

BAB 7

KESIMPULAN DAN SARAN

7.1 KESIMPULAN

Pada penelitian ini didapatkan hasil yaitu terdapat hubungan yang signifikan antara konsentrasi asam urat dengan faktor risiko hipertensi pada pasien penyakit jantung koroner yang melakukan latihan fisik intensitas sedang. Kesimpulan pada penelitian ini adalah pasien penyakit jantung koroner yang memiliki faktor risiko hipertensi mengalami peningkatan konsentrasi asam urat setelah melakukan latihan fisik intensitas sedang selama 4 minggu.

7.2 SARAN

Berdasarkan penelitian yang telah dilakukan, maka saran dari penulis adalah sebagai berikut:

1. Untuk masyarakat disarankan pasien penyakit jantung koroner yang memiliki faktor risiko hipertensi melakukan latihan fisik dengan intensitas yang lebih rendah
3. Peneliti selanjutnya hendaknya melakukan pengambilan data dengan cara observasi atau pengamatan dari awal pasien melakukan prevensi dan rehabilitasi kardiovaskular hingga selesai
4. Peneliti selanjutnya hendaknya dilaksanakan dilokasi yang berbeda
5. Memperbanyak jumlah subjek penelitian agar hasil penelitian yang didapatkan memiliki kekuatan statistik yang lebih baik
6. Menghilangkan bias dengan cara mengendalikan faktor perancu yang dapat mempengaruhi hasil penelitian

7. Peneliti selanjutnya disarankan untuk melakukan penilaian faktor risiko PJK lain yang berkaitan dengan peningkatan konsentrasi asam urat

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