

BAB 5

KESIMPULAN DAN SARAN

5.1 Kesimpulan

Berdasarkan hasil penelitian pada tingkat stres orang tua dari anak Diabetes Melitus Tipe 1 di Kota Malang yang telah dilakukan maka dapat disimpulkan bahwa, sebagian besar (68,40%) orang tua tidak mengalami stres, sebagian kecil (15,80%) orang tua mengalami stres ringan, dan sebagian kecil (15,80%) orang tua mengalami stres sedang.

5.2 Saran

Saran penelitian sesuai hasil yang ditemukan adalah sebagai berikut:

1. Bagi Perawat

Diharapkan memberikan dukungan psikologis dan edukasi kepada orang tua dalam menghadapi anak sakit Diabetes Melitus Tipe 1.

2. Bagi Orang Tua

Hasil penelitian ini dapat memberi informasi tentang penanganan stres dan cara adaptasi dalam menangani anak Diabetes Melitus Tipe 1.

3. Bagi Peneliti Selanjutnya

Diharapkan mengembangkan penelitian tentang Tingkat Stres Orang Tua Dari Anak Diabetes Melitus Tipe 1 dengan skala responden yang lebih besar untuk memperoleh hasil yang lebih maksimal.

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