

## BAB 6

### SIMPULAN DAN SARAN

#### 6.1 Simpulan

Berdasarkan hasil penelitian dan pembahasan maka dapat diambil kesimpulan sebagai berikut :

1. Mayoritas responden berjenis kelamin laki-laki sebanyak 65.9%, kelompok umur dewasa sebanyak 56.8%, serangan stroke sekali sebanyak 79.5% dan serangan stroke > sekali sebanyak 20.5% serta responden yang mendapatkan dukungan keluarga sebesar 47.7% sedangkan yang tidak mendapat dukungan keluarga sebesar 52.3%.
2. Bila dilakukan uji pengaruh masing-masing variabel independen terhadap rentang sendi, tidak ada pengaruh umur, jenis kelamin, serangan stroke dan dukungan keluarga dengan nilai  $p_{value} > 0.05$ , sedangkan *computer game* mempengaruhi rentang sendi phalang pasien stroke dengan nilai  $p_{value} 0.000$ .
3. Ada perbedaan signifikan peningkatan rentang sendi phalang antara kelompok kontrol meningkat  $3.13^{\circ}$  dengan kelompok intervensi meningkat  $18.19^{\circ}$  dengan nilai  $p_{value} = 0.021$ .
4. Ada perbedaan signifikan rentang sendi phalang pada kelompok intervensi sebelum intervensi ( $43.02^{\circ}$ ) dan sesudah intervensi *computer game* ( $61.21^{\circ}$ )  $p_{value} = 0.004$ .
5. Ada pengaruh *computer game* secara simultan terhadap rentang sendi phalang dengan  $p_{value} = 0.000 (< 0.05)$  dan dukungan keluarga dengan  $p_{value} = 0.009$ . sedangkan umur 0.786, jenis kelamin 0.074 dan serangan stroke 0.423 tidak mempengaruhi rentang sendi phalang ditunjukkan dengan nilai  $p_{value} > 0.05$ .
6. Analisis regresi melibatkan variabel yang secara statistik signifikan saja dan rentang sendi pre intervensi dapat dibuat persamaan matematis:  $Y$  (rentang sendi post intervensi) =  $-0.647 + 0.276*(dukungan\ keluarga) + 0.504*(computer\ game) + 0.768*(RS\ pre\ intervensi)$ , untuk simulasi visual peran berbagai variabel.

## 6.2 Saran

### 1. Pelayanan Keperawatan

Bagi pelayanan keperawatan khususnya RS Adi Husada Surabaya, disarankan untuk menggunakan *computer game* sebagai sarana untuk membantu melakukan latihan rentang gerak sendi phalang pada pasien stroke yang mengalami kelemahan rentang sendi phalang.

### 2. Penelitian Keperawatan

Untuk menelitian selanjutnya sebaiknya menambah jumlah responden sehingga hasil penelitiannya dapat terlihat dengan jelas. Selain itu perlu diteliti faktor lain yang dapat mempengaruhi rentang sendi phalang selain variabel perancu yang telah diteliti sebelumnya.

### 3. Perkembangan Ilmu Keperawatan

Memasukkan terapi *computer game* sebagai bahan kajian pendidikan keperawatan. Hasil penelitian ini dapat digunakan sebagai referensi ilmiah tentang pelaksanaan latihan rentang gerak sendi dengan memanfaatkan media elektronik berupa permainan komputer dengan menggunakan aplikasi permainan yang terdapat dalam tablet komputer.

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