

BAB 7

SIMPULAN DAN SARAN

7.1 Simpulan

Berdasarkan hasil penelitian yang telah dilakukan, maka dapat disimpulkan sebagai berikut:

1. Mayoritas responden memiliki status gizi normal (61,1%), diikuti status gizi obesitas (16,7%), gemuk (14,8%), dan kurus (7,4%).
2. Terdapat 29,6% responden yang positif mengalami kejadian *telogen effluvium* (TE).
3. Hasil penelitian menunjukkan bahwa terdapat perbedaan signifikan dari status gizi normal dan tidak normal dengan kejadian TE ($p = 0,000$). Dapat disimpulkan bahwa status gizi mempunyai peran bermakna terhadap kejadian kerontokan rambut (TE).

7.2 Saran

Berikut ini adalah beberapa ide atau masukan peneliti yang dapat digunakan sebagai usulan bagi:

1. Tenaga Medis

Tenaga medis diharapkan dapat melakukan kegiatan edukasi kepada masyarakat mengenai TE, tanda-tanda dari TE seperti kerontokan rambut yang difus, dan faktor risiko status gizi terhadap kejadian TE.

2. Peneliti Selanjutnya

Peneliti selanjutnya diharapkan agar dapat mengembangkan penelitian yang sudah dilakukan ini dengan meneliti faktor risiko lain yang dapat menyebabkan kejadian TE. Sehingga dapat dipelajari penyebab spesifik dari kejadian TE.

1. Masyarakat

Masyarakat dapat mengetahui hubungan status gizi dengan kejadian TE, sehingga dapat menjaga status gizi normal dengan cara melakukan aktivitas fisik dan pola makan yang seimbang.

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