

## **BAB 6**

### **SIMPULAN DAN SARAN**

#### **6.1. Simpulan**

Berdasarkan hasil penelitian dan pembahasan dapat diambil simpulan sebagai berikut:

- 6.1.1. Karakteristik dari 62 responden meliputi : sebagian besar berada pada berusia dewasa tengah, jenis kelamin perempuan, berpendidikan sekolah dasar, tidak bekerja, tidak mendapat obat asam folat, mengalami anemia, tidur dengan jumlah waktu yang cukup, melakukan hemodialisis dua kali dalam satu minggu dan semua responden dengan hasil pemeriksaan ureum darah diatas normal.
- 6.1.2. Terdapat perbedaan yang signifikan antara skor kelelahan sebelum dan sesudah intervensi pada kelompok intervensi ( $p=0,000$ ) dan kelompok kontrol ( $p=0,000$ ).
- 6.1.3. Berdasarkan analisis regresi linier multivariat bahwa refleksologi kaki berpengaruh secara signifikan terhadap penurunan kelelahan pada pasien penyakit ginjal stadium akhir dengan pengobatan hemodialisis.

#### **6.2. Saran**

- 6.2.1. Bagi pelayanan keperawatan
  - 6.2.1.1. Mempertimbangkan hasil penelitian ini, dapat dijadikan rujukan untuk standar praktik keperawatan pada pasien dengan penyakit ginjal stadium akhir dengan pengobatan hemodialisis di rumah sakit.
  - 6.2.1.2. Melakukan diseminasi hasil penelitian ini kepada keluarga dan pasien yang menjalani pengobatan hemodialisis mengenai efektivitas refleksologi kaki terhadap penurunan kelelahan.

## 6.2.2. Bagi Pendidikan Keperawatan

6.2.2.1. Mengintegrasikan materi tentang refleksologi dan terapi komplementer lainnya dari berbagai hasil penelitian yang telah diterapkan dan terbukti efektif dalam mengatasi masalah kelelahan pada penyakit ginjal stadium akhir dengan pengobatan hemodialisis.

6.2.2.2. Melakukan diseminasi informasi dan teknik refleksologi serta pontensinya dalam perawatan kesehatan pada pasien penyakit ginjal stadium akhir dengan pengobatan hemodialisis

## 6.2.3. Bagi Penelitian Keperawatan

6.2.3.1. Perlu penelitian lanjutan tentang efektivitas refleksologi kaki dibandingkan dengan refleksologi pada tangan, terapi komplementer lain seperti akupuntur untuk menurunkan kelelahan pada pasien penyakit ginjal stadium akhir dengan pengobatan hemodialisis.

6.2.3.2. Perlunya penelitian lanjutan tentang efektivitas pengaruh refleksologi kaki terhadap masalah tidur, depresi dan tekanan darah pada pasien penyakit ginjal stadium akhir dengan pengobatan hemodialisis.

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