

BAB 7

KESIMPULAN DAN SARAN

7.1 Kesimpulan

Penelitian ini mengarah pada gangguan kecemasan terhadap individu di masa kehamilan. Sehingga penerapan *Motivational Interviewing* (MI) dapat membantu merubah cara berpikir yang mengarah pada perilaku positif, sehingga *Motivational Interviewing* dapat digunakan mempengaruhi perilaku untuk berubah. Pada penelitian ini penulis menggunakan instrumen PASS (*Perinatal Anxiety Screening Scale*).

7.2 Saran

Penulis memberikan saran pada penelitian selanjutnya agar dapat menerapkan *Motivational Interviewing* dengan variabel dependen yang berbeda dan dapat melakukan pengambilan data secara langsung di lapangan. Peneliti juga memberikan saran supaya penelitian selanjutnya dapat melakukan uji validitas dan reabilitas.

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