

CHAPTER VII

CONCLUSIONS AND RECOMMENDATIONS

A. Conclusions

Based on the discussion results, it can be concluded that:

1. The mean age of respondents in the intervention group was 60.17 years and in the control group was 61.60 years. More than half of the respondents were male, with 18 people (60.0%) in the intervention group and 17 people (56.7%) in the control group. In the intervention group, the mean education level was junior high school and senior high school (36.7%), and in the control group, junior high school (40.0%). Most respondents had hemorrhagic stroke, with 24 people (80%) in the intervention group and 21 people (70%) in the control group.
2. The mean upper extremity muscle strength before intervention in the intervention group was 3.67 and after intervention was 4.43. Meanwhile, in the control group, the mean muscle strength before intervention was 3.77 and after intervention was 4.17.
3. There is a significant difference between upper extremity muscle strength before and after intervention in both groups. In the intervention group, the difference was significant ($p = 0.000$), while in the control group the difference was significant ($p = 0.001$).
4. There is an effect of the combination of Proprioceptive Neuromuscular Facilitation (PNF) and Hand Ball Grasping on increasing upper extremity muscle strength in post-stroke patients in the working area of Puskesmas Sawah Lebar, Bengkulu City, in 2026 ($p = 0.012$).

B. Recommendations

Based on the research results and discussion, the researcher would like to provide several recommendations to relevant parties, including:

1. For Health Services

- a. It is hoped that the combined Proprioceptive Neuromuscular Facilitation (PNF) and Hand Ball Grasping therapy can be continued to increase upper extremity muscle strength in post-stroke patients.
- b. Create a Standard Operating Procedure (SOP) for administering the combined Proprioceptive Neuromuscular Facilitation (PNF) and Hand Ball Grasping therapy for implementation at community health centers.
- c. Conduct outreach on the combined Proprioceptive Neuromuscular Facilitation (PNF) and Hand Ball Grasping therapy method to posyandu (integrated health post) cadres.

2. For Educational Institutions

It is hoped that this can be applied in Gerontological Nursing courses in nursing care interventions for patients experiencing decreased upper extremity muscle strength after stroke, regarding the combined Proprioceptive Neuromuscular Facilitation (PNF) and Hand Ball Grasping therapy to increase upper extremity muscle strength in post-stroke patients. It is hoped that the research results can be applied in community service by lecturers and students.

3. For Other Researchers

- a. Future researchers can increase the sample size so that the data can be more normally distributed. Thus, researchers can use parametric tests, which are more commonly used in research, to ensure the validity of the results obtained.
- b. Researchers can expand the research location to increase the number of samples that will participate.