BAB 7

SIMPULAN DAN SARAN

7.1 Simpulan

Berdasarkan hasil penelitian mengenai asosiasi *Computer Vision Syndrome* (CVS) dengan kualitas tidur, dapat ditarik kesimpulan sebagai berikut:

1. Angka kejadian *Computer Vision Syndrome* pada pekerja kantor didapatkan cukup tinggi dengan angka sebesar 60,8%.
2. Pekerja kantor dalam penelitian ini yang memiliki kualitas tidur buruk sebanyak cukup banyak sebesar 77,6%.
3. Dari hasil penelitian ini dapat disimpulkan terdapat asosiasi (kolerasi) positif bermakna yang sangat lemah antara *Computer Vision Syndrome* dengan kualitas tidur, yang berarti semakin baik gejala *Computer Vision Syndrome* yang dialami responden, maka semakin baik pula kualitas tidur yang dimiliki responden. Gejala *Computer Vision Syndrome* dan *blue light* dapat memperburuk kualitas tidur yang dapat mempengaruhi tingkat kelelahan (*fatigue)* penggunanya, sehingga mempengaruhi performa kerja para pegawai kantor di keesokan hari.

7.2 Saran

1. Diharapkan pada penelitian selanjutnya dapat dilakukan penelitian dengan studi *case control* agar distribusi responden merata.
2. Diharapkan pada penelitian selanjutnya, peneliti mempertimbangkan faktor – faktor independen yang mempengaruhi kualitas tidur buruk seperti efisiensi tidur masing – masing responden, jadwal pulang kerja, berat pekerjaan, kondisi psikologis seseorang, serta efisiensi tidur yang juga menjadi faktor perancu yang belum dapat dikontrol pada penelitian ini.
3. Pada penelitian selanjutnya lebih baik digunakan pemeriksaan fisik mata untuk mendiagnosis *Computer Vision Syndrome*, mengingat CVS-Q yang digunakan peneliti masih merupakan alat diagnosis *silver standard* dan penyakit penyerta dapat menghilangkan keluhan – keluhan subyektif *Computer Vision Syndrome.*
4. Diharapkan dengan adanya penelitian ini, para pekerja yang merupakan pengguna perangkat digital dapat melakukan beberapa pencegahan untuk mengatasi gejala *Computer Vision Syndrome* dengan *rule of 20-20-20,* yakni beristirahat setelah 20 menit menatap layar perangkat, menatap ke obyek di belakang layar computer yang berjarak 20 kaki (7 meter) selama 20 detik. Selain itu gejala kekeringan mata pada *Computer Vision Syndrome* dapat diatasi dengan pemberian larutan tetesan mata, mengatur posisi ergonomis tubuh saat bekerja, dan pengaturan cahaya lingkungan kerja.

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