

BAB 6

PENUTUP

6.1. Kesimpulan

Berdasarkan hasil dan pembahasan disimpulkan sebagai berikut :

- a. Pasien kanker yang menjalani kemoterapi persentase terbesar berusia 45-64 tahun, jenis kelamin perempuan, pendidikan dasar (tidak tamat/tamat SD, SMP), lama terdiagnosa medis < 1 tahun, kanker mamae sebanyak dan pada Stadium III.
- b. Rerata kualitas kecemasan pasien kanker 82.5%, kuantitas kecemasan 85.0% dan kualitas tidur 90,0%.
- c. Pijat kaki pada pasien kanker menurunkan rerata skor kualitas kecemasan -11,35% dan kuantitas kecemasan 2,38 % secara bermakna ($p\ value < 0,05$)
- d. Pijat kaki pada pasien kanker meningkatkan rerata skor kualitas tidur 38,41% secara bermakna ($p\ value < 0,05$).
- e. Pengaruh pijat kaki terhadap penurunan kualitas kecemasan secara statistik tidak bermakna ($p\ value > 0,05$), tetapi terhadap penurunan kuantitas kecemasan secara statistik bermakna ($p\ value < 0,05$). Kemungkinan penurunan kuantitas kecemasan pasien kanker yang mengikuti pijat kaki 6,3 kali dibandingkan kontrol.
- f. Pengaruh pijat kaki terhadap peningkatan kualitas tidur secara statistik bermakna ($p\ value < 0,05$). Kemungkinan peningkatan Kualitas tidur pasien kanker yang mendapatkan pijat kaki 16 kali dibandingkan dengan kelompok kontrol. Kemungkinan peningkatan kualitas tidur pasien kanker yang lama terdiagnosa > 1 tahun adalah 3,8 kali dibandingkan dengan yang lama terdiagnosa ≤ 1 tahun.

6.2. Saran

a. Bagi Pasien dan Keluarga

Direkomendasikan kepada pasien kanker untuk mendapatkan treatment pijat kaki selama 4 hari berturut – turut dengan durasi pijat $\pm$ 5 menit setiap harinya yang baik dilakukan pada sore atau malam hari.

b. Bagi Pelayanan Kesehatan

Dari penelitian ini diharapkan pelayanan keperawatan membuat suatu protap latihan pijat kaki sehingga perawat dapat menggunakannya sebagai tindakan mandiri perawat dalam pemberian asuhan keperawatan kepada pasien kanker yang menjalani kemoterapi khususnya dalam mengurangi gangguan tidur yang selama ini belum banyak diperhatikan.

c. Bagi Penelitian Selanjutnya

Berdasarkan penelitian ini selanjutnya disarankan untuk melakukan penelitian terkait pengaruh pijat kaki terhadap peningkatan kualitas tidur berdasarkan jenis kanker dan kualitas hidup pasien kanker dengan menambahkan aspek dukungan keluarga. Selain itu berdasarkan aspek psikologi, peneliti menyarankan untuk melakukan penelitian mengenai intervensi gabungan latihan pijat kaki dan tangan terhadap kelelahan dan kecemasan.

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