

Abstract

Most primary caregiver who care cancer patient experienced anxiety due to the long duration of treatment and social role change. This study was aimed to examine the effects of relaxation technique training to decrease anxiety level for family who care patient cancer at home. The participants of this study was participated by five participants who had medium and high level of anxiety. The design of the experiment was small N sample experiment, ABA design. The level of anxiety was measured quantitatively by adapted BAI scale. The treatment given to all participants was relaxation technique training. The training consisted of eight session, held for two weeks.. The qualitative analysis was executed by analyzing of observation, interview, and homework. Statistic non parametric Wilcoxon and visual inspection graphics were used to analyze the change of anxiety level before, during and after the training quantitatively. There was significant score between base line and during training measurement, which $Z=-0,023$ and $p=0,0215$ ($p<0,05$), there was significant score between during training and follow up measurement, which $Z=-0,023$ and $p=0,0215$ ($p<0,05$) and there was significant score between base line and follow up measurement, which $Z=2,041$ and $p=0,0205$ ($p<0,05$). The result of this study showed that relaxation technique training was proven to be able to decrease anxiety level of each participants.

Keywords : *Anxiety, Breast Cancer, Primary Caregiver, Relaxation Techique Training*

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