

## **BAB VI**

### **PENUTUP**

#### **6.1 Simpulan**

Berdasarkan hasil penelitian dan pembahasan diambil simpulan, sebagai berikut :

- 6.1.1 Penderita CKD yang menjadi responden rata-rata berusia 47 tahun, mayoritas berjenis kelamin perempuan (18) pasien, status perkawinan sudah kawin (32), tingkat pendidikan berada pada tingkat pendidikan menengah (23) status bekerja pasien berada pada status sedang bekerja (17), ada dukungan sosial dalam bentuk biaya pengobatan dimiliki oleh 21 penderita CKD, rata-rata hemoglobin (9,6 gr/dl) yang dikategorikan dalam kondisi anemia sedang (18), rata-rata albumin (3.5 gr/dl) yang dikategorikan dalam status nutrisi baik, rata-rata jam tidur di malam hari 5,8 jam/malam yang dikategorikan ada gangguan dalam tidur, rata-rata durasi hemodialisa atau lamanya menjalani hemodialisa adalah 30 bulan dan frekuensi hemodialisa berada pada frekuensi 2 x seminggu (26) pasien.
- 6.1.2 Sebelum intervensi *back massage*, mayoritas responden merasakan kelelahan dengan skor 45.6 dan setelah intervensi *back massage*, mayoritas responden merasakan kelelahan dengan skor menjadi 37.4
- 6.1.3 Terdapat perbedaan kelelahan sebelum dan sesudah intervensi *back massage* dengan *p value* 0.019 (< 0.05)
- 6.1.4 Sebelum intervensi *leg exercise*, mayoritas responden merasakan kelelahan dengan skor 44.7 dan setelah intervensi *leg exercise*, mayoritas responden merasakan kelelahan dengan skor menjadi 37
- 6.1.5 Terdapat perbedaan kelelahan sebelum dan sesudah intervensi *leg exercise* dengan *p value* 0.021 (< 0.05)
- 6.1.6 Terdapat perbedaan kelelahan antara kelompok *back massage*, kelompok *leg exercise* dan kelompok kontrol dengan *p value* 0.033 (<0.05).

- 6.1.7 Terdapat pengaruh yang paling besar terhadap perubahan rata-rata kelelahan setelah pemberian intervensi *back massage* (8.18) dibandingkan dengan kelompok *leg exercise* (6.27) dan kelompok kontrol (0.2).
- 6.1.8 Terdapat hubungan antara frekuensi hemodialisa dengan kelelahan pada kelompok *back massage* dengan *p value* 0.021 ( $< 0.05$ )
- 6.1.9 Tidak terdapat hubungan <sup>141</sup> usia, jenis kelamin, tingkat pendidikan, status bekerja, dukungan sosial, anemia, status nutrisi, lama tidur dan durasi hemodialisa dengan kelelahan pada kelompok *back massage* dengan *p value*  $> 0.05$
- 6.1.10 Terdapat hubungan antara jenis kelamin *p value* 0.021 ( $< 0.05$ ) dan durasi hemodialisa *p value* 0.027 ( $< 0.05$ ), terhadap kelelahan pada kelompok *leg exercise*
- 6.1.11 Tidak terdapat hubungan antara usia, tingkat pendidikan, status bekerja, dukungan sosial, anemia, status nutrisi, lama tidur dan frekuensi hemodialisa terhadap kelelahan pada kelompok *leg exercise* dengan *p value*  $> 0.05$ .
- 6.1.12 Tidak terdapat hubungan antara usia, jenis kelamin, tingkat pendidikan, status bekerja, dukungan sosial, anemia, status nutrisi, lama tidur, durasi hemodialisa dan frekuensi hemodialisa dengan kelelahan pada kelompok kontrol dengan *p value*  $> 0.05$ .

## 6.2 Saran

### 6.2.1 Bagi Rumah Sakit Mitra Keluarga Bekasi Timur

Dari hasil penelitian ini diharapkan perawat dapat menggunakan intervensi *back massage* dan intervensi *leg exercise* sebagai bentuk tindakan mandiri dalam memberikan asuhan keperawatan pada pasien CKD yang menjalani hemodialisa, sehingga dapat membantu mengatasi kelelahan dan meningkatkan status kesehatan pasien.

### **6.2.2 Bagi STIK Sint Carolus**

Mempertahankan pengembangan intervensi mandiri berbasis bukti, yang dapat menambah pengetahuan mahasiswa dalam melakukan aplikasinya dalam praktik klinik keperawatan medical bedah.

### **6.2.3 Bagi Pasien CKD yang Menjalani Hemodialisa**

Berdasarkan hasil analisis penelitian, intervensi *back massage* mempunyai pengaruh yang besar terhadap kondisi kelelahan pasien yang menjalani hemodialisis. Sehingga peneliti merekomendasikan tindakan *back massage* selama pasien CKD menjalani hemodialisis. Bagi pasien yang mengalami keterbatasan, seperti tidak dapat duduk pada saat menjalani hemodialisis, tindakan *leg exercise* juga dapat menjadi pilihan dalam mengatasi kelelahan, karena dari hasil analisis, tindakan *leg exercise* juga dapat membantu memulihkan kondisi kelelahan pasien hemodialisis walaupun pengaruhnya tidak sebesar dengan tindakan *back massage*.

### **6.2.4 Bagi Penelitian selanjutnya**

Perlu penelitian selanjutnya terkait dengan mengkombinasikan tindakan *back massage* dan *leg exercise* yang dilanjutkan dengan *leg massage* untuk melihat seberapa besar pengaruhnya terhadap kelelahan pasien CKD yang menjalani hemodialisa.

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