

BAB 6

KESIMPULAN DAN SARAN

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

6.1 Kesimpulan

Penelitian tentang pengaruh *self care activities* terhadap perubahan tingkat neuropati perifer pada pasien HIV/AIDS dilaksanakan mulai tanggal 8 Mei sampai tanggal 2 Juni 2017. Responden berjumlah 95 orang terdiri dari 71 orang kelompok intervensi *self care activities*, dan 24 orang kelompok kontrol.

6.1.1 Karakteristik responden mayoritas: (1) 80 (91,6) berada pada rentang usia >29-60 tahun; (2) 76 (80%) responden laki-laki; (3) 44 (46,3%) lama mengalami HIV/AIDS responden berada pada rentang >7 tahun; 45 (47,3%) lama pengobatan ARV responden berada pada rentang >6 tahun.

6.1.2 Tingkat neuropati perifer pada pasien HIV/AIDS berdasarkan *Brief Peripheral Neuropathy Screening Tool (BPNS)* yaitu pada kelompok intervensi: tingkat sedang 52 (73,2%), tingkat ringan 18 (25,2), tingkat berat 1 (1,4%). Pada kelompok kontrol tingkat sedang 17 (70,8%), tingkat ringan 7 (29,2).

6.1.3 Tingkat neuropati perifer pada pasien HIV/AIDS setelah intervensi *self care activities* berdasarkan *Brief Peripheral Neuropathy Screening Tool (BPNS)* yaitu pada kelompok intervensi: tingkat ringan 38 (53,5%), normal 31 (43,7), tingkat sedang 2 (2,8%). Pada kelompok kontrol tingkat sedang 17 (70,8%), tingkat ringan 7 (29,2).

6.1.4 Berdasarkan hasil uji beda berpasangan menunjukkan ada perubahan tingkat neuropati yang signifikan sebelum dan sesudah intervensi *self care activities* $p=0,000 (<0,05)$.

- 6.1.5 Berdasarkan uji beda independen diketahui ada perubahan tingkat neuropati perifer pada pasien HIV/AIDS yang signifikan antara kelompok intervensi *self care activities* dengan kelompok kontrol $p=0,00$ ($<0,05$)
- 6.1.6 Intervensi *self care activities* dan usia memberikan pengaruh yang signifikan perubahan tingkat neuropati perifer pada pasien HIV/AIDS $p=0,00$ dan $p=0,005$ ($<0,05$) sedangkan jenis kelamin, lama mengalami HIV/AIDS dan lama pengobatan ARV tidak berpengaruh terhadap perubahan tingkat neuropati perifer pada pasien HIV/AIDS.
- 6.1.7 Berdasarkan uji statistik pada kelompok *self care activities* diketahui ada pengaruh yang signifikan usia terhadap perubahan tingkat neuropati perifer pada pasien HIV/AIDS $p=0,005$ ($<0,05$) sedangkan jenis kelamin, lama mengalami HIV/AIDS dan lama pengobatan ARV tidak berpengaruh terhadap perubahan tingkat neuropati perifer pada pasien HIV/AIDS.
- Berdasarkan uji statistik diketahui besarnya kontribusi variabel independen intervensi *self care activities*, usia, jenis kelamin, lama mengalami HIV/AIDS dan lama pengobatan ARV secara simultan, mempunyai pengaruh terhadap perubahan tingkat neuropati perifer sebesar 61,2%, sedangkan sisanya (38,8%) adalah faktor lain yang tidak diteliti.

6.2 Saran

6.2.1 Bagi Pasien HIV/AIDS

Hasil penelitian ini diharapkan dapat menjadi salah satu informasi kepada pasien HIV/AIDS untuk selalu peka terhadap tanda dan gejala yang timbul baik akibat penyakit itu sendiri maupun terapi yang dijalani.

6.2.2 Bagi Yayasan Rempah Indonesia

Hasil penelitian ini diharapkan menjadi salah satu alasan penting adanya klinik khusus untuk digunakan sebagai pelayanan kesehatan bagi anggota yayasan.

6.2.3 Bagi Praktik Keperawatan

Hasil penelitian ini diharapkan dapat menjadi salah satu cara untuk selalu melakukan pengkajian dan memberikan intervensi secara mandiri kepada pasien HIV/AIDS.

6.2.4 Bagi Pendidikan Keperawatan

Hasil penelitian ini diharapkan dapat menjadi informasi baru yang bisa di masukan dalam mata kuliah keperawatan yang selanjutnya dapat dikembangkan kembali sesuai dengan aturan pendidikan keperawatan yang berlaku.

6.2.5 Bagi Penelitian Keperawatan

6.2.5.1 Hasil penelitian ini dapat dijadikan sebagai tolok ukur dan pembanding dalam melakukan penelitian selanjutnya seperti melakukan intervensi berdiri dengan satu kaki, berjalan dan mediasi terhadap neuropati perifer pada HIV/AIDS.

6.2.5.2 Mengaplikasi teori *self care* oleh Orem lainnya *self care requistes dan universal self care* terhadap neuropati perifer pada pasien HIV/AIDS.

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