

BAB 7

SIMPULAN DAN SARAN

7.1 Simpulan

Berdasarkan hasil analisis setelah melakukan penelitian, dapat disimpulkan bahwa:

1. Derajat perokok elektrik di Surabaya didapatkan perokok dengan derajat ringan dan sedang. Derajat perokok elektrik terbanyak adalah perokok sedang dan tidak didapatkan derajat perokok elektrik berat.
2. Hasil SCWT didapatkan bahwa lebih banyak pengguna rokok elektrik yang mengalami gangguan atensi. Secara khusus perokok elektrik derajat sedang didapatkan paling banyak mengalami gangguan atensi.
3. Terdapat hubungan yang bermakna antara kandungan nikotin rokok elektrik dengan atensi memori pada mahasiswa di Surabaya dengan korelasi cukup.

7.2 Saran

1. Pada penelitian selanjutnya tentang hubungan nikotin dengan atensi memori sebaiknya meneliti langsung pada komunitas rokok elektrik agar responden bisa lebih mudah didapatkan.
2. Menggunakan pemeriksaan nikotin urin guna mendapatkan hasil urin yang akurat.
3. Menggunakan waktu dan ruangan dengan pencahayaan dan ketenangan yang baik untuk semua responden saat melakukan tes atensi memori.
4. Meminimalisir faktor perancu seperti perokok pasif guna menghitung kadar nikotin yang terdapat pada masing-masing responden.

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