

BAB 7

SIMPULAN DAN SARAN

7.1 Simpulan

Penelitian ini mempunyai simpulan akhir sebagai berikut :

1. *Cabin Fever* dapat terjadi pada setiap mahasiswa baik pada saat PPKM maupun sesudah PPKM.
2. Terdapat perbedaan angka kejadian *Cabin Fever* pada saat PPKM dan sesudah PPKM.
3. Angka kejadian *Cabin Fever* pasca PPKM lebih tinggi daripada saat PPKM.
4. Tingkat keparahan *Cabin Fever* pada saat PPKM lebih tinggi disbanding sesudah PPKM.
5. Dampak *cabin fever* pada mahasiswa FK UKWMS dapat berkurang dengan berjalannya waktu serta pelonggaran dari pemerintah terhadap PPKM.

7.2 Saran

1. Bagi Mahasiswa

Untuk mengantisipasi gejala *cabin fever* pada mahasiswa, sebaiknya mahasiswa menambahkan kegiatan pada jadwal sehari-hari disamping kewajiban untuk belajar. Mahasiswa dapat lebih rutin berolahraga pada pagi hari, lalu dapat mencoba mempelajari hal-hal baru semisal memasak dari kanal *youtube* juga dapat membantu ibu atau asisten rumah tangga dalam bekerja rumah tangga. Dapat dipastikan hal-hal baru yang dipelajari dapat menciptakan suasana yang lebih produktif dalam rumah, serta dapat menghindarkan mahasiswa dari gejala-gejala *cabin fever*. Diharapkan juga mahasiswa dapat mengelola stress mereka dengan baik dengan cara melakukan hobi mereka ataupun menggali hobi baru yang selama ini tidak disadari, akan lebih baik jika hobi tersebut dapat menghasilkan uang. Pastinya hal ini juga dapat membantu ekonomi dari keluarga meskipun tidak signifikan namun tetap membantu dan dapat lebih cepat beradaptasi pada dunia kerja. Para

mahasiswa juga dapat melakukan hal simple yaitu dengan *zoom* dengan para teman angkatan, menceritakan keseharian dan menanyakan kabar dan juga dapat bercerita masalahnya kepada orang yang mereka percaya atau lebih baik diceritakan kepada pihak profesional karena pada saat PPKM tidak sedikit para psikiater yang membuka konsultasi melalui media *video call*.

2. Bagi Peneliti Selanjutnya

Bagi peneliti selanjutnya yang ingin menciptakan penelitian dengan topik yang sama dengan penelitian ini, penelitian ini masih perlu dibuktikan lebih jauh dengan kriteria inklusi yang lebih spesifik dan homogen.

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