

## **BAB 7**

### **SIMPULAN DAN SARAN**

#### **7.1 Simpulan**

Berdasarkan penelitian yang telah dilakukan, dapat disimpulkan bahwa tidak terdapat pengaruh tingkat stres terhadap memori jangka pendek pada mahasiswa Fakultas Kedokteran Universitas Katolik Widya Mandala Surabaya.

#### **7.2 Saran**

##### **7.2.1 Bagi Peneliti Selanjutnya**

Pengaruh tingkat stres terhadap memori jangka pendek perlu untuk diteliti lebih lanjut karena menurut teori dari para ahli, stres dapat mempengaruhi memori jangka pendek. Memori jangka pendek adalah awal mula dari memori jangka panjang, sehingga apabila memori jangka pendek terganggu akibat stres, maka dapat berdampak pada memori jangka panjang.

Untuk peneliti selanjutnya, sebaiknya penelitian dilakukan secara eksperimental dengan waktu pemberian paparan stres dan pengambilan data kemampuan memori jangka pendek di hari yang sama agar dapat melihat pengaruh tingkat stres terhadap memori jangka pendek. Hal ini mengingat bahwa dampak stres terhadap memori jangka pendek sangat berkaitan dengan waktu stres tersebut dirasakan. Selain itu, penggunaan DST untuk menilai kemampuan memori jangka pendek dapat digantikan dengan *Reading Span Task* sebagai alat ukur yang lebih sensitif.

### **7.2.2 Bagi Mahasiswa Fakultas Kedokteran**

Untuk mahasiswa Fakultas Kedokteran Universitas Katolik Widya Mandala Surabaya, agar dapat mencari bantuan dan mencari mekanisme coping masing-masing untuk mengurangi tingkat stres sehingga tidak memberi dampak yang merugikan.

### **7.2.3 Bagi Fakultas Kedokteran**

Untuk Fakultas Kedokteran Universitas Katolik Widya Mandala Surabaya, agar dapat menjadi perhatian dari fakultas untuk membantu mahasiswa mengatasi stres yang dialami seperti memberikan konseling, membuat *talkshow* mengenai stres, membuat kegiatan-kegiatan non akademik, dan sebagainya.

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