

BAB 7

KESIMPULAN DAN SARAN

7.1 Kesimpulan

Berdasarkan hasil penelitian didapatkan rata-rata kecemasan pada pasien kanker sebelum pemberian integrasi terapi *deep breathing* dan aromaterapi mawar sebesar $35,38 \pm 6,490$, rata-rata kecemasan setelah dilakukan pemberian integrasi terapi *deep breathing* dan aromaterapi mawar adalah $30,00 \pm 6,542$ sehingga dari hasil tersebut adanya pengaruh yang signifikan dari pemberian integrasi terapi *deep breathing* dan aromaterapi mawar terhadap kecemasan pada pasien kanker dengan nilai 0,000 ($\alpha < 0,05$). Dari hasil uji hipotesis didapatkan adanya pengaruh yang signifikan dari pemberian integrasi terapi *deep breathing* dan aromaterapi mawar terhadap kecemasan pada pasien kanker.

7.2 Saran

7.2.1 Bagi Pasien Kanker dengan Kecemasan

Pasien kanker dengan kecemasan diharapkan mampu melakukan integrasi terapi *deep breathing* dan aromaterapi mawar dengan rutin agar mampu mengurangi kecemasan secara optimal.

7.2.2 Bagi Puskesmas

Bagi pihak puskesmas diharapkan mampu mengajak serta mengajarkan terapi ini kepada komunitas pasien kanker di wilayah kerja dari masing-masing puskesmas untuk mengurangi kecemasan pada pasien kanker.

7.2.3 Bagi Keperawatan Paliatif

Integrasi terapi *deep breathing* dan aromaterapi mawar dapat dijadikan terapi modalitas dalam mengurangi kecemasan pada pasien kanker.

7.2.4 Bagi Penelitian Selanjutnya

Diharapkan dapat menjadi referensi untuk melakukan penelitian berkaitan dengan pasien kanker maupun intervensinya. Penelitian selanjutnya disarankan dapat memilih metode pengumpulan data yang lebih efisien seperti mengumpulkan calon responden menjadi satu agar mempermudah dalam pengumpulan data dan mendapatkan hasil yang lebih akurat. Selain itu juga, peneliti selanjutnya dapat melakukan penelitian yang berkaitan dengan kualitas hidup dari pasien kanker stadium lanjut dengan memberikan terapi yang sama maupun yang lainnya.

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