

BAB VII SIMPULAN DAN SARAN

7.1 Simpulan

Berdasarkan hasil dari penelitian yang dilakukan terhadap 47 responden di Fakultas Kedokteran Universitas Katolik Widya Mandala pada tanggal 25 Agustus 2022 – 17 Oktober 2022, diperoleh kesimpulan sebagai berikut:

1. Postur kerja responden paling banyak berada pada tingkat risiko rendah (55,31%).
2. Intensitas keluhan WMSD yang dialami responden paling banyak berada pada tingkat keluhan yang dapat diabaikan (78,72%).
3. Terdapat korelasi bermakna antara postur kerja buruk dari skor RULA yang tinggi terhadap intensitas keluhan WMSD pada mahasiswa FK UKWMS angkatan 2019.

7.2 Saran

1. Populasi penelitian disarankan untuk menggunakan furnitur yang mendukung postur kerja netral, sehingga dapat meminimalisasi keluhan muskuloskeletal yang dialami.
2. Penelitian lanjutan bisa mengambil sampel yang lebih besar, menggunakan rumus besar sampel yang sama dengan mengganti variabel derajat penyimpangan terhadap populasi dari 10% menjadi 5%.
3. Penelitian lanjutan bisa mengambil data mengenai frekuensi dan durasi postur kerja untuk memperkaya analisis.

4. Penelitian lanjutan bisa meneliti populasi pekerja industri, karena posisi kerja yang dilakukan lebih monoton dan repetitif dibandingkan mahasiswa yang posisinya berubah-ubah.

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