

## **BAB VI**

### **KESIMPULAN DAN SARAN**

#### **6.1. Kesimpulan**

Berdasarkan hasil penelitian yang telah dilakukan mengenai Tingkat Pengetahuan Mahasiswi Mengenai Cara Pemakaian dan Pemeliharaan Lensa Kontak, dapat ditemukan hasil sebagai berikut:

1. Dari hasil penelitian ini, dapat disimpulkan bahwa tingkat pengetahuan mahasiswi mengenai cara pemakaian lensa kontak sudah cukup.
2. Dari hasil penelitian ini, dapat disimpulkan bahwa tingkat pengetahuan mahasiswi mengenai cara pemeliharaan lensa kontak masih kurang.

#### **6.2. Saran**

1. Bagi Mahasiswi dan Masyarakat

Sebaiknya ketika ingin memakai lensa kontak, kita mengetahui dan mempelajari terlebih dahulu mengenai cara pemakaian dan pemeliharaan lensa serta komplikasi yang dapat terjadi jika hal itu tidak dilakukan dengan baik dan benar. Selain itu sebelum memutuskan untuk menggunakan lensa kontak, sebaiknya kita berkunjung ke dokter mata untuk mencari tahu jenis lensa kontak apa yang cocok dengan kita dan bila sudah menjadi pengguna lensa kontak, kita harus mengkonsulkan diri setidaknya setahun sekali.

## 2. Bagi Peneliti Selanjutnya

Bagi peneliti selanjutnya diharapkan jika melakukan penelitian mengenai lensa kontak, dapat ditanyakan mengenai riwayat komplikasi serta riwayat berkonsultasi dengan dokter mata.

## DAFTAR PUSTAKA

1. Dorland N. *Kamus Saku Kedokteran Dorland*. 28<sup>th</sup> ed. Singapore: Elsevier; 2009. p. 1
2. Wahyuni Ii, Saleh T T. *Fitting Lensa Kontak Rigid Gas Permeable Vol. 5*. Surabaya: Departemen/SMF Ilmu Kesehatan Mata Fakultas Kedokteran Unair/RSU Dr. Soetomo; 2007.
3. Mannis Mark J, Zadnik Karla, editors. *Contact Lenses in Ophthalmic Practice*. New York: Springer; 2003.
4. *Advantages and Disadvantages of Various Types of Contact Lenses*. American Optometric Association [internet]; 2015 [cited 2016 Feb 20].  
Diunduh dari: <http://www.aoa.org/patients-and-public/caring-for-your-vision/contact-lenses/advantages-and-disadvantages-of-various-types-of-contact-lenses?sso=y>

5. *Facts and Stats.* American Optometric Association [internet]; 2015 [cited 2016 Feb 15].  
Diunduh dari: <http://www.aoa.org/patients-and-public/caring-for-your-vision/contact-lenses/facts-and-stats?sso=y>
6. British Contact Lens Association [internet].  
British Contact Lens Association; 2013 [cited 2016 Feb 15]. Diunduh dari:  
[https://www.bcla.org.uk/component/finder/?view=results&option=com\\_finder&term=contact+lens&delegates%5B%5D=everything](https://www.bcla.org.uk/component/finder/?view=results&option=com_finder&term=contact+lens&delegates%5B%5D=everything)
7. *Patient compliance during contact lens wear perceptions awareness and behavior.* The National Center for Biotechnology Information [internet]; U.S. National Library of Medicine. Nov 2010 [cited 21 Feb 2016]. Diunduh dari:  
<http://www.ncbi.nlm.nih.gov/pubmed/20935569>

8. *Contact Lens Related Corneal Ulcer*. The National Center for Biotechnology Information [internet]; U.S. National Library of Medicine. ; 2010 Apr 30 [cited 21 Feb 2016]. Diunduh dari: <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4170392/>
9. Wu Y et al. The National Center for Biotechnology Information [internet]. U.S. National Library of Medicine. *Contact lens user profile, attitudes and level of compliance to lens care*; 2010 [cited 21 Feb 2016]. Diunduh dari: <http://www.ncbi.nlm.nih.gov/pubmed/20227903>
10. Loh KY, Agarwal P. The National Center for Biotechnology Information [internet]. [U.S. National Library of Medicine](http://www.ncbi.nlm.nih.gov/pubmed/20227903). *Contact Lens Related Corneal Ulcer*; 2010 Apr 30 [cited 21 Feb 2016]. Diunduh dari:

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4170392/>

11. Bennett ES, Weissman BA. *Clinical Contact Lens Practice*. Philadelphia, PA: Lippincott Williams & Wilkins; 2005.
12. *Signs of Potential Problems*. American Optometric Association [internet]; ; 2015 [cited 2016 Feb 15]. Diunduh dari: <http://www.aoa.org/patients-and-public/caring-for-your-vision/contact-lenses/signs-of-potential-problems?sso=y>
13. Sitompul R. *Perawatan Lensa Kontak untuk Mencegah Komplikasi* vol 3 no 1. Jakarta: Departemen Ilmu Kesehatan Mata, Fakultas Kedokteran Universitas Indonesia Rumah Sakit dr. Cipto Mangunkusumo; 2015.

