

## **BAB 7**

### **KESIMPULAN DAN SARAN**

#### **7.1 Kesimpulan**

Berdasarkan hasil penelitian ini didapatkan ada pengaruh terapi hipnosis lima jari terhadap *burnout* pada *informal palliative caregiver* yang dibuktikan dengan penurunan *mean* skor *burnout* sebelum dan sesudah terapi dengan skor rata-rata sebelum terapi adalah  $46,85 \pm 10,302$  dan rata-rata skor *burnout* setelah terapi adalah  $32 \pm 10,857$ . Hal ini menunjukkan adanya penurunan *mean* sebesar  $-14,85 \pm 7,774$ . Berdasarkan nilai signifikansi menggunakan uji *Wilcoxon Sign Rank Test*  $p\text{ value} = 0,000, p < \alpha (\alpha = 0,05)$  yang berarti  $H_1$  diterima dan  $H_0$  ditolak, yaitu ada pengaruh terapi hipnosis lima jari terhadap *burnout* pada *informal palliative caregiver*.

#### **7.2 Saran**

##### **7.2.1 Bagi Informal Palliative Caregiver**

*Informal palliative caregiver* disarankan dapat mempraktikkan terapi hipnosis lima jari setiap 1 minggu 3 kali selama 15 menit dalam 2 minggu sebagai salah satu teknik atau strategi dalam menurunkan *burnout* dan meringankan beban psikologis yang dialami serta meningkatkan kualitas perawatan yang mereka berikan.

##### **7.2.2 Bagi Perawat Komunitas**

Perawat komunitas diharapkan dapat mengintegrasikan terapi hipnosis lima jari dalam program dukungan bagi *informal caregiver* dan memberikan pelatihan serta dukungan berkelanjutan bagi *informal caregiver* untuk membantu

meringankan beban psikologis yang dialami dan meningkatkan kualitas perawatan yang mereka berikan.

### 7.2.3 Bagi Peneliti Selanjutnya

Peneliti selanjutnya dapat memperluas cakupan penelitian dengan melibatkan sampel yang lebih besar dan beragam. Mengkaji kembali dosis pemberian terapi dapat dilakukan untuk melihat efektivitas terapi hipnosis lima jari dengan dosis yang lebih pendek. Selain itu peneliti selanjutnya dapat menyediakan lingkungan yang lebih hening pada seluruh sampel agar menjaga homogenitas terapi dalam penerapan terapi hipnosis lima jari yang memengaruhi efektivitasnya. Peneliti selanjutnya diharapkan mengeksplorasi efek jangka panjang dari terapi hipnosis lima jari dan membandingkannya dengan metode non-farmakologis lain atau melakukan integrasi untuk mendapatkan gambaran yang lebih komprehensif tentang efektivitasnya.

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