

BAB 7

SIMPULAN DAN SARAN

7.1 Simpulan

Kecemasan responden sebelum diberikan terapi kombinasi imajinasi terbimbing dan musik relaksasi alam dapat dilihat pada nilai *mean pre test* yaitu sebesar $51,04 \pm 8,05$. Namun setelah diberikan intervensi terapi kombinasi imajinasi terbimbing dan musik relaksasi alam, terjadi penurunan kecemasan pada responden yang dapat dilihat pada nilai *mean post test* yaitu sebesar $37,96 \pm 7,65$ dan nilai *mean* penurunan kecemasan yaitu $-13,08 \pm 6,84$. Hasil uji *Paired T-Test* didapatkan hasil 0,000 dimana nilai tersebut kurang dari nilai signifikan $\alpha < 0,05$. Hal ini menunjukkan ada pengaruh pemberian terapi kombinasi imajinasi terbimbing dan musik relaksasi alam terhadap kecemasan pasien kanker.

7.2 Saran

7.2.1 Bagi Pasien

Pasien diharapkan dapat menerapkan terapi kombinasi imajinasi terbimbing dan musik relaksasi alam secara mandiri untuk mengatasi kecemasan yang dirasakan.

7.2.2 Bagi Keluarga

Keluarga pasien diharapkan dapat membantu pasien dalam mengarahkan, memberi dukungan, serta membantu pasien dalam melakukan terapi kombinasi

imajinasi terbimbing dan musik relaksasi alam untuk mengatasi kecemasan yang dirasakan.

7.2.3 Bagi Perawat

Perawat diharapkan dapat mengaplikasikan terapi kombinasi imajinasi terbimbing dan musik relaksasi alam untuk membantu mengatasi kecemasan yang dirasakan oleh pasien.

7.2.4 Bagi Peneliti Selanjutnya

Bagi peneliti selanjutnya, hasil dari penelitian ini khususnya pada bagian keterbatasan penelitian dapat dijadikan sebagai acuan dalam melakukan penelitian selanjutnya. Peneliti selanjutnya dapat menyiapkan tempat serta alat yang dibutuhkan dalam penelitian sehingga peneliti tidak perlu melakukan penelitian *door to door* dan peneliti selanjutnya dapat menetapkan jam penelitian sehingga penelitiannya lebih teratur.

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