dengan hormat kami sampaikan bahwa mahasiswa Program Pascasarjana Universitas Hasanuddin yang tersebut dibawah ini :

Nama : Nurnianingsih A. Yasin, S.Kep.,Ns.  
Nomor Pokok : R012221003  
Program Pendidikan : Magister (S2)  
Program Studi : Keperawatan

bermaksud melakukan penelitian dalam rangka persiapan penulisan tesis dengan judul "Efektivitas Kombinasi Pro Self Pain Control dan Guided Imagery Terhadap Penurunan Nyeri Pada Pasien Kanker Payudara di Unit Rawat Jalan RS Universitas Hasanuddin"

Sehubungan dengan hal tersebut kami mohon kebijaksanaan Bapak/Ibu kiranya berkenan memberi izin persetujuan etik penelitian dengan menggunakan data sekunder.

Atas perkenan dan kerjasamanya diucapkan terima kasih.



Ketua Program Studi,

Prof. Dr. Ely L. Sjattar, S.Kp., M.Kes.  
NIP. 19740422 199903 2 002

Tembusan:




1. Kepala Tata Usaha FKep.Unhas
2. Arsip





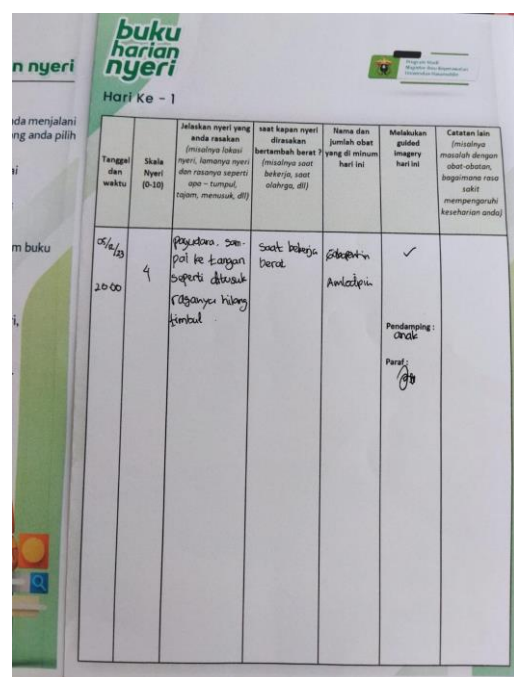
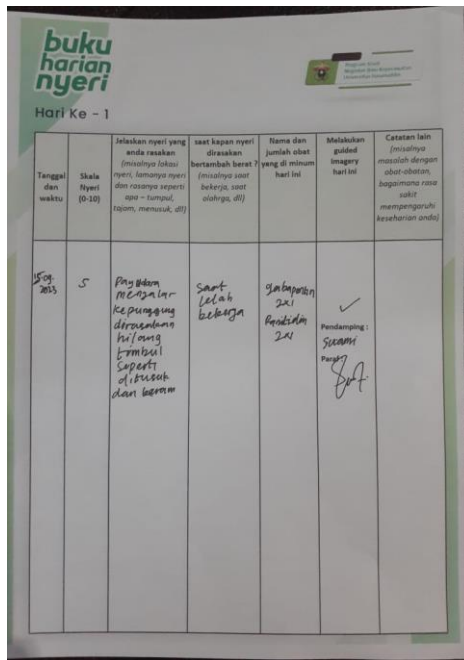
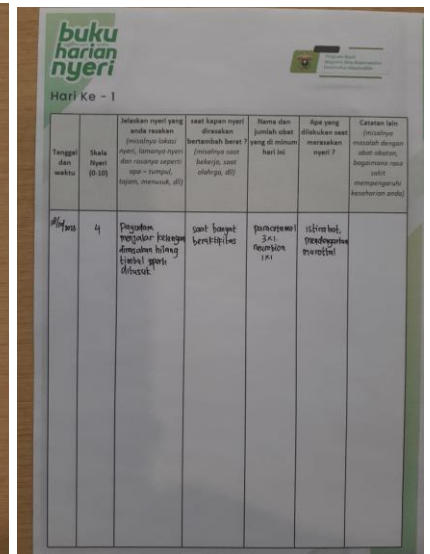
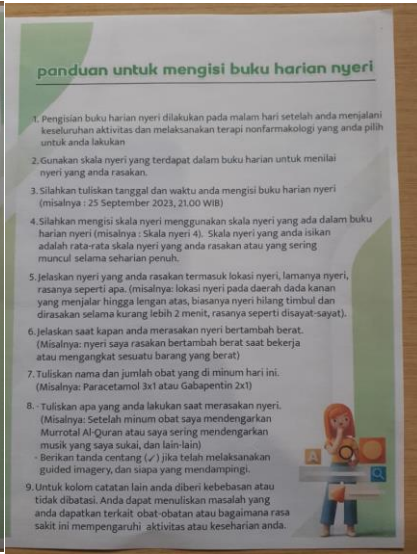
Lampiran 8.

