

BAB VI

KESIMPULAN DAN SARAN

A. Kesimpulan

Setelah dilakukan penelitian terhadap 70 karyawan Bank Tabungan Negara Bandung tahun 2020 maka dapat diambil kesimpulan sebagai berikut :

1. Presentase terbesar pegawai yang berperilaku sedentari terbanyak adalah 75.7%.
2. Pada pengukuran tekanan darah yang pertama didapatkan hasil presentasi paling banyak adalah TDS optimal 68.2% dan TDD optimal sebanyak 58%. Pengukuran tekanan darah yang kedua memperoleh presentase paling tinggi adalah kategori TDS optimal 58.6% dan TDD optimal 49%. Pengukuran terakhir terdapat TDS normal sebesar 42.9% dan TDD normal sebanyak 54.3%.
3. Pegawai pria yang mengalami obesitas abdominalis sebesar 12.9% dan pegawai wanita yang mengalami obesitas abdominalis sebesar 11.4%.
4. Presentasi nilai IMT terbesar adalah normal sebanyak 35.7%
5. Terdapat perbedaan yang signifikan antara ketiga pengukuran yaitu pagi, siang, dan sore (*sig.* 0.000)
6. Terdapat hubungan yang signifikan antara SB dengan tekanan darah pagi, siang dan sore (*p value* < 0.05)

B. Saran

Berdasarkan penelitian yang dilakukan di Bank Tabungan Negara Bandung 2020, maka peneliti menyampaikan beberapa saran sebagai berikut;

1. Bagi tempat penelitian
Bagi karyawan Bank Tabungan Negara, melihat dari jumlah karyawan yang melakukan *sedentary behavior* mencapai 70%. Diharapkan para karyawan dapat mengimbangi dengan melakukan aktivitas sedang atau berat saat waktu luang.
2. Bagi institusi pendidikan
Diharapkan penelitian ini dapat dijadikan sebagai bahan referensi mahasiswa STIK Sint Carolus untuk penelitian selanjutnya terkait dengan tekanan darah.

3. Bagi penelitian selanjutnya

Diharapkan peneliti selanjutnya dapat menambah variabel seperti kadar gula darah dan sindrom metabolik dengan tekanan darah.

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