

BAB 7

SIMPULAN DAN SARAN

7.1 Simpulan

Berdasarkan hasil penelitian didapatkan *mean* kualitas tidur sebelum diberikan intervensi sebesar $12,86 \pm 3,907$ sedangkan *mean* kualitas tidur setelah diberikan intervensi berupa terapi SEFT adalah sebesar $8,09 \pm 2,793$. Secara umum terdapat penurunan *mean* kualitas tidur pada kondisi *pre-test* dan *post-test* yaitu sebesar $4,773 \pm 1,950$. Berdasarkan hasil uji statistik didapatkan hasil ada pengaruh terapi SEFT terhadap kualitas tidur pada pasien kanker.

7.2 Saran

7.2.1 Bagi Pasien Kanker

Pasien kanker diharapkan dapat melanjutkan terapi *spiritual emotional freedom technique* secara mandiri untuk meningkatkan kualitas tidur yang lebih baik.

7.2.2 Bagi Perawat Paliatif

Perawat diharapkan dapat mengaplikasikan terapi *spiritual emotional freedom technique* sebagai terapi komplementer dalam meningkatkan kualitas tidur pada pasien kanker.

7.2.3 Bagi Keluarga

Keluarga pasien kanker diharapkan dapat mendukung dan membantu pasien dalam melaksanakan terapi SEFT di rumah untuk meningkatkan kualitas tidur pasien.

7.2.4 Bagi Peneliti Selanjutnya

Hasil penelitian ini dapat dilanjutkan kepada peneliti selanjutnya dengan memodifikasi desain penelitian menjadi *quasi experiment design* dengan pendekatan *pre-post test* kelompok kontrol dan kelompok intervensi. Menambahkan seleksi responden yaitu dengan menambahkan semua jenis terapi pengobatan kanker.

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