

## CHAPTER V CONCLUSION AND RECOMMENDATION

### A. Conclusion

In this study, the demographic characteristics description shows that the average respondents are 41 years old, which is classified as adult age and included in peak productive age, and have length of time diagnosed ranged from 1 month to 11 months with the median is 6. Most respondents are male, elementary school graduates, employed, and have low incomes, which is classified under district minimum wage of Banyumas Regency (<Rp. 1.983.261). In addition, average self-efficacy score of the respondents were 50.88 and, and average self-care behavior score of the respondents are 77.08.

Respondents of this research have high average score on self-efficacy (50.88), which is 85% from the maximum score. Respondents of this research are also having high average score on self-care behavior (77.08), which is 84% from the maximum score. This study results of the pearson test shows a significance score, so it can be concluded that there is a statistically significant correlation between self-efficacy and self-care behavior in tuberculosis patients. The correlation value of the pearson test shows that self-efficacy has a strong correlation with self-care behavior in tuberculosis patients.

### B. Recommendation

#### 1. For Educational Institutions

The results of this research can be used as an additional reference and learning material for nursing majors, especially regarding the relationship between self-efficacy and self-care behavior in tuberculosis patients.

#### 2. For Community

The results of this research were expected to provide information to the public and as material for encourage people who have tuberculosis to considerate in increasing self-efficacy related to self-care behavior in order to improve the quality of life of the community, especially in tuberculosis patients.

### 3. For Health Services

The results of this research were expected to provide appropriate nursing actions to increase self-efficacy in tuberculosis patients to improve self-care behavior.

### 4. For Further Research

Future research can do further research by examining other factors such as socioeconomic, emotional aspects, and motivation that might influence self-efficacy and self-care behavior in tuberculosis patients. Furthermore, in-depth interviews are also needed to explore more information on the self-care behavior.

