

CHAPTER VII

CONCLUSION

A. Conclusion

Based on the results of research and discussion on the effect of Jacobson's Progressive Muscle Relaxation (JPMR) on Alterations in Anxiety in Cancer Patients Undergoing Chemotherapy at Dr. M. Yunus Bengkulu Hospital, it can be concluded that:

1. Participant characteristics showed that the median age value of cancer patients undergoing chemotherapy was 46.17 years, with the youngest age being 34 years and the oldest age being 67 years. Most of the participants were female (94.4%) and unemployed (81.1%).
2. The average alterations in anxiety in cancer patients who underwent chemotherapy before being given Jacobson's Progressive Muscle Relaxation (JPMR) intervention were 42.58, while after being given the intervention decreased to 29.12.
3. There was an effect of Jacobson's Progressive Muscle Relaxation (JPMR) on alterations in anxiety in cancer patients undergoing chemotherapy at dr. M. Yunus Bengkulu Hospital with a p-value = 0.000 ($p < 0.05$). These results show that the administration of JPMR is effective in reducing alterations in anxiety in cancer patients undergoing chemotherapy.

B. Suggestions

Based on the results of the research that has been conducted, the researcher provides the following suggestions:

1. For Participants

Jacobson's Progressive Muscle Relaxation (JPMR) research is expected to be an alternative as one of the nonpharmacological therapies in helping to reduce alterations in anxiety. This relaxation technique can be done independently as an effort to reduce anxiety, increase calmness, and help patients adapt during chemotherapy.

2. For Dr. M. Yunus Bengkulu Hospital

Dr. M. Yunus Bengkulu Hospital is advised to consider the application of Jacobson's Progressive Muscle Relaxation (JPMR) as one of the non-pharmacological nursing interventions in nursing care for patients undergoing chemotherapy. In addition, nurses can provide education and assistance to patients on how to perform these relaxation techniques independently.

3. For Nursing Education Institutions

Nursing education institutions are advised to use the results of this study as a reference in the learning process regarding non-pharmacological nursing interventions, especially in the management of anxiety in patients undergoing chemotherapy. The results of this research can also be used as a basis for the development of research and community service activities in the field of nursing.

4. For the Next Researcher

Researchers are then advised to use a research design involving a control group so that the effectiveness of the intervention can be compared more objectively. In addition, research can be conducted with a larger sample size and a wider scope of research locations so that the research results have better generalization. Researchers are also advised to make modifications to the research instruments, especially in the use of language and the preparation of statements, so that they are simpler, easier to understand by patients, and minimize errors in filling out questionnaires.