

## CHAPTER V CONCLUSION

### A. Conclusion

The conclusion of this research is that of the 33 respondents, the majority are aged 18-21 years, marital status is married, have completed their highest education, namely high school, are not working, gave birth with pervaginam method and the majority are primiparous mothers. Based on the results described above, the results of research on the description of the body image of the adolescent postpartum mothers, it can be concluded that respondents have a negative body image.

### B. Research Suggestions

#### 1. For Further Researchers

Future researchers are also expected to be able to find out other factors that can influence body image in adolescent postpartum mothers.

#### 2. For the Nursing Profession

It is hoped that nurses can provide health education about post-partum mothers' body image as well as motivation and suggestions for activities and exercise in order to lose weight.

#### 3. For Community Health Center of Sumbang II

It is hoped that the community health center can be provided to adolescent pregnant women and adolescent postpartum mothers such as communication, information, education regarding body image and how to handle it.

#### 4. For Parents

It is hoped that parents can educate and tell their child what might happen if their child marries at a young age.