

BAB 5. SIMPULAN DAN SARAN

5.1 Simpulan

Berdasarkan hasil penelitian di atas, dapat disimpulkan bahwa: ada Pengaruh Akupunktur titik Hegu, Shenmen, Zusanli, dan Chize dalam memperbaiki emosi lansia yaitu mengurangi tingkat kecemasan lansia.

5.2 Saran

5.2.1 Bagi Profesi Akupunktur

Disarankan kepada profesi akupunktur untuk menjadikan penelitian ini sebagai masukan dalam mengembangkan pelayanan akupunktur.

5.2.2 Bagi Institusi Pendidikan

Disarankan kepada Institusi Pendidikan untuk menggunakan hasil penelitian ini sebagai bahan kajian pustaka dan menambah koleksi perpustakaan.

5.2.3 Bagi Peneliti Selanjutnya

Disarankan kepada peneliti selanjutnya untuk menjadikan penelitian ini sebagai bahan kajian data awal untuk melakukan penelitian lebih lanjut tentang akupunktur dalam memperbaiki kecemasan lansia dan dikembangkan untuk perbaikan emosi yang lain.

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