BAB V
KESIMPULAN DAN SARAN

Pada bab ini akan menjelaskan mengenai kesimpulan dan saran dari penelitian yang telah dilakukan. Kesimpulan yang diberikan akan menjawab rumusan masalah. Kemudian akan diberikan juga saran untuk penelitian selanjutnya. Penjelasan mengenai kesimpulan dan saran dapat dilihat pada subbab berikut.

V.1 Kesimpulan

Berdasarkan hasil pengolahan data serta analisis yang telah dilakukan, maka diperoleh kesimpulan sebagai berikut:

1. Parameter *highest span* pada *visuospatial memory test* memiliki tingkat keandalan yang baik pada uji *Intraclass Correlation Coefficient* (ICC) pada kondisi cukup tidur (ICC sebelum simulasi = 0,912 ICC selisih sesudah-sebelum simulasi = 0,935) serta kurang tidur (ICC sebelum simulasi = 0,835 ICC selisih sesudah-sebelum simulasi = 0,941).

2. Berdasarkan hasil uji korelasi *pearson (Pearson Product Moment Correlation),* parameter *highest span* yang memiliki korelasi kuat dengan gelombang theta pada kondisi cukup tidur (sebelum simulasi r_{xy}= -0,484 dan selisih sesudah-sebelum simulasi r_{xy}= -0,479) dan kondisi kurang tidur (sebelum simulasi r_{xy}= -0,414) dan selisih sesudah-sebelum simulasi r_{xy}= -0,450).

V.2 Saran

Berikut merupakan saran yang dapat diberikan untuk penelitian selanjutnya dengan sebagai berikut:

1. Penentuan parameter terbaik untuk partisipan berjenis kelamin wanita. Pada Jurnal Brunneti et al. (2014), terdapat perbedaan hasil uji memori *corsi block-tapping task* pada jenis kelamin pria dan wanita dimana pria mendapatkan hasil yang lebih bagus daripada wanita.

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