

## CHAPTER V. CONCLUSION AND RECOMMENDATIONS

### A. Conclusion

Based on the results of this study, it can be concluded that the majority of respondents were female, with a median age of 15 years, and currently enrolled in junior high school. The univariate analysis showed that the most respondents had high social interactions (51%,  $n=26$ ) and poor quality of life (64.7%,  $n=33$ ). The bivariate analysis using Somers' D revealed a negative and non-significant relationship between social interaction and the quality of life of adolescents with thalassemia at Banyumas Regional General Hospital with  $d=-0.068$  ( $p\text{-value}= 0.628 > 0.05$ ).

### B. Recommendations

#### 1. Theoretical Recommendations

The results of this study provide empirical contributions to the development of nursing science, confirming that quality of life is a multidimensional concept that is influenced not only by social factors, but also by various other factors such as physical and emotional factors.

#### 2. Practical Recommendation

##### a. For Adolescents with Thalassemia

It is recommended to remain involved in positive and safe social interactions that are appropriate for their physical abilities. In addition, it is also recommended to actively seek emotional support when needed, comply with transfusion schedules and routine care to maintain quality of life.

##### b. For Nursing Professionals

Nurses are expected to provide holistic nursing care such as emotional regulation education, strengthening coping strategies, and providing support and motivation to patients in transfusion and treatment compliance.

c. For Educational Institutions

It is hoped that this can be used as teaching material in pediatric and community nursing courses to emphasize the importance of a holistic approach to chronic diseases.

d. For Future Researchers

It is recommended to use a qualitative approach to explore more deeply the subjective experiences of adolescents regarding social interaction and their perceptions of quality of life. In addition, future researchers can use social interaction instruments that are more comprehensive and appropriate for the condition of thalassemia patient.

