

## BAB 7

### KESIMPULAN DAN SARAN

#### 7.1 Kesimpulan

Berdasarkan hasil penelitian mengenai Korelasi Lama Menderita DM dengan Skor MMSE yang dilaksanakan di Rumah Sakit Gotong Royong Surabaya, dapat disimpulkan sebagai berikut:

- Pasien DM dengan jenis kelamin perempuan lebih banyak dibandingkan dengan laki-laki.
- Pasien DM terbanyak ada pada rentang usia 61-70 tahun.
- Sebagian besar pasien DM yang berobat telah menderita DM kurang dari 5 tahun.
- Terdapat korelasi negatif, lemah, tidak bermakna antara lama DM dengan skor MMSE.
- Terdapat korelasi lemah, tidak bermakna antara lama DM dengan skor MMSE dengan mengendalikan variabel usia.

#### 7.2 Saran

Berdasarkan hasil dan kesimpulan penelitian ini, peneliti menyarankan untuk melakukan edukasi tentang pentingnya deteksi dini DM, khususnya bagi mereka yang memiliki faktor risiko menderita DM.

Peneliti merekomendasikan kepada peneliti selanjutnya untuk meneliti lebih dalam mengenai DM dan HbA1c, serta hubungannya dengan fungsi kognitif khususnya pada populasi lansia, agar pencegahan dan deteksi dini demensia dapat terlaksana dengan baik.

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