

BAB 7

KESIMPULAN DAN SARAN

7.1 Kesimpulan

Berdasarkan hasil penelitian Asosiasi Lama Paparan Cahaya dengan *Computer Vision Syndrome* pada pekerja yang menggunakan komputer, didapatkan

- Karakteristik dasar lama paparan cahaya didapatkan lama paparan lebih dari 4 jam lebih banyak dibandingkan dengan orang kurang dari sama dengan 4 jam
- Terdapat asosiasi antara lama paparan cahaya dengan CVS

7.2. Saran

Hasil penelitian ini dapat menjadi sumber referensi bagi peneliti selanjutnya mengenai CVS dan dengan adanya keterbatasan pada penelitian diharapkan peneliti selanjutnya dapat memperhitungkan faktor perancu.

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