

BAB VII

KESIMPULAN DAN SARAN

7.1 Kesimpulan

Berdasarkan hasil penelitian yang telah dilakukan, dapat disimpulkan bahwa:

1. Terdapat pengaruh pemakaian masker terhadap perbedaan peningkatan detak jantung pada sampel kontrol dan eksperimental saat melakukan aktivitas fisik di kelompok masker bedah pada mahasiswa Fakultas Kedokteran Universitas Katolik Widya Mandala Surabaya
2. Tidak terdapat pengaruh pemakaian masker terhadap perbedaan peningkatan detak jantung pada sampel kontrol dan eksperimental saat melakukan aktivitas fisik di kelompok masker KN95, masker N95, dan masker *double* pada mahasiswa Fakultas Kedokteran Universitas Katolik Widya Mandala Surabaya
3. Terdapat pengaruh pemakaian masker terhadap perbedaan peningkatan laju pernapasan saat melakukan aktivitas fisik pada sampel kontrol dan eksperimental di semua kelompok masker pada mahasiswa Fakultas Kedokteran Universitas Katolik Widya Mandala Surabaya
4. Tidak terdapat perbedaan bermakna pada peningkatan laju detak jantung (HR) dan pernapasan (RR) antar ke-4 kelompok masker setelah melakukan aktivitas fisik

7.2 Saran

Berdasarkan hasil penelitian, peneliti memberikan saran yang dapat dilakukan untuk penelitian berikutnya:

1. Meningkatkan intensitas perlakuan aktivitas fisik dengan intensitas sedang sampai berat, dan durasinya. Selain itu perlakuan aktivitas fisik juga dapat dilakukan dengan bentuk yang lain, misalnya menggunakan *treadmill*, tidak hanya naik tangga saja.
2. Menggunakan alat ukur digital untuk melakukan pengukuran parameter kardiorespirasi untuk menghindari kesalahan dalam pengukuran
3. Menambah durasi *wash out* antar 2 kali perlakuan aktivitas fisik supaya mencukupi bagi sampel untuk kembali ke kondisi basalnya

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