

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.

A. Simpulan

Penelitian tentang efektivitas pendidikan kesehatan dan senam hipertensi terhadap pengetahuan dan tekanan darah pada pasien hipertensi di Puskesmas Kecamatan Nusaniwe Ambon dilaksanakan pada bulan April sampai dengan Juni pada 103 responden yang terdiri atas 77 responden pada kelompok intervensi dan 26 responden pada kelompok kontrol dengan simpulan hasil penelitian sebagai berikut :

1. Karakteristik responden mayoritas : (a) 84,5% responden berusia 56-65 tahun; (b) 66% responden laki-laki; (c) 60% responden dengan tingkat pendidikan dasar; (d) 57,3% responden dengan diet rendah garam III; (e) 66% responden merupakan perokok ringan; (f) 54% responden merupakan peminum alkohol menengah.
2. Pengetahuan responden pada kelompok intervensi sebelum intervensi mayoritas termasuk dalam kategori pengetahuan kurang sebanyak 53%. Sesudah empat minggu intervensi pengetahuan responden mayoritas dalam kategori baik sebanyak 100%.
3. Tekanan darah sistolik dan diastolik responden pada kelompok intervensi sebelum intervensi mayoritas termasuk dalam kategori hipertensi stadium I sebanyak 92% dan 70%. Sesudah empat minggu intervensi tekanan darah sistolik mayoritas termasuk kategori normal sebanyak 91%, sedangkan tekanan darah diastolik responden mayoritas termasuk kategori normal sebanyak 96%.
4. Tekanan darah sistolik responden pada kelompok kontrol sebelum intervensi termasuk dalam kategori hipertensi stadium I dan stadium II sebanyak 88% dan 12%, sedangkan tekanan darah diastolik mayoritas

termasuk dalam kategori hipertensi stadium II sebanyak 62%. Setelah empat minggu intervensi tekanan darah sistolik responden mayoritas termasuk kategori hipertensi stadium I sebanyak 65%, sedangkan tekanan darah diastolik termasuk dalam kategori hipertensi stadium II sebanyak 69%.

5. Berdasarkan uji statistik diketahui bahwa ada perbedaan yang bermakna pengetahuan, tekanan darah sistolik dan diastolik sebelum dan sesudah intervensi minggu keempat ($p = 0.000$).
6. Berdasarkan uji statistik diketahui bahwa variabel intervensi pendidikan kesehatan dan senam hipertensi mempunyai pengaruh yang paling besar dan signifikan terhadap tekanan darah sistolik dan diastolik pada minggu keempat setelah intervensi (<0.1), sedangkan variabel pengetahuan, usia, diet rendah garam, kebiasaan merokok dan konsumsi alkohol mempunyai pengaruh yang kecil dan tidak signifikan terhadap tekanan darah sistolik dan diastolik dengan nilai ($p > 0.1$).
7. Berdasarkan uji statistik diketahui bahwa variabel independen memberikan pengaruh terhadap variabel tekanan darah sistolik sebesar 75%, sedangkan pada tekanan darah diastolik variabel independen memberikan pengaruh sebesar 78,4%.
8. Intervensi pendidikan kesehatan dan senam hipertensi secara statistik mempunyai pengaruh yang paling besar dan signifikan terhadap perubahan tekanan darah sistolik dan diastolik.

B. Saran

1. Bagi Pengembangan Pelayanan Keperawatan di Puskesmas
 - a. Mempertimbangkan hasil penelitian ini sebagai *evidence based* dalam mengembangkan intervensi mandiri keperawatan di Puskesmas untuk menurunkan tekanan darah pada pasien dengan hipertensi.
 - b. Memberikan masukan bagi perawat di Puskesmas untuk mengembangkan pencegahan alternatif pendidikan kesehatan dan senam hipertensi sebagai bagian dari pelayanan keperawatan pada pasien dengan hipertensi.

- c. Memberikan masukan bagi perawat di Puskesmas untuk membuat program kerja dengan membentuk kelompok/*peer group* hipertensi, serta klub senam hipertensi.
2. Bagi Institusi Pendidikan Keperawatan
- Pengembangan muatan kurikulum mengenai terapi non-farmakologis sebagai penatalaksanaan hipertensi.
3. Bagi Pasien
- a. Melakukan latihan senam hipertensi sesuai dengan prosedur, sehingga dapat digunakan sebagai terapi tambahan dalam mengontrol tekanan darah.
 - b. Melakukan diet sehat atau melakukan DASH (*Dietary Approach to Stop Hypertension*) atau diet yang dikhususkan bagi penderita hipertensi agar lebih disiplin terhadap asupan makanan yang dikonsumsi. Asupan makanan yang termasuk dalam diet DASH ini adalah makanan rendah sodium (garam), biji-bijian utuh, buah-buahan, sayur-mayur, susu rendah lemak. Makanan yang kaya protein seperti ikan, daging unggas, dan kacang-kacangan.
4. Bagi Penelitian Keperawatan
- a. Pengembangan kajian ilmiah berupa penelitian lanjut untuk mengembangkan penelitian ini dengan melakukan penelitian lanjutan mengenai analisis faktor-faktor risiko pencetus hipertensi.
 - b. Melibatkan variabel independen lain yang belum diteliti dalam penelitian ini yang mempengaruhi tekanan darah seperti serum lipid, stress, IMT, dan obesitas.

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