

BAB V

KESIMPULAN DAN SARAN

Bab kelima ini menjabarkan kesimpulan dan saran bagi penelitian ini. Kesimpulan merupakan ringkasan singkat dari hasil penelitian yang dilakukan. Sedangkan saran merupakan masukan yang diberikan peneliti bagi penelitian serupa pada kemudian hari.

V.1 Kesimpulan

Kesimpulan merupakan rangkuman secara singkat yang disajikan guna membantu pembaca dalam memahami hasil penelitian yang telah dilakukan. Kesimpulan sendiri disajikan berupa poin-poin sesuai dengan rumusan masalah yang telah dijabarkan pada bab pertama. Berikut ini merupakan kesimpulan dari penelitian terkait *fatigue management* pada ibu pekerja dengan anak balita saat *working from home* di masa pandemi COVID-19.

1. Sebagian besar kondisi beban kerja mental dari ibu pekerja tergolong tinggi dimana beban kerja temporal dan *effort* mengambil peran besar terhadap tingginya beban kerja mental. Pada beban kerja fisik, ibu pekerja mengalami keluhan di bagian leher, bahu, punggung atas, dan punggung bawah selama 1 tahun terakhir yang menjadikan aktivitas normal terganggu. Hal tersebut menyebabkan *fatigue* dengan gejala lelah, mengantuk, rendahnya semangat, rendahnya konsentrasi, rendahnya efisien, rendahnya tenaga, dan rendahnya keaktifan.
2. Usulan dibuat secara *general* dimana seluruh ibu pekerja di setiap kota dengan segala usia dapat menerapkannya. Usulan untuk beban kerja mental terbagi menjadi dua yaitu usulan untuk beban kerja temporal berupa bentuk jadwal. Sedangkan usulan untuk *effort* berupa jurnal. Usulan terhadap beban kerja fisik dibuat untuk bagian tubuh leher, punggung atas, bahu, dan punggung bawah dikarenakan lebih dari 50% responden ibu pekerja memiliki permasalahan terkait nyeri atau sakit pada bagian tubuh ini dan menjadikan ibu pekerja terhalang dalam melakukan aktivitas normal. Usulan untuk beban kerja fisik ini sendiri berupa Iyengar yoga dan

alat bantu bantal ergonomis untuk meningkatkan kualitas tidur guna menekan rasa nyeri pada bagian tubuh yang dirasakan.

V.2 Saran

Saran diberikan oleh peneliti bagi penelitian terkait *fatigue management* pada ibu pekerja dengan anak balita saat *working from home* di masa pandemi COVID-19. Saran yang diberikan bersifat masukan bagi penelitian serupa pada kemudian hari. Berikut ini merupakan saran yang diberikan oleh peneliti, yaitu:

1. Penelitian dilanjutkan hingga ke tahap evaluasi untuk melihat seberapa efektif rancangan usulan yang diberikan.
2. Penelitian selanjutnya diharapkan melakukan analisis lebih mendalam terkait usulan yang diberikan terhadap ibu pekerja dengan anak balita yang bekerja secara *working from home*.

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