

## **BAB 7**

### **SIMPULAN DAN SARAN**

#### **7.1 Simpulan**

Berdasarkan analisa data dari penelitian yang telah dilakukan, maka dapat disimpulkan sebagai berikut :

1. Sebanyak 46.7% mahasiswa/I angkatan 2019 Fakultas Kedokteran Universitas Katolik Widya Mandala Surabaya memiliki tingkat aktivitas fisik yang tinggi.
2. Sebanyak 77.8% mahasiswa/I angkatan 2019 Fakultas Kedokteran Universitas Katolik Widya Mandala Surabaya memiliki tingkat kecemasan yang rendah.
3. Terdapat hubungan yang signifikan  $p = 0.002$  ( $p < 0,05$ ) antara aktivitas fisik dengan kecemasan pada mahasiswa/I Fakultas Kedokteran Universitas Katolik Widya Mandala Surabaya angkatan 2019.

#### **7.2 Saran**

Berdasarkan hasil dari analisa data penelitian yang telah dilakukan, maka saran yang dapat diberikan oleh peneliti adalah sebagai berikut:

1. Bagi responden

Dari hasil penelitian menunjukkan bahwa mahasiswa dengan aktivitas yang tinggi mempunyai tingkat kecemasan yang rendah, sehingga bisa menjadi acuan dengan melakukan aktivitas tinggi akan menurunkan kecemasan mahasiswa.

2. Bagi peneliti selanjutnya

Hasil penelitian ini dapat menjadi dasar untuk pengembangan penelitian sejenis dengan mempertimbangkan faktor faktor yang mempengaruhi yang belum diteliti.

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