

SIMPULAN DAN SARAN

7.1 Simpulan

1. Pada kelompok bukan pengguna *headset*, tidak terdapat gangguan pendengaran.
2. Pada kelompok pengguna *headset*, terdapat dua responden yang mengalami tuli ringan, dimana responden masih bisa mendengar percakapan dengan baik namun sulit mendengarkan suara pada jarak 3,6 meter atau lebih dan pada keramaian.
3. Terdapat hubungan antara penggunaan *headset* yaitu, menggunakan *headset* lebih dari 2 jam sehari secara terus menerus dengan frekuensi penggunaan lebih dari 5 hari dalam seminggu dan volume diatas 60% dengan gangguan pendengaran pada siswa SMA X di Surabaya.

7.2 Saran

Saran yang diberikan oleh peneliti dalam penelitian ini adalah:

1. Disarankan untuk mengadakan penyuluhan mengenai efek samping penggunaan *headset* terhadap pendengaran pada populasi yang berisiko mengalami gangguan pendengaran yaitu remaja dan dewasa muda.
2. Bagi penelitian selanjutnya, disarankan untuk memilih populasi dengan profesi yang memiliki risiko mengalami gangguan pendengaran akibat bising.

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