

BAB 7

KESIMPULAN DAN SARAN

7.1 Kesimpulan

Pada penelitian ini didapatkan hasil :

1. Terdapat perbedaan fungsi sustained attention pada perokok ringan dan berat.
2. Penurunan fungsi sustained attention pada perokok berat lebih besar dari pada perokok ringan.

7.2 Saran

Berdasarkan penelitian yang telah dilakukan, ada beberapa saran untuk penelitian selanjutnya :

1. Menambahkan kelompok tidak perokok dan dibandingkan dengan kelompok perokok ringan dan kelompok perokok berat.
2. Dapat dilakukan penelitian lebih lanjut tentang dampak rokok bagi fungsi kognitif yang lain selain fungsi sustained attention.
3. Dapat dilakukan penelitian tentang faktor lain yang dapat mempengaruhi fungsi sustained attention.

Berdasarkan penelitian yang telah dilakukan, ada saran ke pada para individu yang merokok untuk berhenti merokok karena selain dapat menyebabkan berbagai penyakit kronis seperti jantung koroner, kanker paru, penyakit paru obstruktif dan stroke, merokok juga dapat menurunkan lebih lanjut fungsi kognitif lebih spesifiknya pada fungsi sustained attention.

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