

BAB 7

KESIMPULAN DAN SARAN

7.1 Kesimpulan

Pada penelitian mengenai perbedaan daya konsentrasi sebelum dengan sesudah mengonsumsi kopi Arabika Aceh Gayo pada mahasiswa laki – laki Fakultas Kedokteran Universitas Katolik Widya Mandala Surabaya angkatan 2015, 2016, 2017 dan dapat disimpulkan bahwa terdapat perbedaan daya konsentrasi sebelum dengan sesudah mengonsumsi kopi Arabika Aceh Gayo dengan nilai signifikan.

7.2 Saran

Berdasarkan penelitian yang telah dilakukan, ada beberapa saran untuk penelitian selanjutnya,

1. Memperbanyak jumlah subjek penelitian agar hasil penelitian yang didapatkan memiliki kekuatan statistik yang lebih baik.
2. Dapat dilakukan penelitian lebih lanjut mengenai perbedaan daya konsentrasi pada pagi hari dengan sore hari lalu dilakukan intervensi dengan mengonsumsi kopi.

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