

BAB 7

SIMPULAN DAN SARAN

7.1 Simpulan

Berdasarkan hasil dari penelitian yang telah dilaksanakan, dapat ditarik kesimpulan sebagai berikut:

- Terdapat perbedaan nilai APE lansia dengan riwayat merokok dibandingkan dengan lansia tanpa riwayat merokok di Rumah Sakit Gotong Royong Surabaya.
- Pada penelitian ini, dapat diketahui distribusi karakteristik pada responden, antara lain usia, jenis kelamin, dan derajat merokok, dimana sampel ini didominasi oleh lansia berusia 60-65 tahun, sampel dengan riwayat merokok didominasi oleh jenis kelamin pria dan dengan derajat merokok sedang, dan sampel tanpa riwayat merokok didominasi oleh jenis kelamin wanita.
- Usia lanjut memengaruhi nilai APE dikarenakan terjadinya perubahan secara degeneratif pada paru.

7.2 Saran

7.2.1 Bagi Peneliti Selanjutnya

Diharapkan peneliti selanjutnya dapat memperluas skala penelitian dan tidak terbatas hanya pada satu Rumah Sakit.

7.2.2 Bagi Masyarakat

Masyarakat diharapkan dapat memiliki kesadaran untuk menghindari kebiasaan merokok guna mencegah penurunan nilai APE.

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