

BAB 6

SIMPULAN DAN SARAN

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

6.1 Simpulan

Penelitian tentang pengaruh *Acceptance and Commitment Therapy* (ACT) terhadap perubahan kecemasan dan *Self-Efficacy* pada pasien yang menjalani Hemodialisa di RS St. Carolus dilaksanakan mulai April sampai Mei 2017. Responden berjumlah 99 orang terdiri atas 74 orang kelompok intervensi dan 25 orang terdiri dari kelompok kontrol.

- 6.1.1 Karakteristik responden mayoritas 66 orang (66,7%) berada pada usia lansia (>45 tahun), 67 orang (67,7%) adalah laki-laki, 45 orang (45,4%) memiliki tingkat pendidikan tinggi (diploma/sarjana/pascasarjana), 56 orang (56,6%) tidak bekerja.
- 6.1.2 Tingkat kecemasan pasien Hemodialisa berdasarkan *Hamilton Anxiety Scale* (HAM-A) sebelum intervensi yaitu 34 orang (34,4%) mengalami kecemasan ringan dan 3 responden (3,1%) mengalami kecemasan berat. Tingkat kecemasan pasien Hemodialisa setelah intervensi adalah 68 orang (68,7%) memiliki tingkat ansietas yang normal dan 15 orang (20,3%) mengalami tingkat kecemasan ringan.
- 6.1.3 *Self-Efficacy* pasien Hemodialisa dengan menggunakan SUPPH sebelum intervensi adalah 82 orang (82,8%) memiliki *Self-Efficacy* yang rendah, sedangkan 17 orang (17,2%) memiliki *Self-Efficacy* yang tinggi. *Self-Efficacy* pasien Hemodialisa setelah intervensi 67 orang (67,7%) memiliki *Self-Efficacy* yang tinggi, sedangkan 32 responden (32,3%) memiliki *Self-Efficacy* yang rendah.
- 6.1.4 Berdasarkan hasil uji beda berpasangan menunjukan ada perubahan kecemasan yang signifikan sebelum dan sesudah intervensi $p=0.000$.

- 6.1.5 Berdasarkan hasil uji beda berpasangan menunjukan ada perubahan *Self-Efficacy* yang signifikan sebelum dan sesudah intervensi $p=0.000$.
- 6.1.6 Berdasarkan uji beda independen diketahui ada perubahan kecemasan yang signifikan antara kelompok intervensi ACT dengan kelompok kontrol $p=0,000$
- 6.1.7 Berdasarkan uji beda independen diketahui ada perubahan *Self-Efficacy* yang signifikan antara kelompok intervensi ACT dengan kelompok kontrol $p=0,000$.
- 6.1.8 Intervensi ACT memberikan pengaruh yang signifikan terhadap perubahan kecemasan pasien hemodialisa $p=0,000$, usia memberikan pengaruh yang signifikan terhadap perubahan kecemasan pasien hemodialisa $p=0,034$, pekerjaan memberikan pengaruh yang signifikan terhadap perubahan kecemasan pasien hemodialisa $p=0,031$. Sedangkan jenis kelamin dan tingkat pendidikan tidak berpengaruh terhadap kecemasan pasien hemodialisa dengan $p>0,05$.
- 6.1.9 Intervensi ACT memberikan pengaruh yang signifikan terhadap perubahan *Self Efficacy* pasien hemodialisa $p=0,000$, sedangkan usia, jenis kelamin, pekerjaan dan tingkat pendidikan tidak berpengaruh terhadap *Self Efficacy* pasien hemodialisa dengan $p>0,05$.
- 6.1.10 Berdasarkan uji statistik diketahui besarnya kontribusi variabel independen intervensi ACT secara simultan memberikan pengaruh terhadap perubahan kecemasan sebesar 25%, sisanya 75% dijelaskan oleh variabel diluar model atau variabel yang tidak dapat diteliti.
- 6.1.11 Berdasarkan uji statistik diketahui besarnya kontribusi variabel independen intervensi ACT secara simultan memberikan pengaruh terhadap perubahan *Self Efficacy* sebesar 25,5%, sisanya 74,5% dijelaskan oleh variabel diluar model atau variabel yang tidak dapat diteliti.
- 6.1.12 Hasil analisa *Odds Ratio* (OR) adalah dampak dari intervensi ACT memberikan pengaruh terhadap penurunan kecemasan 3 kali dan peningkatan *Self-Efficacy* 4 kali pada kelompok intervensi dibandingkan kelompok kontrol

Hal ini berarti ACT berpengaruh terhadap perubahan kecemasan dan *Self-Efficacy* pasien yang menjalani Hemodialisa

6.2 Saran

6.2.1 Bagi Praktik Keperawatan di RS St. Carolus

Intervensi *Acceptance and Commitment Therapy* (ACT) secara statistic berpengaruh terhadap perubahan kecemasan dan *Self-Efficacy* pasien yang menjalani Hemodialisa sehingga rumah sakit dapat memproses kebijakan terkait hasil penelitian berdasarkan kajian ilmu yang sudah dipaparkan.

6.2.2 Bagi Pendidikan Keperawatan

Acceptance and Commitment Therapy (ACT) dapat dimasukkan dalam mata ajaran terkait dengan terapi non farmakologis pada pasien yang mengalami gangguan psikososial seperti kecemasan dan *Self-Efficacy*.

6.2.3 Bagi Penelitian Keperawatan

6.2.3.1 Mengembangkan kajian ilmiah berupa penelitian lanjutan untuk menyempurnakan dan memperdalam penelitian dengan memodifikasi variabel dependen seperti tingkat depresi, gangguan pola kebiasaan, dan lain sebagainya.

6.2.3.2 Untuk aplikasi *Roy Adaptation Model* (RAM) perlu melihat lebih kompleks dari keempat sistem adaptif : fisiologi, konsep diri, peran dan ketergantungan terhadap kecemasan dan *Self-Efficacy*.

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