Izin Penelitian

 <b>RUMAH SAKIT UNHAS</b>	<b>SURAT IZIN PENELITIAN</b>	
	<b>Nomor:</b> 13530/UN4.24.1.1/PT.01.05/2023 (Perpanjangan 1)	<b>Tanggal</b> 13 November 2023
<b>FORMULIR 03</b>  <b>PENDIDIKAN DAN PENELITIAN</b>	Kepada Yth <b>Kepala Instalasi Radioterapi</b> <b>Kepala Instalasi Rawat Jalan</b> <b>Kepala Ruang Poli Onkologi</b>	
<p>Dengan hormat,</p> <p>Dengan ini menerangkan bahwa peneliti/ mahasiswa berikut ini:</p> <p>Nama : Nurnianingsih A. Yasin</p> <p>NIM / NIP : R012221003</p> <p>Institusi/Universitas : Magister Keperawatan, Fakultas Keperawatan, Universitas Hasanuddin, Makassar</p> <p>Kode penelitian : 230911_6</p> <p>Akan melakukan pengambilan data/ analisa bahan hayati:</p> <p>Terhitung : 13 September 2023 s/d 13 Desember 2023</p> <p>Jumlah Subjek/Sample : 75</p> <p>Jenis Data : Data Primer : Quasi Experiment</p> <p>Untuk penelitian dengan judul:</p> <p><b>"Efektivitas Kombinasi Pro Self Pain Control dan Guided Imagery Terhadap Penurunan Nyeri Pada Pasien Kanker Payudara di Unit Rawat Jalan Rumah Sakit Universitas Hasanuddin"</b></p> <p>Harap dilakukan pembimbingan dan pendampingan seperlunya.</p> <p>sManager Pendidikan dan Penelitian,</p> <div style="text-align: center;">     <b>dr. Aslim Taslim, Sp.Onk.Rad, M.Kes</b>  <b>NIP-198304252012121003</b> </div> <p><i>Catatan: Lembaran ini diarsipkan oleh Admin Penelitian</i></p>		

# Lampiran 9

## Contoh Pain Diary Pasien





Lampiran 11.

Data kelompok kontrol, kelompok intervensi dan data drop out

MASTER TABEL KELOMPOK INTERVENSI											
RESPONDEN	KODE RESPONDEN	JENIS KELOMPOK	USIA	PENDIDIKAN TERAKHIR	STATUS PERNIKAHAN	PEKERJAAN	STADIUM	LAMA MENDERITA	JENIS PENGOBATAN	NRS PRE	NRS POST
Ny. RL	R27	2	59	3	1	6	3	1	1	3	1
Ny. RA	R28	2	54	2	1	4	3	1	1	4	2
Ny. WA	R29	2	57	4	1	1	2	2	2	3	1
Ny. NW	R30	2	53	3	1	4	2	3	2	3	2
Ny. HI	R31	2	41	5	2	2	1	1	1	3	2
Ny. MG	R32	2	52	4	1	4	3	1	1	3	3
Ny. HS	R33	2	49	1	2	4	1	1	1	3	2
Ny. SR	R34	2	46	4	1	1	3	1	1	3	2
Ny. STS	R35	2	51	4	1	3	3	3	1	3	3
Ny. HT	R36	2	46	3	1	4	3	1	1	3	2
Ny. NR	R37	2	47	2	1	4	2	1	1	4	3
Ny. HR	R38	2	45	3	1	4	3	3	1	4	3
Ny. MI	R39	2	50	3	1	4	2	1	1	3	1
Ny. IR	R40	2	49	4	1	1	2	3	1	3	2
Ny. SU	R41	2	53	4	1	4	2	1	1	3	1
Ny. RF	R42	2	42	4	1	4	1	1	2	4	2
Ny. YR	R43	2	59	4	1	1	3	3	2	4	3
Ny. HM	R44	2	39	2	1	4	3	1	1	3	2
Ny. GU	R45	2	44	4	1	1	3	1	1	3	2
Ny. WN	R46	2	58	1	1	4	2	1	1	4	4
Ny. PH	R47	2	25	4	1	4	3	1	1	7	5
Ny. MT	R48	2	59	2	1	4	1	1	1	3	1
Ny. AS	R49	2	57	4	1	3	3	2	1	2	1
Ny. HW	R50	2	59	4	1	1	3	2	1	7	6
Ny. AN	R52	2	43	3	1	4	2	1	1	3	2

