

CHAPTER V. CONCLUSION

A. Conclusion

1. Based on the research results, it shows that the average age of the elderly respondents is 66 years old. Most of the respondents were female, some of the respondents' education had completed elementary school, work as housewives/not working. Elderly people also do not have a fixed income every month, with an average income of under 2.1 million according to the UMK in Banyumas district.
2. The results of this study show that the psychological well-being variable at a low level of psychological well-being was 18.7%, while the moderate level of psychological well-being was more dominant in the elderly in this study at 57.9%, and for the high level of psychological well-being in this study it was 23.4%. Meanwhile, the self-care behavior variable for hypertension in the elderly in this study was low at 23.4%, while self-care behavior was moderate in this study at 64.5%, and self-care behavior was high at 12.1%.
3. There is a significant relationship between psychological well-being and self-care behavior in elderly people with hypertension at a moderate correlation level.

B. Suggestion

1. For Families and the Elderly
Families can pay more attention to the health of the elderly by increasing knowledge and information about self-care behavior in the elderly, especially those who have a history of hypertension. As well as providing family and emotional support to improve the psychological well-being of the elderly. For elderly people who suffer from hypertension, it is necessary to control blood pressure and take preventive measures to reduce the risk of complications. Changing a healthy lifestyle and maintaining positive relationships with family, friends, and community can help improve the psychological well-being of older adults and enjoy life in the moment. To achieve good

psychological well-being, elderly people need to interact with people who have good psychological well-being too. The need for social and family support in improving psychological well-being and controlling self-care behavior in hypertension well.

2. For Universitas Jenderal Soedirman

This research can be a basis for developing research, field practice, community service, and health education programs related to efforts to improve psychological well-being and self-care behavior in elderly people with hypertension in Notog Village.

3. For Patikraja Community Health Center

It is hoped that through this research, the Patikraja Community Health Center can collect data on elderly people with hypertension by improving programs that can support the health of elderly people with hypertension, such as care cadres, home visit care, and door-to-door checks for elderly people with hypertension.

4. For Other Researchers

It is hoped that this research can provide knowledge for further research by adding variables that have not yet been studied, both psychological well-being and self-care behavior.

