

BAB VII

KESIMPULAN

7.1 Kesimpulan

Sesuai dengan hasil penelitian yang telah dilakukan mengenai “Hubungan Antara *Leisure Activity Score* dengan Derajat Disabilitas *Low Back Pain* pada Mahasiswa FK UKWMS Angkatan 2020” pada 69 mahasiswa FK UKWMS Angkatan 2020 periode 10 September 2023-13 Oktober 2023 sesuai dengan kriteria inklusi dan eksklusi, diambil kesimpulan sebagai berikut :

- Keluhan nyeri punggung paling banyak dialami oleh mahasiswa perempuan dengan jumlah 31 mahasiswa (70,45%)
- Berdasarkan data aktivitas fisik, sebagian besar dari mahasiswa tergolong aktif secara fisik dengan jumlah 51 mahasiswa (73,91%)
- Berdasarkan data derajat disabilitas *Low Back Pain*, sebagian besar dari mahasiswa tergolong pada derajat *Low Back Pain* ringan dengan jumlah 64 mahasiswa (92,75%)
- Tidak terdapat hubungan antara *Leisure Activity Score* dengan derajat *Low Back Pain* pada mahasiswa FK UKWMS Angkatan 2020 ($p = 0,687$, dan $r = 0,049$)

7.2 Bagi Fakultas Kedokteran Widya Mandala Surabaya

- Mempertimbangkan dilakukannya penelitian terhadap faktor ergonomis dari ruang perkuliahan yang mungkin dapat menyebabkan nyeri punggung pada mahasiswa
- Meningkatkan fasilitas pada ruang pembelajaran untuk kenyamanan selama perkuliahan terutama pada jangka waktu duduk yang lama untuk meminimalisir terjadinya nyeri punggung pada saat kuliah

7.3 Bagi Mahasiswa Kedokteran

- Penting bagi mahasiswa untuk melakukan istirahat dan peregangan setelah melakukan aktivitas yang lama seperti setelah duduk lebih dari waktu 4 jam
- Postur duduk yang baik juga perlu diperhatikan pada saat duduk untuk mengurangi risiko terjadinya nyeri punggung

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