

## CHAPTER V. CONCLUSION

### A. Conclusion

1. Most of the respondents in this study were less than 25 years old and female. Based on education and work background, most of the respondents were graduates of Bachelor's degree in nursing/professional nursing and worked as caregivers in Japan.
2. Culture shock experienced by most of Indonesian nurses and caregivers in Japan was at moderate level.
3. Most respondents have good level of quality of life in all domains, except social relationship domain most respondents have moderate level of quality of life.
4. Culture shock has a relationship with all domains of quality of life except the physical domain.

### B. Suggestion

1. For BP2MI

The results of the research show that there is a relationship between culture shock and the quality of life of Indonesian nurses and caregivers who work in Japan. Based on these findings, BP2MI and related parties are expected to continue to provide assistance to nurses and caregivers through support for physical health, psychological well-being, sustainability of social relationships and the environment. This can be done by holding more intensive training about Japanese culture, Indonesian nurse and caregiver associations, expanding and optimizing support groups for nurse/caregiver or improving complaint complaints services for nurses and caregivers.

2. For Nurse and Caregiver

The results of this study show that there is a relationship between culture shock and all domains of quality of life except the physical domain. Therefore, it is hoped that Indonesian nurses and caregivers who work in Japan can adapt to the new culture and environment as a means of achieving

a better quality of life in terms of physical health, psychological well-being, social relationships and relationships with the environment.

3. For Future Research

This research does not discuss the relationship between respondent characteristics with the culture shock variable or the quality of life variable and also does not discuss the relationship between the culture shock variable with the total score on quality of life. Therefore, it is hoped that future researchers will be able to add to this deficiency. Apart from that, future research should add data on the length of time respondents have worked in Japan as a characteristic of respondents in this study. It is also best if data collection activities via questionnaires can be carried out face to face.

