BAB 7
KESIMPULAN DAN SARAN

7.1 Kesimpulan

Berdasarkan hasil penelitian yang dilakukan, dapat disimpulkan bahwa pemberian intervensi rendam kaki air jahe hangat terbukti efektif dalam meningkatkan nilai ABI pada penderita DMT2. Dimana data menunjukkan bahwa sebelum intervensi dilakukan, *mean* nilai ABI subjek penelitian adalah 0,83 ± 0,04 dan setelah intervensi dilakukan terjadi peningkatan *mean* nilai ABI menjadi 0,88 ± 0,04, dengan *mean* peningkatan nilai ABI yang dicatat adalah 0,05 ± 0,02. Hasil ini diperkuat dengan uji *Wilcoxon Signed-Rank Test* yang menunjukan nilai signifikasi p = 0,000 (p < 0,05), menandakan adanya pengaruh rendam kaki air jahe hangat terhadap nilai ABI pada penderita DMT2.

7.2 Saran

7.2.1 Penderita DMT2

Disarankan untuk mempertimbangkan penggunaan rendam kaki air jahe hangat sebagai salah satu upaya mandiri yang aman dan mudah dilakukan untuk membantu meningkatkan nilai ABI pada penderita DMT2.

7.2.2 Perawat

Hasil penelitian ini dapat dijadikan sebagai acuan dalam pelayanan keperawatan, sehingga disarankan rendam kaki air jahe hangat dapat diterapkan sebagai salah satu intervensi non-farmakologis yang aman dan mudah untuk membantu meningkatkan nilai ABI pada penderita DMT2.

7.2.3 Peneliti Selanjutnya

Penelitian selanjutnya disarankan untuk mengumpulkan dan menganalisis data mengenai penggunaan OAD maupun terapi farmakologis DMT2 lainnya yang dijalani oleh subjek penelitian. Data tersebut dapat digunakan untuk mengidentifikasi kemungkinan pengaruh terapi farmakologis terhadap perubahan nilai ABI setelah pemberian intervensi rendam kaki air jahe hangat. Selain itu, penelitian selanjutnya juga disarankan melibatkan jumlah subjek yang lebih besar dengan cakupan wilayah penelitian yang lebih luas sehingga dapat menggambarkan karakteristik penderita DMT2 yang lebih beragam.

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