

BAB VI

SIMPULAN DAN SARAN

Bab ini berisi simpulan hasil penelitian yang disesuaikan dengan tujuan penelitian serta saran bagi praktik keperawatan, pendidikan keperawatan dan penelitian keperawatan.

6.1 Simpulan

Penelitian tentang pengaruh *leg massage* dan *strengthening exercise* terhadap fungsi fisik pasien OA dilaksanakan pada bulan Mei sampai dengan Juli pada 92 responden yang terdiri atas 62 responden (67%) pada kelompok intervensi dan 30 responden (33%) pada kelompok kontrol dengan simpulan hasil penelitian sebagai berikut :

- 6.1.1 Karakteristik responden mayoritas : (1) 70,7% responden berusia 60-74 tahun; (2) 76% responden perempuan; (3) 58,7% responden dengan IMT normal; dan (4) 52,2% responden memiliki derajat II OA.
- 6.1.2 Fungsi fisik responden sebelum intervensi mayoritas cukup baik sebanyak 57,6%, sedangkan sesudah intervensi mayoritas baik sebanyak 72,6% dan terbanyak pada kelompok *strengthening exercise*.
- 6.1.3 Berdasarkan uji statistik diketahui bahwa ada perbedaan yang bermakna fungsi fisik sebelum dan sesudah intervensi *leg massage* ($p = 0,000$) dan intervensi *strengthening exercise* ($p = 0,000$).
- 6.1.4 Berdasarkan uji statistik diketahui bahwa ada perbedaan yang bermakna fungsi fisik antara kelompok intervensi *leg massage* dengan kelompok kontrol ($p = 0,001$) dan intervensi *strengthening exercise* dengan kelompok kontrol ($p = 0,001$), namun tidak ada perbedaan fungsi fisik yang signifikan antara kelompok intervensi *leg massage* dan *strengthening exercise* ($p = 0,898$).
- 6.1.5 Berdasarkan uji statistik diketahui bahwa kelompok intervensi *leg massage* lebih berpengaruh secara signifikan dalam meningkatkan

fungsi fisik pasien OA ($p = 0,002$) dibandingkan dengan kelompok intervensi *strengthening exercise* ($p = 0,005$).

- 6.1.6 Berdasarkan uji statistik diketahui bahwa ada pengaruh usia ($p = 0,018$) dan derajat OA ($p = 0,001$) terhadap fungsi serta tidak ada pengaruh jenis kelamin dan IMT terhadap fungsi fisik ($p > 0,10$).
- 6.1.7 Berdasarkan uji statistik diketahui bahwa variabel independen pada kelompok intervensi *leg massage* secara simultan memberikan pengaruh terhadap fungsi fisik dengan kontribusi sebesar 47,4% dan variabel independen pada kelompok intervensi *strengthening exercise* secara simultan memberikan pengaruh terhadap fungsi fisik dengan kontribusi sebesar 44,3%. Intervensi LM lebih efektif dibandingkan dengan SE dalam meningkatkan fungsi fisik pasien OA.

6.2 Saran

6.2.1 Bagi Praktik Keperawatan

- 1) Mempertimbangkan hasil penelitian ini sebagai rujukan dan acuan untuk memberikan asuhan keperawatan pada pasien OA di komunitas dalam upaya meningkatkan kemandirian pasien.
- 2) Pendoman dalam memberikan pendidikan kesehatan kepada pasien OA dan keluarga di komunitas mengenai *strengthening exercise* dan *leg massage* sehingga dapat diterapkan untuk mengurangi nyeri dan meningkatkan fungsi fisik pasien sehingga pasien dapat mandiri dalam melakukan pemenuhan kebutuhan dasarnya dan berdampak pada kualitas hidup.
- 3) Memberikan masukan bagi puskesmas untuk mengembangkan program puskesmas terkait penatalaksanaan OA pada lansia dengan memasukkan *strengthening exercise* dan *leg massage*.

6.2.2 Bagi Pendidikan Keperawatan

Pengembangan muatan kurikulum KMB khususnya sistem Muskuloskeletal mengenai CAM (*Complementary and Alternative Medicine*) untuk Osteoarthritis.

6.2.3 Bagi Penelitian Keperawatan

- 1) Pengembangan kajian ilmiah berupa penelitian lanjut untuk mengembangkan penelitian ini dengan melakukan penelitian lanjutan mengenai pengaruh intervensi gabungan *leg massage* dan *strengthening exercise* terhadap fungsi fisik pasien OA.
- 2) Melibatkan variabel independen lain yang belum diteliti dalam penelitian ini yang mempengaruhi fungsi fisik pasien OA seperti kekuatan otot quadriceps femoris, nyeri, tingkat pengetahuan, masalah psikologis seperti ansietas, penyakit penyerta dan dukungan sosial/ *support system*.

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