

BAB VI KESIMPULAN DAN SARAN

6.1. Kesimpulan

Berdasarkan hasil penelitian yang telah dilakukan oleh peneliti ditarik kesimpulan bahwa metode gamifikasi dapat diterapkan pada area untuk kesehatan khususnya perencanaan gaya hidup sehat telah berhasil diimplementasikan prototype aplikasi *mobile*. Menerapkan metode gamifikasi kedalam sistem aplikasi dapat memberikan edukasi dan informasi kepada masyarakat bagaimana menerapkan gaya hidup sehat dengan berolahraga yang menyenangkan. Unsur-unsur permainan yang digabungkan dengan pendidikan dapat memberikan pengalaman berbeda untuk penerapan dan penyampaian informasi melalui aplikasi. Hasil analisis dan pengujian memberikan hasil bahwa penggunaan elemen utama gamifikasi yaitu *reward*, *task*, dan *progress* sangat cocok untuk diterapkan ke dalam aplikasi kesehatan, dapat dilihat bahwa *reward*, *task*, dan *progress* berperan penting seperti *reward* yang memberikan timbal balik kepada pengguna berupa hadiah untuk meningkatkan motivasi pengguna, *task* berperan untuk memberikan tanggung jawab dan keterkaitan kepada pengguna, dan terakhir *progress* yang berperan memberikan rasa puas dan pengalaman kepada pengguna untuk dapat melihat setiap pencapaian yang telah dilakukan. Berdasarkan hasil pengujian menggunakan evaluasi USE pada empat variabel yang diuji yaitu *usefulness*, *ease of use*, *ease of learning*, dan *satisfaction* dapat disimpulkan variabel *satisfaction* dan *usefulness* memiliki nilai tertinggi diantara keempat variabel tersebut yaitu 82,57% dan 77,90%. Hal ini dapat menjadi bukti bahwa pengguna merasa puas dan terbantu untuk mempelajari sekaligus menerapkan gaya hidup sehat dengan cara berolahraga yang menyenangkan dan berbeda dari sistem olahraga pada umumnya tanpa menggunakan aplikasi pendukung. Dalam pengembangan penelitian selanjutnya dapat menerapkan fitur *help* atau bantuan langsung dari pakarnya untuk dapat membantu perkembangan pengguna untuk menjalan gaya hidup yang terencana dan terjadwal.

6.2. Saran

Penelitian aplikasi *mobile* untuk mendukung penerapan gaya hidup sehat menggunakan gamifikasi ini masih dapat dikembangkan lagi kedepannya menjadi lebih baik oleh penelitian yang akan datang. Masih banyak terdapat beberapa kelemahan pada penelitian ini seperti penambahan fitur *help*, *interface design*, pemodelan *game* dan sistem antarmuka yang lebih mudah dipelajari oleh pengguna. Menambahkan beberapa elemen gamifikasi dan menggabungkan beberapa model gamifikasi lainnya dapat menjadi solusi yang dapat dikembangkan oleh peneliti selanjutnya.



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