

CHAPTER V. CONCLUSION

A. Conclusion

Most respondents were middle-aged adults (41-60 years old), with the level of education being elementary school or equivalent. all respondents in this study were married, most respondents were unemployed, the majority of respondents had no family history of cancer, had a good lifestyle, the majority had cancer for < 1 year with the most common treatment history being chemotherapy and surgery, the most common cycle was 3-4, and they experienced severe side effects (nausea, hair loss, weakness, and pain). The study results indicate that most respondents have good family support and dominant self-care abilities, and there is a significant relationship between family support and self-care in breast cancer patients at Prof. Dr. Margono Soekarjo.

B. Research Suggestion

1. For Education

The results of this study are expected to be used as a reference in the field of nursing, emphasizing the importance of the family role in supporting breast cancer patients undergoing chemotherapy to improve their quality of life.

2. For Institutions

s are encouraged to develop programs or policies that involve families in the care process, including providing education and counseling so that families can offer optimal support during treatment and at home, ensuring that family support is integrated between the and home environments.

3. For Families

Families are encouraged to enhance their role and involvement

in supporting patients. With optimal family involvement, the quality of life of breast cancer patients undergoing chemotherapy can be better maintained.

4. For Further Research

Future researchers are encouraged to explore the impact of family support on self-care among cancer patients, considering the findings that most respondents have healthy lifestyles and no family history of cancer.

