

BAB 7

KESIMPULAN DAN SARAN

7.1 Kesimpulan

1. Ada hubungan antara derajat kesepian dengan fungsi kognitif pada lansia di Bhakti Luhur *Nursing Home*.
2. Usia, pendidikan, penyakit penyerta, dan konsumsi obat dapat mempengaruhi hubungan antara kesepian dan fungsi kognitif pada lansia.

7.2 Saran

1. Untuk pihak panti, supaya lebih menciptakan suasana yang baik untuk lansia yang memiliki masalah kesehatan baik secara fisik maupun psikologis supaya tidak merasa kesepian, misalnya dengan kegiatan yang dilakukan bersama untuk membantu meningkatkan interaksi antar individu.
2. Untuk peneliti selanjutnya:
 - A. Melakukan survei pendahuluan lebih mendalam hingga mengetahui dengan baik semua karakteristik populasi yang diperlukan dalam penelitian, agar

sampel yang didapat bisa lebih sesuai distribusinya, jumlahnya, maupun karakteristik lain yang diperlukan untuk penelitian.

- B. Faktor lain yang mempengaruhi hubungan antar variabel seperti faktor dalam data demografis dapat lebih diperhatikan untuk dianalisis sebagai suatu penelitian sendiri.

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