

## CHAPTER V CONCLUSION AND RECOMMENDATIONS

### A. Conclusion

In this study, the minimum age of women with PCOS was 21 years, the maximum age of 37 years, and the median of 27.24. Length of diagnosis from 0.16 years or two months to 11 years with a median of 2. Most respondents are employed and married. Most respondents have a bachelor's level of education, and their income exceeds the Central Java Minimum Wage, specifically >Rp. 1,812,935.

The majority of respondents have a medium level of overall psychological well-being, with the dimensions of a medium level of autonomy, medium level of environmental mastery, high level of personal growth, medium level of positive relations with others, high level of purpose in life, and high level of self-acceptance. Of the six dimensions of psychological well-being, personal growth ranks highest in respondents with the highest dimensions, and autonomy occupies the lowest position. Most respondents have high personal growth, are willing to try new things, and want to be better, but tend to worry about what other people think of them.

### B. Recommendations

#### 1. Educational institutions

This research can be used as an additional reference and learning material for nursing majors and developing nursing science, especially in maternity nursing.

#### 2. Nursing services

The results of this research were expected to provide information about the importance of psychological well-being, how to have positive relation with others and environmental mastery, and nurses can provide appropriate nursing actions to increase patient comfort or improve the patient's quality of life if the patient has low psychological well-being.

#### 3. For Respondents and communities

This research was expected to be an evaluation for respondents with medium or low level of psychological well-being and provide public information about the psychological well-being of women with PCOS and raise awareness to support women with PCOS in PCOS Fighter Instagram Community and general.

4. For Further Researchers

Future researchers can conduct further research by connecting what factors affect the psychological well-being of women with PCOS in the "PCOS Fighter Indonesia" community, examining more deeply the body mass index and social support the community provides.