MASTER TABEL KELOMPOK KONTROL											
RESPONDEN	KODE RESPONDEN	JENIS KELOMPOK	USIA	PENDIDIKAN TERAKHIR	STATUS PERNIKAHAN	PEKERJAAN	STADIUM	LAMA MENDERITA	JENIS PENGOBATAN	NRS PRE	NRS POST
Ny. YI	R1	1	51	4	1	1	1	1	1	3	3
Ny. SR	R2	1	59	3	2	4	1	1	1	3	3
Ny. SP	R3	1	37	4	1	4	1	1	1	2	2
Ny. A	R4	1	59	4	2	4	2	3	1	4	3
Ny. RR	R5	1	46	4	1	3	1	2	1	3	3
Ny. SS	R6	1	54	4	1	1	3	3	1	5	6
Ny. MN	R7	1	42	2	1	4	2	2	1	4	3
Ny. H	R8	1	50	4	1	4	2	3	1	4	3
Ny. BMS	R9	1	38	3	1	4	2	3	1	3	3
Ny. NR	R10	1	59	4	2	4	1	2	1	3	3
Ny. AR	R12	1	38	4	1	5	2	3	1	5	7
Ny. YD	R13	1	48	3	1	4	1	1	1	3	3
Ny. NR	R15	1	37	4	1	1	1	1	1	4	4
Ny. SU	R16	1	52	3	2	4	1	1	1	3	2
Ny. IS	R17	1	49	1	1	4	3	2	1	3	3
Ny. AN	R18	1	59	3	1	4	2	2	1	3	3
Ny. MR	R19	1	60	4	1	4	3	1	1	3	3
Ny. NU	R20	1	52	3	1	4	2	3	1	3	3
Ny. NY	R21	1	57	4	1	4	3	3	1	3	2
Ny. SN	R22	1	48	2	1	4	2	1	1	4	3
Ny. FR	R23	1	51	4	1	3	3	3	1	2	2
Ny. HW	R24	1	45	2	1	4	1	1	1	3	3
Ny. SY	R25	1	60	3	2	4	3	1	1	4	4
Ny. KR	R26	1	56	3	1	4	2	1	1	3	1

DROP OUT											
NAMA	KODE RESPONDEN	UMUR	PENDIDIKAN TERAKHIR	LAMA MENDERITA	JENIS PENGOBATAN	NRS PRE	KELOMPOK	ALASAN DO			
Ny.NH	R11	42	4	1	1	4	Kontrol	Pasien menolak melanjutkan intervensi			
Ny. FS	R14	58	4	1	1	3	Intervensi	Pasien menolak melanjutkan intervensi			
Ny. NE	R51	45	3	2	1	5	Intervensi	Meninggal Dunia			

Keterangan											
<b>Status pernikahan:</b>				<b>Pekerjaan</b>				<b>Lama Menderita</b>			
1 : Menikah				1 : Guru				1 : 0-1 Tahun			
2 : Belum Menikah				2 : Dosen				2 : 1-2 Tahun			
				3 : PNS				3 : 2-3 Tahun			
				4 : IRT							
				5 : Perawat							
				6 : Pensiunan							
<b>Pendidikan</b>				<b>Stadium</b>				<b>Jenis Pengobatan</b>			
1 : SD				1 : Stadium 1				1 : Kemoterapi			
2 : SMP				2 : Stadium 2				2 : Radiasi			
3 : SMA				3 : Stadium 3							
4 : S1											
5 : S2											

**Lampiran 12.**

**Dokumentasi**

