

BAB V

KESIMPULAN DAN SARAN

Pada bab ini akan dibahas mengenai kesimpulan dan saran dari penelitian yang telah dilakukan. Kesimpulan yang diberikan akan menjawab tujuan dari penelitian. Saran yang diberikan akan membantu penelitian serupa di waktu yang akan datang berdasarkan penelitian ini.

V.1 Kesimpulan

Kesimpulan akan berdasar pada hasil analisis pengolahan data dan akan menjawab tujuan dari penelitian. Berikut kesimpulan yang telah dirumuskan:

1. Berdasarkan analisis pengolahan data, frekuensi kebiasaan olahraga partisipan tidak memiliki efek signifikan pada tingkat kantuk saat mengemudi. Tetapi frekuensi kebiasaan olahraga partisipan memiliki efek signifikan terhadap tingkat kewaspadaan dengan indikator MRT, *mean* 1/RT, dan persentase jumlah *lapses* partisipan. Partisipan dengan frekuensi olahraga tinggi memiliki kecepatan reaksi dan rata-rata waktu reaksi yang lebih cepat dibanding kedua kategori. Partisipan dengan frekuensi olahraga tinggi juga membuat *error* yang lebih sedikit dibandingkan kedua kategori.
2. Rekomendasi yang dapat diberikan terhadap pengemudi adalah dengan melakukan kegiatan olahraga sebanyak 3-5 kali minggunya untuk mempertahankan kewaspadaan dalam mengemudi.

V.2 Saran

Berdasarkan pelaksanaan penelitian ini, ada beberapa saran yang dapat diberikan untuk membantu pelaksanaan penelitian yang serupa di waktu mendatang. Saran yang diperoleh adalah sebagai berikut:

1. Peneliti disarankan mengontrol kegiatan apa saja yang dilakukan partisipan sebelum melakukan eksperimen untuk mengurangi variabel-variabel yang dapat mempengaruhi hasil eksperimen.
2. Menambahkan faktor lain seperti durasi tidur untuk mengetahui perbedaan partisipan yang memiliki durasi tidur yang berbeda.

3. Pengemudi disarankan untuk mencari jenis dan intensitas olahraga yang tepat berdasarkan kapasitas pengemudi.
4. Pengemudi juga disarankan untuk tidur dengan cukup untuk mengurangi risiko meningkatnya tingkat kelelahan.

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