14. Maulana H. *Promosi Kesehatan* [internet].  
Jakarta: EGC; 2009 (cited 2016 Apr 20). Diunduh  
dari:  
[https://books.google.co.id/books?id=sDKnWExH6tQC&pg=PA220&dq=notoatmodjo+2003&hl=en&sa=X&redir\\_esc=y#v=onepage&q=notoatmodjo%202003&f=false](https://books.google.co.id/books?id=sDKnWExH6tQC&pg=PA220&dq=notoatmodjo+2003&hl=en&sa=X&redir_esc=y#v=onepage&q=notoatmodjo%202003&f=false)
15. Gasson A & Morris J. *The Contact Lens Manual a Practical Guide to fitting*. 3<sup>rd</sup> ed: London: Butterworth Heinemann; 2003
16. *How to Choose and Take Care of Your Contact Lenses* [internet]. Student Health Service Department of Health The Government of the Hong Kong Special Administrative Region; 2012 [cited 2016 Mar 27]. Diunduh dari:  
[https://www.studenthealth.gov.hk/english/health/health\\_ev/health\\_ev\\_cl.html](https://www.studenthealth.gov.hk/english/health/health_ev/health_ev_cl.html)

17. *Contact lens preliminary examination* [internet].  
Optometry 260 A Contact Lens Fitting; 2001 [cited 2016 Mar 27]. Diunduh dari:  
[http://optometry.berkeley.edu/class/opt260a/other\\_topics\\_pp/prelim.htm](http://optometry.berkeley.edu/class/opt260a/other_topics_pp/prelim.htm)
18. *Contact lenses*. American Optometric Association [internet]; 2015 [cited 2016 Mar 27]. Diunduh dari:  
<http://www.aoa.org/patients-and-public/caring-for-your-vision/contact-lenses?sso=y>
19. Mannis M J, Zadnik K, editors. *Contact Lenses in Ophthalmic Practice*. New York: Springer; 2003. p.13
20. Gasson A & Morris J. *The Contact Lens Manual a Practical Guide to fitting*. 3<sup>rd</sup> ed. London: Butterworth Heinemann; 2003. p. 1-4



21. Hom M & Bruce A. *Manual of Contact Lens Prescribing and Fitting*. 3<sup>rd</sup> ed. USA: Elsevier; 2007. p. 3-19
22. Notoatmodjo S. *Promosi Kesehatan dan Perilaku Kesehatan*: Jakarta: Rineka Cipta; 2012. P.138
23. Notoatmodjo S. *Promosi Kesehatan dan Perilaku Kesehatan*: Jakarta: Rineka Cipta; 2012. P.194
24. Arikunto S. *Prosedur Penelitian Suatu Pendekatan Praktik*. ed Revisi VI. Jakarta: Rineka Cipta;2006
25. Nichols J. *Tear film, contact lens, and patient-related factors associated with contact lens-related dry eye; 2015 [cited 10 May 2016]*.  
Diunduh dari:  
<http://www.iovs.org/content/47/4/1319.short>
26. Adler R. *Dry Eye Syndrome [internet]*. 2015  
[cited 10 May 2016] . Diunduh dari:

<http://www.allaboutvision.com/conditions/dryeye.htm>

27. Edward S & Bennett. *Acanthamoeba Keratitis: What Contact Lens Wearers Need to Know*; 2016 [cited 10 May 2016]. Diunduh dari: <http://www.allaboutvision.com/contacts/acanthamoeba-keratitis.htm>

28. Chris A & Kanobbe. *Corneal Ulcer - Causes and Treatment*; 2015 [cited 10 May 2016]. Diunduh dari: <http://www.allaboutvision.com/conditions/corneal-ulcer.htm>

29. *Conjunctivitis*. American Optometric Association [internet]; 2016 [cited 2016 Jun 2]. Diunduh dari: <http://www.aoa.org/patients-and-public/eye-and-vision-problems/glossary-of-eye-and-vision-conditions/conjunctivitis?sso=y>

30. Centers for Disease Control and Prevention [internet]. *Healthy contact lens wear and care*; 2015 [cited 2016 Jun 2]. Diunduh dari: <http://www.cdc.gov/contactlenses/bacterial-keratitis.html>
31. Sastroasmoro S & Ismael S. *Dasar-dasar Metodologi Penelitian Klinis*. Edisi 5: Jakarta: Sagung Seto; 2014. P. 364
32. David A. *Optometric Clinical Practice Guideline Care of the Patient with Miopia*: USA: American Optometric Association; 2006
33. Netter F. *Atlas of Human Anatomy*. 5<sup>th</sup> ed: USA: Saunders Elsevier; 2011. P. 83
34. *Anatomy of the Eye*. Moorfields Eye Hospital [internet]; 2016 [cited 04 Jun 2016]. Diunduh dari:

<http://www.moorfields.nhs.uk/content/anatomy-eye>

35. Haiting G. *Fungal Eye Infections and Contact Lenses*; 2016 [cited 04 Jun 2016]. Diunduh dari: <http://www.allaboutvision.com/contacts/fungal-eye-infections.htm>
36. *Corneal Blindness*. The National Library of Medicine National Institutes of Health [internet]; 2009 [cited 05 Jun 2016]. Diunduh dari: <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2823104/>
37. *Contact Lens Horror Stories; Poor Care Can Lead to Blindness*. American Academy of Ophthalmology [internet]; 2015 [cited 05 Jun 2016]. Diunduh dari: <http://www.aao.org/eye-health/news/bad-contact-lens-habits-breed-eye-infections>

38. Mannis M J, Zadnik K, editors. *Contact Lenses in Ophthalmic Practice*: New York: Springer; 2003. p.22