

BAB VI

SIMPULAN DAN SARAN

6.1 Kesimpulan

- 6.1.1 Sebagian besar jenis kelamin responden laki-laki (58,1%) dan rata-rata usianya 50, 66 tahun
- 6.1.2 Sebagian besar pasien gagal jantung memiliki tingkat kecemasan sedang (61,3%) sebelum intervensi dan tidak cemas (83,9%) setelah diberikan intervensi teknik Relaksasi *Guided Imagery* dan Pendidikan Kesehatan
- 6.1.3 Secara statistic terdapat perbedaan tingkat kecemasan pada pasien aggal jantung di RS X antara sebelum dan sesudah intervensi teknik Relaksasi *Guided Imagery* dan Pendidikan Kesehatan ($Pvalue = 0,000$)
- 6.1.4 Tidak tedapat pengaruh yang signifikan antara usia dan jenis kelamin (*variable confounding*) terhaap tingkat kecemasan pasien gagal jantung ($P value > \alpha$ dan nilai estimate $> 0,05$)
- 6.1.5 Variabel yang paling mempengaruhi tingkat kecemasan adalah pemberian terapi teknik Relaksasi *Guided Imagery* dan Pendidikan Kesehatan pada pasien gagal jantung di RS X ($P value < \alpha$)

6.2 Saran

6.2.1 Pengembangan Pelayanan Keperawatan

Hasil penelitian ini membuktikan bahwa terapi *guided magery* dan pendidikan kesehatan mampu mejadi salah satu alternative dalam memberikan terapi non farmakologis untuk menurunkan tingkat kecemasan pada pasien gagal jantung.

6.2.2 Institusi pendidikan

Penelitian ini dapat digunakan untuk memperkaya keilmuan medical bedah dengan memberikan intervensi mandiri keperawatan berupa relaksasi *guided imagey* dan pendidikan kesehatan.

6.2.3 Peneliti

Peneliti dapat melakukan penelitian lebih lanjut terkait berbagai macam jenis terapi modalitas atau komplementer yang dapat digunakan untuk menurunkan tingkat kecemasan pasien khususnya pasien gagal jantung seperti terapi relaksasi benson serta melakukan penelitian lanjut seperti meneliti terkait perubahan tekanan darah dan menambahkan variable lain kedalamnya.

6.2.4 Responden

Penelitian ini bisa diterapkan oleh responden secara terus menerus untuk mengurangi tingkat kecemasan pada pasien gagal jantung tanpa adanya efek samping yang ditimbulkan seperti terapi farmakologis.

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