

## BAB V

### KESIMPULAN DAN SARAN

#### 1.1 Kesimpulan

1. Berdasarkan analisis data diatas menunjukkan bahwa sebeum dilakukan penelitian pada kelompok Intervensi YNSA untuk kategori tekanan darah terbanyak adalah kategori Hipertensi derajat 2 sebanyak 30 orang responden (21%) sedangkan pada kelompok kontrol kategori terbanyak adalah Hipertensi derajat 2 sebanyak 20 orang responden (53%).
2. Berdasarkan analisis data diatas menunjukkan bahwa setelah dilakukan penelitian diperoleh pada kelompok dengan Intervensi YNSA kategori tekanan darah terbanyak adalah kategori Normal sebanyak 14 responden (37%). Sedangkan pada kelompok kontrol kategori terbanyak adalah Hipertensi derajat1 sebanyak 11 orang responden (29 %).
3. Berdasarkan analisis data diatas menunjukkan bahwa pada ke 2 kelompok memiliki perbedaan yang signifikan saat *pre-treatment* dan *post-treatment* pada hari ke 2 hingga hari ke 7 dengan nilai  $p < 0.05$ . Namun pada *post-treatment* hari 1 dengan analisis *Mann Whitney* diperoleh 602, 00 menunjukkan hasil tidakditemukan perbedaan yang signifikan.

## 5.2 Saran

### 1. Bagi Peneliti

Untuk menggunakan informasi kajian data awal dan acuan penelitian.

### 2. Bagi Institusi Kesehatan

Untuk menambah khazanah ilmu pengetahuan pengobatan Hipertensi.

### 3. Bagi Profesi Akupunktur Terapis

Untuk menggunakan Akupunktur membantu kasus Hipertensi.



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