

## **BAB V PENUTUP**

### **5.1 Simpulan**

1. Tingkat pengetahuan masyarakat tentang penggunaan herbal dan suplemen kesehatan di masa pandemi Covid 19 Desa Kualalumpur Kecamatan Paguyaman sebelum diberikan penyuluhan kesehatan pengetahuan kurang sebanyak 62 responden (75,6%).
2. Tingkat pengetahuan masyarakat tentang penggunaan herbal dan suplemen kesehatan di masa pandemi Covid 19 Desa Kualalumpur Kecamatan Paguyaman setelah diberikan penyuluhan kesehatan kategori baik 80 responden (97,6%).
3. Pengaruh penyuluhan kesehatan tentang penggunaan herbal dan suplemen kesehatan di masa pandemi Desa Kualalumpur Kecamatan Paguyaman dengan uji *wilcoxon* dengan hasil yang didapatkan nilai *p value* 0,000 ( $\alpha < 0,05$ ).

### **5.2 Saran**

1. Bagi Peneliti Selanjutnya

Penelitian ini diharapkan dapat digunakan menambah wawasan, selain itu juga dapat digunakan sebagai pedoman atau referensi terkait dengan penggunaan herbal dan suplemen kesehatan.

2. Bagi Masyarakat

Masyarakat dapat memanfaatkan tanaman herbal dan suplemen kesehatan untuk meningkatkan daya tahan tubuh di masa pandemi Covid 19.

### 3. Bagi Keperawatan

Hasil penelitian ini dapat digunakan sebagai pengembangan ilmu keperawatan selain itu hasil peneliti in juga diharapkan dapat menjadi sesuatu yang bernilai positif bagi keperawatan.

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