

BAB 7

KESIMPULAN DAN SARAN

7.1 Kesimpulan

Berdasarkan hasil penelitian dapat disimpulkan bahwa mayoritas responden mengalami tingkat stres sedang dan kualitas hidup yang rendah dengan hasil korelasi melalui uji *rank spearman* di dapatkan hasil bahwa adanya hubungan antara tingkat stres dengan kualitas hidup *caregiver* pasien kanker.

7.2 Saran

7.2.1 Bagi Caregiver

Diharapkan *caregiver* dapat memberikan dukungan serta perhatian dalam melakukan perawatan diri sendiri dalam memenuhi kebutuhan sehari-hari untuk menjaga kesehatan dan menciptakan kualitas hidup yang lebih baik.

7.2.2 Bagi Pasien Kanker

Diharapkan pasien kanker yang masih dapat melakukan aktivitas untuk meminimalisir tingkat ketergantungan pada *caregiver* dan berupaya melakukan aktivitas keseharian yang masih mampu dikerjakan.

7.2.3 Bagi Perawat Komunitas

Diharapkan perawat komunitas akan membuat program yang berupa pelatihan bagi *family caregiver* agar menjadi individu yang mampu memberikan perawatan pada anggota keluarga yang sakit dengan lebih baik dan tepat.

7.2.4 Bagi Perawat Paliatif

Diharapkan mampu memberikan informasi terkait hubungan tingkat stres dengan kualitas hidup *caregiver* yang merawat pasien kanker serta diharapkan dapat mengembangkan pengetahuan dan melakukan evaluasi mengenai program pengembangan kesehatan bagi *caregiver*, guna meningkatkan kualitas hidup *caregiver* yang telah merawat pasien.

7.2.5 Bagi Institusi Pendidikan

Diharapkan bisa dijadikan referensi terkait hubungan tingkat stres dan kualitas hidup pada *caregiver* yang telah melakukan perawatan pada pasien kanker, sekaligus menjadi referensi untuk mengembangkan ilmu keperawatan paliatif.

7.2.6 Bagi Peneliti Selanjutnya

Diharapkan penelitian ini dapat dilanjutkan kepada peneliti selanjutnya dengan memodifikasi desain penelitian beserta memberikan intervensi pada *caregiver* pasien yang mengalami stres dengan kualitas hidup rendah.

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