

BAB VII

KESIMPULAN DAN SARAN

7.1 Kesimpulan

Mahasiswa Fakultas Kedokteran Universitas Katolik Widya Mandala Surabaya Angkatan 2019 Semester 7 mayoritas memiliki kualitas tidur baik dan prestasi belajar yang baik. Terdapat hubungan yang positif dan signifikan antara kualitas tidur dengan prestasi belajar pada populasi mahasiswa Fakultas Kedokteran Universitas Katolik Widya Mandala Surabaya angkatan 2019 semester 7. Hal tersebut mengindikasikan bahwa kualitas tidur merupakan salah satu faktor penting yang berperan terhadap prestasi belajar pada populasi mahasiswa Fakultas Kedokteran Universitas Katolik Widya Mandala Surabaya angkatan 2019 semester 7.

7.2 Saran

1. Bagi Pelajar

Pertahankan kebiasaan yang berkontribusi terhadap tidur yang baik, seperti disiplin dalam membagi waktu, tidak menggunakan perangkat elektronik hingga larut malam, dan menjaga kesehatan tubuh, serta hilangkan kebiasaan buruk seperti menunda pekerjaan atau konsumsi kafein sebelum tidur dan menjadi lebih optimal dalam mendapatkan hasil prestasi yang lebih memuaskan, tetapi tetap mempertahankan tidur dan kesehatan tubuh.

2. Bagi Peneliti Selanjutnya

Melakukan wawancara yang mendalam dengan subyek untuk mengetahui faktor lain yang mempengaruhi kualitas tidur dan prestasi belajar seperti stres, interaksi

dengan lingkungan sekitar dan *mood*. Juga diperlukan untuk meneliti efek obat tidur terhadap kualitas tidur. Perlu dilakukan lebih lanjut dengan jumlah sampel lebih besar serta instrumen penelitian yang lebih lengkap dan akurat dalam menilai kualitas tidur yang dapat mencari tahu aspek-aspek lainnya yang mempengaruhi kualitas tidur. Juga diperlukan lokasi penelitian yang berbeda agar didapatkan data yang lebih banyak mengenai hubungan kualitas tidur dengan prestasi belajar pada pelajar.

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