

CHAPTER VII

CONCLUSION

A. Conclusion

Based on the results of a study on the effect of Yoga for Cancer Survivors (YOCAS) therapy and the administration of *Mentha piperita* L. aromatherapy on sleep disorders in cancer patients undergoing chemotherapy at dr. M. Yunus Bengkulu Hospital, it can be concluded that:

1. This study involved 90 respondents who met the age characteristics of respondents showing an average age of 47 years. With the average number of chemotherapy cycles that respondents have undergone is 6 cycles, the respondents are female. Most of the respondents were in stage III as many as 75 people, and had comorbidities as many as 61 people.
2. Before the intervention, the highest total score of 9 was 22 people (24.4%) who stated the level of sleep disorders that were in the category of poor sleep.
3. After the intervention, there was a significant improvement in sleep quality with all respondents having sleep quality in the good category, with the highest total score of 4 for 53 people (58.9%).
4. The results of statistical tests showed a significant influence between pre-test and post-test scores on the level of sleep disturbance with a significant value of $p = 0.0001$. These scientific results indicate that the intervention has a positive impact on the sleep quality of cancer patients undergoing chemotherapy.

B. Suggestions

Based on the findings of this study, the researcher provided several suggestions to related parties so that the results of the research could be used optimally:

1. For the Institution of the Bengkulu Ministry of Health Polytechnic

It is hoped that the results of this research can be a source of scientific reference and learning materials for nursing students, especially in the field of Medical Surgical Nursing. In addition, this research is expected to encourage the development of further research related to nursing interventions that focus on improving sleep disturbances of cancer patients in the chemotherapy room.

2. Share Hospital Installation

The hospital is expected to implement *Yoga for Cancer Survivors* (YOCAS) therapy and the administration of aromatherapy *Mentha piperita* L. as an adjunct therapy to help reduce sleep disturbances in patients undergoing chemotherapy.

3. For Educational Institutions

The results of this study are expected to be a reference in the development of nursing science, especially regarding non-pharmacological interventions to overcome sleep disorders in cancer patients undergoing chemotherapy, as well as become learning materials for students in the application of *evidence-based nursing practice*.

4. For Other Researchers

Researchers are further expected to conduct research by controlling for factors that affect sleep disorders, such as pain levels, anxiety, fatigue, and environmental conditions during treatment. In addition, further research is suggested to use a more robust research design, larger sample counts, and longer intervention and observation times so that the effectiveness of *Yoga for Cancer Survivors* (YOCAS) therapy and *Mentha piperita* L. aromatherapy can be evaluated more comprehensively.