

BAB 7

SIMPULAN DAN SARAN

7.1 Simpulan

1. Hasil skor kecemasan sebelum dilakukan intervensi *acupressure* pada titik HT7, LI4, dan SP6 menunjukkan nilai rata-rata skor responden adalah 30.68 ± 2.545 .
2. Hasil skor kecemasan setelah dilakukan intervensi *acupressure* pada titik HT7, LI4, dan SP6 menunjukkan nilai skor rata-rata 19.08 ± 2.660 . Disamping itu, secara keseluruhan diperoleh rata-rata penurunan skor dari *pre* dan *post test* intervensi *acupressure* pada titik HT7, LI4, dan SP6 yaitu -11.6 ± 2.255 .
3. Hasil uji hipotesis menunjukkan nilai signifikan $p=0.000$ ($p < \alpha 0.05$) maka H_0 ditolak dan H_1 diterima yaitu ada pengaruh *acupressure* pada titik HT7, LI4, dan SP6 terhadap perubahan kecemasan pada pasien kanker.

7.2 Saran

7.2.1 Bagi Pasien Kanker

Bagi pasien kanker diharapkan untuk dapat menerapkan *acupressure* pada titik HT7, LI4, dan SP6 ketika gejala kecemasan muncul atau dapat dilakukan secara rutin untuk mencegah timbulnya kecemasan.

7.2.2 Bagi Perawat

Kedepannya perawat diharapkan dapat menggunakan intervensi *acupressure* pada titik HT7, LI4, dan SP6 sebagai intervensi non farmakologis untuk membantu mengurangi kecemasan pada pasien kanker.

7.2.3 Bagi Keluarga

Bagi keluarga diharapkan dapat melakukan juga intervensi *acupressure* pada titik HT7, LI4, dan SP6 dalam keseharian untuk membantu pasien kanker meminimalisir kecemasan.

7.2.4 Bagi Institusi Pendidikan Perawat

Bagi institusi pendidikan diharapkan dapat menjadikan hasil penelitian ini sebagai salah satu referensi untuk memperluas ilmu pengetahuan khususnya dalam bidang keperawatan paliatif bagi mahasiswa keperawatan.

7.2.5 Bagi Instansi Puskesmas

Bagi instansi puskesmas diharapkan dapat mencanangkan program *acupressure* ini sebagai perawatan untuk mengatasi kecemasan pada pasien kanker.

7.2.6 Bagi Peneliti Selanjutnya

Bagi peneliti selanjutnya diharapkan dapat memodifikasi desain penelitian yaitu *quasy experiment design* dengan melibatkan kelompok kontrol serta dapat menambahkan pengukuran variabel lain yaitu stres dan kualitas hidup.

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