

BAB 7

KESIMPULAN DAN SARAN

7.1 Kesimpulan

Berdasarkan hasil penelitian yang dilakukan mengenai hubungan antara kualitas tidur dengan tekanan darah pada mahasiswa Fakultas Kedokteran Universitas Katolik Widya Mandala Surabaya angkatan 2014 - 2016 terhadap 120 responden yang dilakukan pada tanggal 15 Agustus sampai 30 Agustus 2017 dapat disimpulkan sebagai berikut:

- a. Kualitas tidur mahasiswa FK UKWMS paling banyak pada kategori kualitas tidur baik.
- b. Tekanan darah sistolik mahasiswa FK UKWMS paling banyak pada kategori < 120 mmHg.
- c. Tekanan darah diastolik mahasiswa FK UKWMS paling banyak pada kategori < 80 mmHg.
- d. Terdapat hubungan yang positif antara kualitas tidur dengan tekanan darah pada mahasiswa Fakultas Kedokteran Universitas Katolik Widya Mandala Surabaya angkatan 2014- 2016.

7.2 Saran

7.2.1 Bagi mahasiswa Fakultas Kedokteran

Mahasiswa semakin peduli untuk mendapatkan kualitas tidur yang baik untuk mengurangi risiko peningkatan tekanan darah.

7.2.2 Bagi penelitian selanjutnya

- a. Penelitian selanjutnya dapat menganalisis faktor-faktor yang berhubungan dengan tekanan darah yang belum dianalisis pada penelitian ini seperti genetik dan diet natrium.
- b. Penelitian selanjutnya dapat menganalisis setiap komponen pada PSQI dengan tekanan darah.
- c. Penelitian selanjutnya dapat dilakukan pada subjek yang berbeda karakteristiknya.

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