

## **CHAPTER V CONCLUSION AND SUGGESTIONS**

### **A. Conclusion**

1. The results of this study indicate that the characteristics of respondents have a median value at age 71 years with the majority being female. In addition, most respondents have a pension salary above the Banyumas UMK. The results of the univariate analysis of the minimum respondent age are 60 years and the maximum age is 88 years. Almost all respondents are female, as many as 38 (70.4%) respondents and as many as 16 (29.6) respondents are male. Furthermore, almost all of the income above the Banyumas UMK is 44 (81.5%) and as many as 10 (18.5%) respondents have income below the Banyumas UMK.
2. Description of post power syndrome in the elderly, the majority of post power syndrome sufferers are categorized as moderate, namely 36 respondents (66.7%), 18 respondents are in the low category, and no respondents are in the severe category.
3. The description of the affective function given by the family to the respondents is included in the inadequate category for 41 respondents (66.7%) and a minority in the adequate category for 13 (24.1%).
4. The results of the bivariate analysis showed that there was no significant relationship and a weak correlation in the variable of family affective function with post power syndrome in the elderly. In addition, the results of the analysis showed that the inadequate family affective function, the moderate level of post power syndrome in the elderly.

### **B. Suggestions**

1. For Respondents

Elderly people are expected to strengthen their relationships with their families and social environment to reduce the risk of post power syndrome. Participating in social activities, maintaining good communication with family, and remaining active in meaningful activities can help maintain psychological well-being.

2. For Health Service

Health workers are expected to provide education to families about the importance of affective support for the elderly to prevent post power syndrome. Mental health programs for the elderly, such as psychological counseling, group therapy, and social activities involving the elderly, can be developed to improve their quality of life.

3. For Education and Scientific Development

The results of this study can be a reference for academics and practitioners in the field of gerontological nursing to develop more effective interventions in improving the welfare of the elderly.

4. For Further Researchers

Further research can explore other factors that contribute to the occurrence of post power syndrome, such as family functions other than affective functions, social support from the community, physical activity levels, and mental health conditions of the elderly. In addition, further research that provides a deeper understanding of the elderly's experience in dealing with post power syndrome.

