

BAB V PENUTUP

A. Kesimpulan

Proses perancangan diawali dengan pengumpulan data melalui studi literatur, kuesioner, dan wawancara terhadap 33 responden yang merupakan pekerja penderita skoliosis. Dari hasil tersebut diperoleh wawasan bahwa desain kursi kerja yang ideal bagi penderita skoliosis adalah kursi yang memungkinkan pengguna duduk mengikuti arah kelengkungan alami tulang belakangnya. Berdasarkan temuan tersebut, dikembangkan lima rancangan kursi kerja ergonomis yang masing-masing diberi nama: *Scoffner Decompression Chair*, *Scoffner Detachable Chair Brace*, *Scoffner Cushion Comfort Chair*, dan *Scoffner Adjustable Pad Chair*. Seluruh desain tersebut mengusung gaya estetika *mid-century modern* agar tetap serasi digunakan di lingkungan kerja maupun rumah.

Kendati demikian, perancangan ini telah merujuk pada berbagai data dan teori yang relevan mengenai prinsip ergonomi serta pencegahan perburukan skoliosis. Kursi yang dirancang telah diuji coba oleh responden penderita skoliosis selama durasi penggunaan sekitar 1 jam 45 menit. Hasil menunjukkan bahwa para responden merasa nyaman saat duduk karena adanya tumpuan yang mendukung posisi duduk mengikuti kelengkungan alami tulang belakang. Dengan demikian, rancangan kursi ini diharapkan dapat menjadi solusi ergonomis yang tidak hanya meningkatkan kenyamanan dan mendukung kebutuhan fungsional penderita skoliosis saat bekerja, tetapi juga berkontribusi dalam menjaga kondisi tulang belakang tetap stabil dan sehat.

B. Saran

1. Diperlukan pengujian penggunaan dalam jangka waktu yang lebih panjang untuk mengetahui apakah kursi benar-benar efektif dalam mencegah perburukan skoliosis. Uji longitudinal terhadap pengguna aktual akan memberikan hasil yang lebih menyeluruh.
2. Perancangan ke depan dapat mempertimbangkan fitur penyesuaian otomatis berdasarkan deteksi postur tubuh secara *real-time*, agar dukungan terhadap tulang belakang dapat lebih responsif terhadap perubahan posisi.

3. Kolaborasi dengan tenaga medis seperti fisioterapis dan ortopedi disarankan untuk pengembangan versi lanjutan, agar desain benar-benar sesuai dengan kebutuhan klinis penderita skoliosis.

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