

## **BAB 7**

### **SIMPULAN DAN SARAN**

#### **7.1 Simpulan**

1. Intensitas nyeri sedang merupakan intensitas nyeri yang terbanyak.
2. Kejadian hipertensi terbanyak didapatkan pada pasien dengan intensitas berat.
3. Terdapat korelasi yang signifikan antara intensitas nyeri dengan kejadian hipertensi pada pasien LBP usia di RS Gotong Royong Surabaya.

#### **7.2 Saran**

##### **7.2.1 Bagi Peneliti Selanjutnya**

1. Mempertimbangkan kembali rentang usia responden usia produktif karena salah satu faktor risiko hipertensi dan LBP adalah proses degeneratif.

2. Mempelajari korelasi dari nyeri terhadap penyakit lain, karena penelitian ini hanya dilakukan pada pasien LBP dan hipertensi saja, mengingat bahwa dampak medis dari penyakit dengan rasa nyeri masih banyak yang perlu dikembangkan.
3. Melakukan repetisi pengukuran tekanan darah yang diulang sebanyak minimal 3 kali dalam satu waktu lalu dirata-rata untuk mendapat gambaran yang lebih akurat mengenai kondisi tekanan darah pada pasien.

### **7.2.2 Bagi Masyarakat**

1. Diharapkan penelitian ini dapat meningkatkan kesadaran masyarakat terhadap bahaya intensitas nyeri yang dirasakan sehingga dapat segera mencari pertolongan dari gangguan yang dialami.
2. Diharapkan penelitian ini dapat meningkatkan kewaspadaan masyarakat terhadap bahaya LBP sehingga dapat segera mencari faktor penyebab dari

gangguan yang dialami.

### **7.2.3 Bagi Rumah Sakit**

Diharapkan penelitian ini dapat menjadi referensi dan pertimbangan untuk Rumah Sakit Gotong Royong Surabaya dalam melayani dan menangani pasien dengan LBP sehingga masyarakat dapat dihindarkan dari bahaya intensitas nyeri terlalu berat yang dapat memperparah atau menimbulkan terjadinya hipertensi.

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