

BAB 7

KESIMPULAN DAN SARAN

7.1 Kesimpulan

1. Terdapat hubungan antara stres akademik dengan kejadian *tension-type headache* pada mahasiswa Fakultas Kedokteran Universitas Katolik Widya Mandala Surabaya Angkatan 2019 dan 2021 dengan nilai signifikansinya 0,003 ($<0,05$).
2. Terdapat perbedaan antara tingkat stres akademik dengan kejadian *tension-type headache* pada mahasiswa Fakultas Kedokteran Universitas Katolik Widya Mandala Surabaya Angkatan 2019 dan 2021 dengan nilai signifikansinya 0,004 ($<0,05$) untuk stres akademik dan 0,009 ($<0,05$) untuk *tension-type headache*.

7.2 Saran

1. Dapat menjadi referensi bagi peneliti selanjutnya dan diharapkan dapat meneliti topik *tension-type headache* dengan faktor risiko yang berbeda, seperti; postur tubuh yang buruk, pola tidur, kelaparan dan dehidrasi.
2. Dapat dilakukan pemeriksaan MRI dan pemeriksaan neurologis lengkap untuk menyingkirkan kemungkinan terjadi tumor intracranial dan nyeri kepala sekunder pada sampel.
3. Dapat menjadi sumber informasi bagi mahasiswa FKUKWMS untuk menambah wawasan tentang pentingnya manajemen stres agar dapat mengurangi kejadian stres dan *tension-type headache*.

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