# BAB 6
# KESIMPULAN DAN SARAN

Bab ini berisi kesimpulan hasil penelitian yang disesuaikan dengan tujuan penelitian, serta saran bagi praktik keperawatan, pendidikan keperawatan dan penelitian keperawatan selanjutnya.

## 6.1 Kesimpulan

Kesimpulan dalam penelitian ini adalah sebagai berikut:

1. Karakteristik pasien hipertensi, yaitu usia > 46 tahun (76 %), jenis kelamin perempuan (80 %), IMT gemuk berat (48 %), tidak merokok (56 %), kepatuhan minum obat rendah (76 %).
2. Tekanan darah pasien hipertensi persentase terbesar sistolik pada grade I sebesar 10 respoden (40%) dan diastolik pada grade I 17 respoden (68 %)
3. Tidak ada perbedaan signifikan tekanan darah sistolik dan diastolik sesudah diberikan *Isometric Handgrip Exercise* dengan nilai nilai P =0,258 dan nilai P= 0.086 ($p< 0,05$)
4. Hasil analisa hubungan antara Usia, Jenis Kelamin, IMT, Status Merokok, Kepatuhan Minum Obat dan tekanan darah sistolik atau diastolik tidak bermakna ($p> 0,05$).

## 6.2 Saran

1. Bagi pasien

Penelitian ini diharapkan dapat digunakan sebagai bahan masukan sebagai dasar pertimbangan latihan non farmakologis bagi pasien hipertensi. Selain itu, diharapkan pasien dapat meningkatkan kepatuhan minum obat dengan cara rutin melakukan pengecekan tekanan darah ke Puskesmas sehingga pasien juga akan mendapatkan informasi yang lengkap terkait dengan hipertensi.

2. Bagi Puskesmas Kelurahan Binong

Hasil penelitian ini dapat dijadikan untuk memberikan intervensi dalam asuhan keperawatan pada pasien hipertensi. Serta berdasarkan temuan yang ada diadakan juga penyuluhan terkait dengan hipertensi maupun penyakit tidak menular lainnya yang rutin dilakukan oleh Puskesmas. Adanya program kunjungan rutin yang bergantian di wilayah binaan.

3. Bagi peneliti

Pengembangan penelitian lanjut diperlukan untuk memperdalam penelitian ini seperti adanya pengukuran kekuatan tangan dalam melakukan latihan *Isometric Handgrip Exercise* dengan menggunakan bola tenis serta faktor risiko yang dapat mempengaruhi *Isometric Handgrip Exercise* dan faktor risiko terkait hipertensi yang belum diteliti.

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