

BAB V

KESIMPULAN DAN SARAN

Bab ini berisikan kesimpulan dan saran dari hasil penelitian yang dilakukan. Kesimpulan yang dibahas berkaitan dengan tingkat keandalan alat PC-PVT 2.0 dalam mengukur tingkat kewaspadaan saat berada dalam pengaruh jenis kelamin dan durasi tidur yang dibatasi. Saran penelitian yang diberikan berkaitan dengan saran-saran yang bersifat membangun untuk penelitian selanjutnya.

V.1 Kesimpulan

Kesimpulan penelitian yang diberikan merupakan jawaban dari rumusan masalah penelitian yang telah dibentuk. Berdasarkan hasil pengolahan data serta analisis yang dilakukan, berikut adalah kesimpulan penelitian:

- a. Ketiga parameter PC-PVT 2.0 yang telah ditentukan berpengaruh terhadap faktor durasi tidur yang dibatasi karena berdasarkan hasil pengujian *Multivariate Analysis of Variance* (MANOVA) dan *Analysis of Variance* (ANOVA), terdapat perbedaan rata-rata yang signifikan antara hasil pengujian yang dilakukan dalam kondisi kurang dan cukup tidur. Namun parameter PC-PVT 2.0 yang berpengaruh terhadap faktor jenis kelamin hanya berlaku untuk parameter *mean RT* dan *minor lapses* karena berdasarkan hasil pengujian ANOVA, parameter *number of false start* tidak dapat membedakan nilai rata-rata antara hasil pengujian yang dilakukan oleh pria dan wanita.
- b. PC-PVT 2.0 memiliki keandalan yang tinggi untuk mengukur tingkat kewaspadaan ketika berada dalam pengaruh jenis kelamin dan durasi tidur yang dibatasi berdasarkan indikator kewaspadaan *mean reaction time* (RT) dan *minor lapses*.
- c. Parameter *mean RT* memiliki keandalan yang tinggi karena secara keseluruhan nilai ICC yang diperoleh $> 0,8$. Nilai ICC yang diperoleh berdasarkan *absolute agreement* untuk kategori pria 0,896 [95% *Confidence Interval* (CI) = 0,707-0,964], kategori wanita 0,933 [95% CI = 0,812-0,976], kategori kurang tidur 0,869 [95% CI = 0,623-0,954] dan

kategori cukup tidur 0,944 [95% CI = 0,842-0,98] sedangkan nilai ICC berdasarkan *consistency* untuk kategori pria pria 0,893 [95% CI = 0,695-0,963], kategori wanita 0,934 [95% CI = 0,81-0,977], kategori kurang tidur 0,863 [95% CI = 0,607-0,952] dan kategori cukup tidur 0,948 [95% CI = 0,852-0,982].

- d. Parameter *minor lapses* memiliki keandalan yang tinggi karena secara keseluruhan nilai ICC yang diperoleh > 0,7. Nilai ICC yang diperoleh berdasarkan *absolute agreement* untuk kategori pria pria 0,896 [95% CI = 0,698-0,964], kategori wanita 0,873 [95% CI = 0,623-0,956], kategori kurang tidur 0,716 [95% CI = 0,223-0,899] dan kategori cukup tidur 0,960 [95% CI = 0,89-0,986] sedangkan nilai ICC berdasarkan *consistency* untuk kategori pria pria 0,89 [95% CI = 0,685-0,961], kategori wanita 0,891 [95% CI = 0,689-0,962], kategori kurang tidur 0,724 [95% CI = 0,211-0,904] dan kategori cukup tidur 0,961 [95% CI = 0,888-0,986].
- e. Parameter *number of false start* memiliki tingkat keandalan yang kurang baik berdasarkan penilaian secara keseluruhan (nilai ICC dan *lower bound*) untuk kategori kurang tidur dan cukup tidur.

V.2 Saran

Pada bagian ini akan dijelaskan beberapa saran yang bersifat membangun untuk penelitian selanjutnya. Secara keseluruhan saran yang dibahas berkaitan tentang keterbatasan serta kekurangan yang terjadi dalam penelitian ini sehingga diharapkan tidak terjadi lagi pada penelitian selanjutnya. Berikut adalah saran yang dapat diberikan untuk penelitian selanjutnya.

1. Penelitian yang berkaitan dengan pengukuran data *heart rate* sebaiknya menggunakan alat Fitbit, Garmin dan lainnya, dimana memiliki tingkat sensitivitas pengukuran *heart rate* manusia yang lebih baik.
2. Pengujian tingkat keandalan parameter PC-PVT 2.0 serta pengaruhnya terhadap jenis kelamin untuk rentang umur > 50 tahun (orang tua). Hal ini sesuai dengan penelitian Blatter et al. (2006) yang menyatakan bahwa ada perbedaan waktu reaksi antara partisipan remaja dan orang tua sehingga terdapat kemungkinan bahwa tingkat keandalan PC-PVT 2.0 serta pengaruh jenis kelamin untuk orang tua memiliki perbedaan hasil dengan remaja.

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