

BAB 7

KESIMPULAN DAN SARAN

7.1 Kesimpulan

Hasil dari *literature review* pada 10 jurnal hasil penelitian mengenai pengaruh akupresur dalam mengatasi *fatigue* pada pasien kanker mempunyai simpulan bahwa 10 dari 10 artikel mengungkapkan hasil nya yaitu akupresur memang dapat menurunkan *fatigue* pasien kanker tetapi hanya 1 dari 10 artikel yang mengatakan bahwa akupresur metode LIS dapat menurunkan *fatigue*, dan 3 dari 10 artikel mengatakan metode LIS kurang efektif.

Selanjutnya dari 10 artikel yang *dimapping* ditemukan bahwa terapi akupresur tidak hanya dapat menurunkan tingkat *fatigue* tetapi juga dapat mengurangi nyeri, meningkatkan kualitas tidur, ini dapat dibuktikan dengan penelitian yang dilakukan oleh Hsing, Chang, Glick, Londen dan Bovbjerg (2015).

7.2 Saran

Terapi akupresur sangat berguna untuk menurunkan tingkat *fatigue* pasien kanker, begitupun dengan kualitas tidur yang buruk, rasa nyeri dan stress. Saran yang diberikan terkait metode penelitian yang digunakan, pengaruh terapi akupresur akan terlihat signifikan dan tidak bias apabila variabel kontrol hadir dalam penelitian, selanjutnya terkait populasi penelitian perlu lebih banyak lagi dilakukan penelitian di Indonesia.

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