

BAB 6

SIMPULAN DAN SARAN

6.1. Simpulan

Penelitian mengenai hubungan kebiasaan lama duduk dengan *myofascial pain syndrome* yang dilaksanakan pada tanggal 9 Agustus 2014, 30 Agustus 2014, dan 20 September 2014 dengan jumlah sampel penelitian 37 sampel. Dari penelitian ini dapat diambil kesimpulan sebagai berikut :

- 6.1.1. Tidak terdapat hubungan antara lama duduk dengan *Myofascial Pain Syndrome*.
- 6.1.2. Terdapat hubungan antara periode lama duduk dengan *Myofascial Pain Syndrome*.

6.2. Saran

- 6.2.1. Bagi CV. INTISARI JAYA dan institusi lain yang terkait

Berdasarkan penelitian ini diharapkan pekerja lebih memperhatikan lama duduk dalam bekerja untuk mengantisipasi masalah – masalah yang dapat timbul, seperti *myofascial pain syndrome*, dan masalah neuromuskuloskeletal lainnya.

- 6.2.2. Bagi Penelitian Selanjutnya

Untuk penelitian selanjutnya, sebaiknya peneliti menggunakan instrumen / kuisioner resmi yang telah dibuat oleh lembaga

kehatan resmi / dunia. Penelitian eksperimen diperlukan untuk melihat perjalanan penyakit *myofascial pain syndrome* berdasarkan proses terjadinya sindroma atau gejala – gejala. Perlu dilakukan analisis dan penelitian lebih lanjut mengenai faktor-faktor lain yang dapat mempengaruhi timbulnya *Myofascial Pain Syndrome*, selain lama duduk dan periode lama duduk. Faktor – faktor lain yang bisa menjadi penelitian, seperti : Hubungan depresi dan anxietas terhadap *Myofascial Pain Syndrome*, Hubungan postur saat bekerja dengan kejadian *muscle fatigue*, Hubungan kebiasaan lama duduk dengan *Fibromyalgia*, Hubungan tingkat kebugaran dengan *muscle fatigue*, dan lain – lain.

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