

BAB 7 KESIMPULAN

7.1 Kesimpulan

Self-management merupakan kemampuan individu untuk mengelola gejala, mengelola pengobatan, mengelola fisik, mengelola psikososial, dan mengelola perubahan gaya hidup yang melekat dalam kehidupan penderita kanker. *Self-management* dapat memberdayakan individu untuk mengatasi penyakit dengan meningkatkan kepercayaan diri dalam menangani kondisi kronis yang sedang dialami. *Self-management* telah terbukti memiliki efek positif yang signifikan pada hasil kesehatan orang dengan berbagai lainnya jenis penyakit kronis. Mengingat pentingnya *self-management* di antara penderita kanker dapat membuktikan adanya hubungan terhadap kualitas hidup pada kesehatan.

7.2 Saran

Hubungan *self-management* dengan kualitas hidup penderita kanker merupakan hal sederhana yang dapat dilakukan dengan pemberian kuesioner. *Self-management* mampu meningkatkan kesejahteraan dan kualitas hidup dengan melakukan edukasi, membimbing dan memberi dukungan pada penderita kanker dalam pelaksanaan program *self-management* dengan mengontrol gejala, melakukan pengobatan, mengatasi kesehatan fisik dan psikis, dan perawatan secara mandiri yang berdampak pada meningkatnya kualitas hidup dan kesejahteraan penderita kanker. Hal ini diharapkan agar penderita kanker memiliki motivasi untuk menjadikan kualitas hidupnya lebih baik. Penelitian ini diharapkan memiliki manfaat bagi keluarga agar bisa membantu dan mengajarkan *self-management*

sehingga memotivasi klien untuk dapat meningkatkan kualitas hidupnya. Diharapkan juga dengan adanya penelitian ini bisa menjadi pertimbangan dalam meningkatkan pelayanan kesehatan dengan mengajarkan *self-management* pada penderita kanker. Penelitian lain yang mungkin dapat disarankan yaitu dengan memberikan edukasi dan intervensi berupa program *self-management* untuk memotivasi penderita kanker untuk sembuh. Selanjutnya disarankan juga untuk meneliti *self-management* dengan variabel yang berbeda.

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