

BAB VII

KESIMPULAN DAN SARAN

7.1 Kesimpulan

Penelitian mengenai korelasi kekuatan otot ekstremitas bawah dan status fungsional pada lansia di Rumah Usiawan Panti Surya Surabaya yang dilaksanakan pada tanggal 11 Juli – 26 Juli 2018 dapat diambil kesimpulan sebagai berikut :

1. Kekuatan otot ekstremitas bawah dalam kategori baik merupakan frekuensi paling banyak pada lansia di Rumah Usiawan Panti Surya Surabaya.
2. Ketergantungan ringan merupakan frekuensi status fungsional paling banyak pada lansia di Rumah Usiawan Panti Surya Surabaya.
3. Terdapat korelasi bermakna antara kekuatan otot ekstremitas bawah dan status fungsional pada lansia di Rumah Usiawan Panti Surya Surabaya.

7.2 Saran

Berdasarkan penelitian yang telah dilakukan, ada beberapa saran untuk penelitian selanjutnya, yaitu:

1. Untuk penelitian selanjutnya diharapkan dapat menggunakan jumlah sampel yang lebih besar supaya hasilnya dapat digunakan dimasyarakat umum dan memperhatikan faktor-faktor lain yang dapat mempengaruhi status fungsional selain kekuatan otot.
2. Untuk Rumah Usiawan Panti Surya, disarankan agar lebih memperhatikan lansia agar mengikuti kegiatan latihan yang ada seperti senam, supaya semua lansia dapat memaksimalkan kekuatan otot yang dimiliki, sehingga otot tidak menjadi atrofi.

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