BAB VII
SIMPULAN DAN SARAN

7.1 Simpulan

Simpulan yang didapat dari penelitian ini adalah:

1. Kelompok usia 55-64 tahun dan 45-54 tahun merupakan kelompok usia dengan persentase terbanyak (40,30% dan 26,86%) yang mengalami *long COVID syndrome*.
2. Mayoritas responden pada penelitian ini memiliki derajat keparahan *long COVID syndrome* yang *mild long COVID syndrome* sebanyak 26 (38,81%) penyintas COVID-19, diikuti *moderate long COVID syndrome* sebanyak 22 (32,83%) penyintas COVID-19, serta *severe long COVID syndrome* sebanyak 19 (28,36%).
3. Terdapat hubungan yang bermakna antara komorbid dan derajat keparahan *long COVID syndrome*.
4. Terdapat hubungan yang bermakna antara derajat keparahan *long COVID syndrome* terhadap tingkat kualitas hidup penyintas COVID-19 usia produktif pada ketiga domain, yaitu aspek fisik, psikologis/mental, dan sosial.

7.2 Saran

Saran yang diberikan oleh peneliti dalam penelitian ini, yaitu :

1. Bagi penelitian selanjutnya disarankan agar dapat mengumpulkan responden secara merata dari berbagai kelompok usia, komorbid, dan pekerjaan. Metode penelitian dengan tatap muka juga disarankan pada

penelitian selanjutnya karena lebih memungkinkan untuk melakukan wawancara secara mendalam.

2. Kuesioner pada penelitian ini juga dapat dipertimbangkan untuk dimodifikasi dengan kuesioner yang dapat menilai gejala *long COVID syndrome* secara spesifik dan dapat menilai gejala *long COVID syndrome* secara luas.
3. Bagi responden yang memiliki gejala *long COVID syndrome* serta berdampak pada aktivitas sehari-hari sehingga mengalami penurunan kualitas hidup diharapkan dapat mengunjungi tenaga kesehatan agar mendapat tatalaksana secara tepat.
4. Bagi tenaga kesehatan dapat memberikan edukasi mengenai *long COVID syndrome* dan dampaknya pada aktivitas sehari-hari sehingga memengaruhi kualitas hidup.

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