

## **BAB 7** **SIMPULAN DAN SARAN**

### **7.1 Simpulan**

Berdasarkan hasil penelitian asosiasi *computer vision syndrome* dengan fungsi atensi pada karyawan perusahaan yang telah dilaksanakan pada tanggal 16-17 Juli 2019 di Graha Pena lantai 4 dan 5, dengan jumlah sampel yang digunakan sebanyak 125 karyawan, yang terdiri atas 62 karyawan laki-laki dan 63 karyawan perempuan, didapatkan kesimpulan sebagai berikut:

1. Responden yang mengalami *Computer Vision Syndrome* pada karyawan perusahaan sebanyak 59,2%
2. Gangguan atensi pada responden setelah pemakaian komputer  $\geq 4$  jam per hari pada karyawan perusahaan sebanyak 63,2%.
3. Responden yang mengalami *Computer Vision Syndrome* dan atensi terganggu sebanyak 40,8%
4. Tidak terdapat asosiasi bermakna antara *Computer Vision Syndrome* dengan fungsi atensi dari analisis data menggunakan *chi square* dengan nilai  $p=0,110$ , asosiasi dikatakan bermakna bila nilai  $p < 0,05$

### **7.2 Saran**

#### **7.2.1 Bagi Peneliti Selanjutnya**

1. Diagnosis *Computer Vision Syndrome* tidak hanya menggunakan kuesioner melainkan juga dengan menggunakan pemeriksaan fisik.
2. Mempersempit waktu pre dan post bekerja, agar lama bekerja dapat dikontrol oleh peneliti.

3. Mengontrol variabel perancu yang dirasa mempengaruhi variabel utama.

### **7.2.2 Bagi Masyarakat**

1. Diharapkan masyarakat dapat lebih mengatur lama penggunaan komputer.
2. Mengistirahatkan mata dan meluangkan waktu untuk *stretching* terkait otot-otot bahu.

### **7.2.3 Bagi Perusahaan**

1. Kebijakan untuk memberikan waktu istirahat bagi pekerja
2. Pada saat *company medical check up* juga melakukan pemeriksaan terkait kesehatan mata.

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