

Chapter V. Conclusion and Recommendations

A. Conclusions

The study found that respondents had an average age of 51 years, most were male, and 37.34% had a history of hypertension, thereby increasing the risk of CKD. Spiritual well-being in hemodialysis patients has a positive impact on their spiritual well-being, with SWBS scores tending to be high, namely 99.67. The majority of respondents have a positive view of their relationship with God and the meaning of life, contributing to psychological well-being and life satisfaction. However, several respondents felt that their spiritual well-being had a negative aspect, as explained in the discussion section. There is no significant relationship between the length of hemodialysis and spiritual well-being, but other factors may have a greater influence.

B. Recommendations

Recommendations based on the research findings are directed towards health science students, educational institutions, and future researchers.

1. Respondents

It is recommended for Individuals undergoing hemodialysis are advised to strengthen their spiritual aspects through reflection, meditation, and social support to improve overall well-being.

2. Furture Reasearch

It is recommended into the studying spiritual well-being in hemodialysis patients is important to understand supporting and inhibiting factors such as social support and individual spiritual understanding.

3. Research sites

It is important to support the spiritual well-being of hemodialysis patients, provide space for spiritual practices, positive social support, sensitive health services, and understanding the role of social and spiritual support among service providers.

4. Institution

It is recommended to Integrating aspects of spiritual well-being in hemodialysis patient care programs includes training health workers on the importance of holistic care and spiritual services and emphasizing the role of social support and individual spiritual understanding in patient well-being.

5. Nursing care

Paying attention to the spiritual needs of hemodialysis patients by listening empathetically, providing moral support, and accommodating their spiritual practices can improve their spiritual well-being and overall treatment outcomes.

