

CHAPTER V. CONCLUSIONS AND SUGGESTIONS

A. Conclusion

Based on the results of the study, it can be concluded that the majority of respondents are 13 years old with a standard deviation of 0.757. The description of knowledge of 13-15-year old male adolescents had good knowledge 31 (36.9%) with the characteristics of the most knowledge source is from school 56 male adolescents (66.7%). The description of an attitude of male adolescents in 13-15 years dominate to negative attitudes 59 of male adolescents (70.2%). The negative attitude is reflected in almost every number but mostly in item number 1, 7 with the unfavourable statement and item number 8, 9, 10 with the favorable statement.

B. Recommendation

1. Institution

Educational institutions can maximize the role of facilitators in academic and non-academic matters that focus on the health and preparedness of adolescents in the puberty process, such as education or training that focuses on the formation and enhancement of the attitude of male adolescents toward the process of puberty and increased confidence in adolescents during the process.

2. Future Research

The results of this study are expected to be useful as a reference and reference for further researchers in developing other research related to the knowledge and attitude of adolescents to the process of puberty. In further research can add other characteristics such as the social and family environment and focus on enhancing the attitude component comprehensively and thoroughly to improve attitude in the face of the puberty process in adolescents aged 13 to 14 years.

3. Nursing

As a benchmark for community nurses and pediatric nurses who are at health facilities like the Public Health are expected to provide facilities such as health education not only to female adolescence but are starting to focus on male adolescence as well by incorporating psychological components,

providing education and training for teenage boys as well as parents how to cope with the puberty process so as not to cause anxiety and other dysfunctions as previously mentioned.

