

CHAPTER V. CONCLUSION AND RECOMMENDATION

A. Conclusions

Based on the research results on the description of stress, anxiety, and depression in mothers of preterm infants in the Banyumas district, it can be concluded that most mothers do not experience stress, anxiety is in the normal category, and are not depressed. This is due to the fact that the average age of mothers is 30,5 years old, which includes the 'ideal' age to have children, the majority have a senior/ vocation high school, are non-working, and does not have history of preterm birth but have a history of giving birth. The characteristics of the infants, such as the average gestational age of 33,4 weeks, the majority being male, the average birth weight above 2,000 grams, and majority of infant have history of morbidity.

B. Recommendations

There are suggestions that can be given from this study for theoretical, health workers, and further researchers. For theoretical suggestions, we can re-examine the factors that can influence the results of stress, anxiety, and depression experienced by mothers who give birth to preterm infants. Suggestion for nurses in high-risk infant care to supervise stress, anxiety, and depression assessments to mothers who deliver preterm infants in order to determine the mother's psychological status. In order to provide early counseling to mothers of infants who deliver preterm infants. It is advised that future studies investigate the relationship between other elements, such as the mother's traits and social support, in order to investigate stress, anxiety, and depression in greater depth.