

## BAB VI

### KESIMPULAN DAN SARAN

#### 6.1 Kesimpulan

- 6.1.1 Distribusi pasien kanker yang menjalani kemoterapi yang memiliki persentase terbesar berusia 45-65 tahun (69,6%), jenis kelamin perempuan (75,0%), pendidikan lanjutan ( $\geq$ SMA) (70,7%), lama terdiagnosa medis  $\leq$  1 tahun (54,3%), jenis pemberian obat kombinasi (79,3%), kelelahan ringan (75,0%) dan kecemasan ringan, baik berdasarkan keadaan kecemasan (78,3%) dan sifat kecemasan (52,2%).
- 6.1.2 Ada penurunan rerata skor kelelahan sebelum dan sesudah intervensi latihan pernafasan relaksasi pada kelompok intervensi 21,97% ( $p$  value $<$ 0,05). Ada penurunan rerata skor kecemasan (*state-trait*) sebelum dan sesudah intervensi latihan pernafasan relaksasi pada kelompok intervensi 19,80% dan 17,79% ( $p$  value $<$ 0,05).
- 6.1.3 Ada perbedaan bermakna antara kelompok intervensi dibandingkan kelompok kontrol terhadap kelelahan ( $p$  value $<$ 0,05).
- 6.1.4 Ada perbedaan bermakna antara kelompok intervensi dibandingkan kelompok kontrol terhadap kecemasan (*state-trait*) ( $p$  value $<$ 0,05).
- 6.1.5 Ada pengaruh yang signifikan pelaksanaan latihan pernafasan relaksasi terhadap kelelahan ( $p$  value $<$ 0,05). Kemungkinan penurunan kelelahan pasien kemoterapi yang mengikuti latihan pernafasan relaksasi sebanyak 60,46 kali dibandingkan dengan kelompok kontrol.
- 6.1.6 Ada pengaruh yang signifikan pelaksanaan latihan pernafasan relaksasi terhadap kecemasan baik keadaan (*state*) maupun sifat kecemasan (*trait*) ( $p$  value $<$ 0,05). Kemungkinan penurunan kecemasan (*trait*) pasien kemoterapi yang mengikuti latihan pernafasan relaksasi sebanyak 79,20 kali dibandingkan dengan kelompok kontrol.

## 6.2 Saran

### 6.2.1 Bagi Pasien dan Keluarga

Hasil penelitian ini menunjukkan bahwa latihan pernafasan relaksasi memberikan pengaruh terhadap kelelahan dan kecemasan pada pasien yang menjalani kemoterapi, baik pada pasien yang baru pertama kali menjalani kemoterapi karena keemasannya maupun pasien yang telah lama menjalani kemoterapi karena pengaruh kelelahannya yang bersifat multidimensi, sehingga direkomendasikan kepada pasien untuk melakukan latihan pernafasan relaksasi ini setiap hari kurang lebih 30 menit. Selain itu, pentingnya dukungan dan keterlibatan keluarga khususnya kepada pasien yang mengalami kelelahan dan menggunakan alat bantu medik dalam melakukan latihan pernafasan relaksasi.

### 6.2.2 Bagi Pelayanan Kesehatan

Dari penelitian ini diharapkan pelayanan keperawatan membuat suatu protap latihan pernafasan relaksasi sehingga perawat dapat menggunakannya sebagai tindakan mandiri perawat dalam pemberian asuhan keperawatan kepada pasien kanker yang menjalani kemoterapi khususnya dalam mengurangi kelelahan yang selama ini belum banyak diperhatikan. Selain itu, latihan pernafasan relaksasi ini menambah jenis terapi manual atau olah pikir/relaksasi yang merupakan pelayanan kesehatan tradisional komplementer yang menggunakan keterampilan yang dilindungi oleh pemerintah dan juga sebagai pendamping terapi konvensional di rumah sakit untuk pelayanan kesehatan tradisional Integrasi (Permenkes No.103 Tahun 2014 tentang Pelayanan Kesehatan Tradisional, Permenkes No.37 Tahun 2017 tentang Pelayanan Kesehatan Tradisional Terintegrasi).

### 6.2.3 Bagi Ilmu Keperawatan

Hasil penelitian ini dapat memberikan kontribusi pengembangan ilmu keperawatan dalam kurikulum keperawatan khususnya pada intervensi mandiri asuhan keperawatan dan sebagai salah satu terapi komplementer dengan teknik relaksasi bagi pasien.

#### 6.2.4 Bagi Penelitian Selanjutnya

Berdasarkan penelitian ini selanjutnya disarankan untuk melakukan penelitian terkait pengaruh latihan pernafasan relaksasi terhadap kelelahan berdasarkan jenis kanker dan kualitas hidup pasien kanker dengan menambahkan aspek dukungan keluarga. Selain itu berdasarkan aspek psikologi, peneliti merekomendasikan untuk melakukan penelitian mengenai intervensi gabungan latihan pernafasan relaksasi dan *mindfulness based intervention* terhadap kelelahan dan kecemasan.

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