

BAB 7

SIMPULAN DAN SARAN

7.1 Simpulan

- a. Berdasarkan hasil penelitian, maka dapat disimpulkan bahwa stres pada mahasiswa Fakultas Kedokteran Universitas Katolik Widya Mandala Surabaya angkatan 2019 selama masa pandemi COVID-19 memiliki prevalensi yang tinggi (44%).
- b. Berdasarkan hasil penelitian, maka dapat disimpulkan bahwa gangguan kualitas tidur pada mahasiswa Fakultas Kedokteran Universitas Katolik Widya Mandala Surabaya angkatan 2019 selama masa pandemi COVID-19 memiliki prevalensi yang tinggi (58%).
- c. Berdasarkan hasil penelitian, maka dapat disimpulkan bahwa terdapat hubungan yang signifikan ($p = 0,000$ ($p < 0,05$)). antara tingkat stres dengan kualitas tidur mahasiswa Fakultas Kedokteran Universitas Katolik Widya Mandala Surabaya angkatan 2019 selama masa pandemi COVID-19.

7.2 Saran

Saran yang diberikan oleh peneliti dalam penelitian ini, yaitu :

- a. Bagi penelitian selanjutnya disarankan agar dapat mengumpulkan lebih banyak responden dengan kelompok jenis kelamin dan usia secara merata.
- b. Bagi responden yang memiliki tingkat stres berat dan sangat berat diharapkan dapat mengunjungi tenaga kesehatan agar segera mendapatkan tata laksana yang tepat.
- c. Bagi responden yang memiliki kualitas tidur yang buruk diharapkan dapat memperbaiki kebiasaan tidur mereka untuk meningkatkan kualitas tidur

menjadi baik. Responden juga diharapkan dapat mengunjungi tenaga kesehatan apabila merasa kualitas tidur mereka semakin memburuk.

- d. Pihak fakultas kedokteran dapat memberikan penyuluhan dan edukasi kepada mahasiswa mengenai hubungan tingkat stres dengan kualitas tidur selama masa pandemi COVID-19 agar tingkat stres dan kualitas tidur yang buruk bisa teratasi.

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