

BAB 7

SIMPULAN DAN SARAN

7.1 Simpulan

Studi akademik di Fakultas Kedokteran Universitas Katolik Widya Mandala Surabaya sering dianggap sebagai sumber stres bagi mahasiswa dan merupakan salah satu faktor yang dapat memengaruhi berat badan mereka yang pada akhirnya memengaruhi kualitas hidup mereka. Berdasarkan hasil analisis data penelitian, dapat disimpulkan bahwa :

1. Tingkat stres akademik mahasiswa FK UKWMS sebagian besar berada pada tingkat sedang.
2. IMT mahasiswa FK UKWMS sebagian besar tergolong normal.
3. Tidak terdapat hubungan yang signifikan antara tingkat stres akademik dengan IMT mahasiswa FK UKWMS.

4. Beban studi FK UKWMS tidak terbukti memengaruhi berat badan mahasiswa FK UKWMS melalui makan yang berlebihan.

7.2 Saran

Saran untuk penelitian serupa selanjutnya adalah:

1. Penelitian meneliti faktor-faktor lain yang dapat memengaruhi IMT dan tingkat stres akademik.
2. Penelitian menggunakan desain penelitian *cohort study* dengan kriteria eksklusi batasan obesitas tertentu untuk meneliti hubungan tingkat stres akademik dengan IMT mahasiswa dalam jangka panjang.

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