

ABSTRAK

Kanker merupakan istilah untuk satu kelompok penyakit besar yang ditandai dengan adanya pertumbuhan sel abnormal di luar batas normal kemudian dapat menyerang ke bagian tubuh atau menyerang ke organ-organ lain. Kanker merupakan penyebab salah satu kematian ke dua di dunia yaitu sekitar 8,8 juta kematian. Sehingga perlu adanya intervensi yang diberikan untuk menurunkan mual muntah akibat kemoterapi pada penderita leukemia limfoblastik akut salah satunya dengan terapi komplementer yaitu *hypnotherapy*. Tujuan dari penelitian ini adalah untuk mengetahui Pengaruh *Hypnotherapy* terhadap Penurunan Mual Muntah Akibat Kemoterapi pada Anak dengan Leukemia Limfoblastik Akut.

Jenis penelitian yang digunakan pada penelitian ini adalah metode *Literature Review*. Metode pengambilan sampel ditentukan berdasarkan kriteria inklusi dan eksklusi yang kemudian di analisis menggunakan *critical appraisal Joanna Briggs Institute Checklist for Quasy Experimental Studies (non-randomized experimental studies)* sehingga hasil yang didapatkan dari website *google scholar, pubmed, dan science direct* terdapat 4 jurnal yang dijadikan sampel penelitian.

Hasil penelitian melalui tahapan identifikasi, *screening, eligibility* dan *include*. Didapatkan 4 jurnal yang menyatakan bahwa ada pengaruh pemberian hipnoterapi terhadap penurunan mual muntah akibat kemoterapi dengan semua jurnal mengungkapkan nilai *p-value* <0,004 sehingga *hypnotherapy* efektif untuk dilakukan karena pada saat terhipnotis simpul saraf pada manusia menstimulus neurotransmitter, yaitu kimiawi otak yang digunakan untuk merelay, memodulasi, dan menguatkan sinyal antara neuron dan sel-sel lainnya seperti serotonin, dophamin, norephinephrine, dan noradrenaline. Berdasarkan hasil dari 4 artikel menunjukkan bahwa adanya penurunan mual muntah akibat kemoterapi pada penderita leukemia limfoblastik akut.

Kata Kunci : Hipnoterapi, Kemoterapi, Mual muntah

Daftar Pustaka : 15 jurnal (2011 – 2021)
3 buku (2011 – 2021)
3 website (2011 – 2021)

ABSTRACT

Cancer is a term for a large group of diseases characterized by abnormal cell growth beyond normal limits which can then attack other parts of the body or attack other organs. Cancer is the second leading cause of death in the world, which is about 8.8 million deaths. So it is necessary to provide interventions to reduce nausea and vomiting due to chemotherapy in patients with acute lymphoblastic leukemia, one of which is complementary therapy, namely hypnotherapy. The purpose of this study was to determine the effect of hypnotherapy on the reduction of nausea and vomiting due to chemotherapy in children with acute lymphoblastic leukemia.

The type of research used in this study is the Literature Review method. The sampling method was determined based on inclusion and exclusion criteria which were then analyzed using the Joanna Briggs Institute's critical appraisal Checklist for Quasy Experimental Studies (non-randomized experimental studies) so that the results obtained from the Google Scholar, Pubmed, and Science Direct websites contained 4 journals that were used as research sample.

The results of the study went through the stages of identification, screening, eligibility and include. There were 4 journals which stated that there was an effect of giving hypnotherapy to reduce nausea and vomiting due to chemotherapy with all journals revealing a p-value <0.004. Therefore hypnotherapy was effective because when hypnotized, nerve nodes in humans stimulated neurotransmitters, namely brain chemicals used to relay, modulate, and amplify signals between neurons and other cells such as serotonin, dopamine, norepinephrine, and noradrenaline. Based on the results of this study, it is hoped that it can be used to add to the renewal of the nursing knowledge base, especially in the treatment of cancer.

Keyword : Chemotherapy, Hypnotherapy, Nausea vomit
Reference : 15 journa; (2011 – 2021)
3 books (2011 – 2021)
3 website (2011 – 2021)