

BAB 7

SIMPULAN DAN SARAN

7.1 Simpulan

Berdasarkan dari hasil penelitian yang sudah dilakukan, didapatkan simpulan yaitu, Terdapat korelasi antara BQ dengan kejadian OSA di RS PHC Surabaya. Hal ini dikarenakan OSA berisi pertanyaan-pertanyaan mengenai gejala yang sering timbul pada OSA.

7.2 Saran

7.2.1 Saran Bagi Peneliti Selanjutnya

Untuk penelitian selanjutnya disarankan untuk dapat mempertimbangkan adanya faktor-faktor risiko OSA lainnya seperti kelainan pada kraniofasial atau ukuran leher besar. Penelitian selanjutnya juga dapat membandingkan efektivitas BQ dengan kuesioner OSA lainnya dalam menilai risiko seseorang mengalami OSA.

7.2.2 Saran Bagi Masyarakat

Masyarakat diharapkan mengetahui gejala dari OSA seperti mendengkur dan/atau kelelahan yang berlebih di siang hari dan tidak meremehkannya. Apabila ada gejala seperti mendengkur atau kelelahan di siang hari, dapat menggunakan BQ sebagai alat *self assesment* untuk menilai risiko kejadian OSA. Kemudian apabila didapatkan risiko tinggi dapat ke dokter untuk mendapatkan pertolongan.

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