

## **BAB VI**

### **SIMPULAN DAN SARAN**

#### **6.1 Simpulan**

1. Intensitas nyeri berkorelasi negatif dengan kualitas hidup pasien HNP lumbal. Terdapat korelasi negatif antara intensitas nyeri dengan dimensi fungsi fisik, fungsi peran akibat masalah fisik, fungsi sosial, vitalitas, nyeri badan, kesehatan mental, dan persepsi kesehatan secara umum. Namun, intensitas nyeri tidak berkorelasi dengan dimensi fungsi peran akibat masalah emosi pada pasien HNP lumbal.
2. Disabilitas aktivitas sehari-hari berkorelasi negatif dengan kualitas hidup pasien HNP lumbal. Terdapat korelasi negatif antara disabilitas aktivitas sehari-hari dengan dimensi fungsi fisik, fungsi peran akibat masalah fisik, vitalitas, nyeri badan, kesehatan mental, dan persepsi kesehatan secara umum. Namun, disabilitas aktivitas sehari-hari tidak berkorelasi dengan dimensi fungsi peran akibat masalah emosi dan fungsi sosial pada pasien HNP lumbal

#### **6.2 Saran**

1. Perlu adanya penelitian lebih lanjut dengan desain penelitian yang lain seperti kohort atau *case control*.

2. Perlu adanya penelitian lebih lanjut dengan memperhitungkan terapi serta derajat dan lokasi herniasi nukleus pulposus berdasarkan gambaran radiologi.
3. Intensitas nyeri dan tingkat disabilitas aktivitas sehari-hari dapat dijadikan pertimbangan dalam tata laksana perbaikan kualitas hidup pasien HNP lumbal.

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