

CHAPTER V CONCLUSION AND SUGGESTION

A. Conclusion

Based on the research results and discussions, it can be concluded that:

1. The average age of respondents is 22.47 years with the majority having a senior high school education, not working, and a family income below minimum wage.
2. There are differences in pretest and posttest knowledge in the intervention group.
3. There is no difference in pretest and posttest knowledge in the control group.
4. There is no difference in pretest knowledge in the intervention and control groups.
5. There are differences in posttest knowledge in the intervention and control groups.

B. Suggestion

Based on the research that has been carried out, researchers have several suggestions as follows:

1. For Educational Institutions
Health education using booklet media can be used to increase knowledge because contains material that is easy to understand and can be read and studied easily to increase mother's knowledge.
2. For Health Institutions
This “Rosela (*Sindrom Setelah Melahirkan*)” booklet can be used as an interesting health education media by Community Health Centers and other health institutions.
3. For Future Researchers
Future researchers should explore other health education about baby blues syndrome, expanding the scope to include different samples, such as second trimester primigravida mothers. Additionally, qualitative research on baby blues syndrome can be further developed.