

BAB 7

SIMPULAN dan SARAN

7.1 Simpulan

Berdasarkan temuan penelitian ini, dapat disimpulkan bahwa terapi *acupressure* titik *shenmen* (HT 7) dan *foot massage* terbukti efektif dalam meningkatkan kualitas tidur pada pasien kanker. Sebelum intervensi dilakukan, rata-rata skor kualitas tidur tercatat sebesar $12,53 \pm 3,967$, sedangkan setelah intervensi menurun menjadi $5,66 \pm 2,104$. Dengan demikian, terjadi penurunan rata-rata skor sebesar $6,875 \pm 2,091$. Hasil analisis uji statistik menunjukkan bahwa adanya pengaruh pemberian terapi *acupressure* titik *shenmen* (HT 7) dan *foot massage* terhadap kualitas tidur pasien kanker.

7.2 Saran

7.2.1 Bagi Pasien Kanker

Bagi pasien kanker disarankan untuk melakukan terapi *acupressure* titik *shenmen* (HT 7) dan *foot massage* secara mandiri di rumah untuk membantu mengatasi gangguan tidur. Terapi ini mudah dilakukan, aman, tidak memerlukan alat khusus, dan dapat meningkatkan kenyamanan serta kualitas tidur jika dilakukan secara rutin sesuai dengan panduan yang didapat dan sudah dilakukan.

7.2.2 Bagi Perawat Paliatif Di Komunitas

Perawat paliatif diharapkan agar dapat menggunakan terapi *acupressure* titik *shenmen* (HT 7) dan *foot massage* sebagai terapi non-farmakologi untuk membantu mengatasi gangguan tidur pada pasien kanker dan mendukung

perawatan secara menyeluruh, tidak hanya untuk fisik, tetapi juga untuk kenyamanan mental dan emosional pasien.

7.2.3 Bagi Keluarga (*Family Caregiver*)

Keluarga sebagai pendamping utama pasien kanker di rumah memiliki peran penting dalam membantu meningkatkan kualitas tidur pasien. Oleh karena itu, keluarga dianjurkan untuk memberikan dukungan pada pasien dengan mempelajari dan melakukan terapi *acupressure* titik *shenmen* (HT 7) dan *foot massage* sehingga kualitas tidurnya menjadi lebih baik.

7.2.4 Bagi Peneliti Selanjutnya

Peneliti selanjutnya disarankan untuk mengembangkan penelitian ini dengan menerapkan kombinasi terapi *acupressure* titik *shenmen* (HT 7) dan *foot massage* pada pasien kanker yang mengalami gangguan tidur dengan jenis kanker yang lebih spesifik, dan sebagai upaya intervensi terhadap pasien kanker yang mengalami kecemasan.

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