

## **BAB 7**

### **KESIMPULAN DAN SARAN**

#### **7.1. Kesimpulan**

Berdasarkan hasil penelitian pengaruh terapi okupasi dan terapi musik klasik terhadap tingkat kesepian pada lansia di Panti Griya Werdha Jambangan pada tanggal 27 April – 22 Mei 2021 dapat ditemukan kesimpulan sebagai berikut:

7.1.1. Nilai ingkat kesepian lansia sebelum dilakukan intervensi rata-rata sebesar  $51 \pm 8.83$ .

7.1.2. Nilai tingkat kesepian lansia sesudah dilakukan intervensi rata-rata  $40 \pm 8.61$ .

7.1.3. Terapi okupasi dan terapi musik klasik memberikan pengaruh yang signifikan terhadap perubahan tingkat kesepian pada lansia dengan hasil *Paired T-Test* yaitu  $p = 0.000$ , serta rata-rata nilai penurunan hasil *pre-test* dan *post-test* sebesar  $-11.03 \pm 5.87$ .

#### **7.2. Saran**

##### **7.2.1. Bagi Lansia**

Lansia sebaiknya dapat mengikuti kegiatan yang dilakukan oleh panti, beraktivitas secara aktif, serta berusaha untuk berteman dan memiliki hubungan yang baik dengan minimal teman sekamar yang ada di Panti.

##### **7.2.2. Bagi Keluarga Lansia Yang Tinggal Di Panti**

Keluarga sebaiknya dapat menjadi pendukung yang aktif bagi Lansia yang tinggal di Panti Werdha. Lansia tetap ingin terus diberi perhatian oleh orang-orang terdekat selain teman-teman di Pantinya karena keluarga dan kerabat adalah orang-

orang yang dapat mereka percayai dan andalkan. Keluarga bisa menjadwalkan kunjungan rutin bagi lansia sehingga lansia tidak begitu merasa kesepian.

### **7.2.3. Bagi Perawat dan Pengurus Panti Griya Werdha Jambangan**

Perawat dan Pengurus bisa lebih aktif lagi dalam mendekatkan hubungan antar lansia. Menjadikan terapi okupasi dan terapi musik klasik sebagai suatu pilihan terapi aktivitas kelompok yang dapat dilakukan untuk memulihkan, merehabilitasi, serta mengisi waktu luang lansia, sehingga lansia tidak merasa bosan selama tinggal di Panti.

### **7.2.4. Bagi Peneliti Selanjutnya**

Peneliti selanjutnya sebaiknya dapat meneliti lebih dalam mengenai faktor-faktor yang berhubungan dengan kesepian pada lansia di Indonesia terutama di Surabaya, terutama perbandingannya antara lansia yang tinggal di komunitas dengan lansia yang tinggal di Panti Werdha. Peneliti selanjutnya sebaiknya juga mempermudah dalam mengubah kalimat kuisisioner menjadi kalimat yang mudah dipahami oleh lansia. Peneliti selanjutnya dapat melakukan terapi okupasi lain yang mungkin dapat digabungkan dengan terapi musik atau perbandingan efektivitas terapi okupasi dengan terapi musik klasik.

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