

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 responden dalam penelitian ini adalah 28 (60,9%) responden dalam rentang usia >46 tahun, 44 (95,7%) responden berjenis kelamin perempuan, sebanyak 35 (76,1%) responden menggunakan kemoterapi oral, sebanyak 31 (67,4%) responden memakai kemoterapi *single dose* dan 25 (54,3%) responden memiliki riwayat *motion sickness*.
2. Adanya perbedaan yang signifikan rata-rata mual muntah sebelum dengan setelah pada kelompok yang dilakukan akupresur dengan nilai $P=0.000$ ($<0,05$) dengan kata lain secara signifikan bahwa akupresur dapat menurunkan rata-rata mual sebesar 0,61.
3. Adanya perbedaan yang signifikan rata-rata *post-test* mual muntah *delayed* antara kelompok intervensi dan kelompok kontrol dengan nilai $P=0,001$ ($<0,05$). Sehingga dapat disimpulkan akupresur dapat membantu mengatasi mual muntah *delayed* pada pasien kemoterapi.
4. Hasil *Pvalue* pada variabel usia dengan mual muntah *delayed* menunjukkan hasil 0,73 ($p>0,05$) hal tersebut dapat diartikan bahwa hipotesa (H_{a3}) Bahwa ada hubungan usia terhadap mual muntah *delayed* pada kelompok intervensi dan kontrol ditolak. Dengan demikian dapat disimpulkan bahwa intervensi akupresur pada mual muntah *delayed* tidak secara signifikan dipengaruhi oleh faktor usia dari responden dengan tingkat korelasi yang sangat lemah.
5. Hasil *Pvalue* pada variabel jenis kelamin dengan mual muntah *delayed* menunjukkan hasil 0,73 ($p>0,05$) hal tersebut dapat diartikan bahwa hipotesa (H_{a4}) Bahwa ada hubungan jenis kelamin terhadap mual muntah *delayed* pada kelompok intervensi dan kontrol ditolak. Dengan demikian

dapat disimpulkan bahwa intervensi akaupresur pada mual muntah *delayed* tidak secara signifikan dipengaruhi oleh faktor jenis kelamin dari responden dengan tingkat korelasi sangat lemah.

6. Hasil *Pvalue* pada variabel jenis kemoterapi dengan mual muntah *delayed* menunjukkan hasil 0,005 ($p < 0,05$) hal tersebut dapat diartikan bahwa hipotesa (H_{a5}) Bahwa ada hubungan jenis kemoterapi terhadap mual muntah *delayed* pada kelompok intervensi dan kontrol diterima. Dengan demikian dapat disimpulkan bahwa intervensi akaupresur pada mual muntah *delayed* secara signifikan dapat dipengaruhi oleh faktor jenis kemoterapi dari responden dengan tingkat korelasi sangat kuat.
7. Hasil *Pvalue* pada variabel kombinasi kemoterapi dengan mual muntah *delayed* menunjukkan hasil 0,007 ($p < 0,05$) hal tersebut dapat diartikan bahwa hipotesa (H_{a6}) Bahwa ada hubungan kombinasi kemoterapi terhadap mual muntah *delayed* pada kelompok intervensi dan kontrol diterima. Dengan demikian dapat disimpulkan bahwa intervensi akaupresur pada mual muntah *delayed* secara signifikan dapat dipengaruhi oleh faktor jenis kemoterapi dari responden dengan tingkat korelasi sedang.
8. Hasil *Pvalue* pada variabel riwayat *motion sickness* dengan mual muntah *delayed* menunjukkan hasil 0,959 ($p > 0,05$) hal tersebut dapat diartikan bahwa hipotesa (H_{a7}) Bahwa ada hubungan riwayat *motion sickness* terhadap mual muntah *delayed* pada kelompok intervensi dan kontrol ditolak. Dengan demikian dapat disimpulkan bahwa intervensi akaupresur pada mual muntah *delayed* secara signifikan tidak dipengaruhi oleh faktor riwayat *motion sickness* dari responden, dengan tingkat korelasi sangat lemah.

6.2 Saran

1. Bagi pasien

Penelitian ini diharapkan dapat digunakan sebagai bahan masukan sebagai dasar pertimbangan terapi alternatif bagi pasien kemoterapi yang mengalami mual muntah *delayed*.

2. Bagi ilmu keperawatan

Hasil penelitian ini dapat dijadikan pengembangan standar operasional prosedur dalam penanganan mual muntah *delayed* pasien kemoterapi.

3. Bagi peneliti

Pengembangan penelitian lanjut diperlukan untuk memperdalam penelitian ini seperti faktor-faktor yang tidak dapat dikendalikan dalam penelitian ini dan faktor-faktor yang mempengaruhi tindakan akupresur sendiri.

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