

CHAPTER V CONCLUSION

A. Conclusion

Based on the results of the study that had been conducted, it can be concluded that:

1. Tuberculosis patients at Kembaran Public Health Centers 1 and 2 were predominantly in the adult age category, male, and unemployed. The majority of respondents demonstrated a high level of treatment adherence. This finding indicated that most tuberculosis patients in the Kembaran Public Health Centers 1 and 2 areas had adhered to treatment in accordance with recommendations provided by healthcare professionals.
2. Income, education, and access to healthcare facilities showed no statistically significant relationship with treatment adherence among tuberculosis patients. This finding indicated that treatment adherence among tuberculosis patients in this study was not directly influenced by socioeconomic factors or access to healthcare services.

B. Research recommendation

Based on the results of the study that had been conducted, the researcher proposed several recommendations as follows:

1. For healthcare services (public health centers/healthcare providers)

The findings of this study are expected to serve as evaluation material for improving tuberculosis control programs, particularly in maintaining and enhancing patient treatment adherence. Healthcare providers are expected to continuously strengthen health education, especially regarding mask use, counselling, and medication monitoring through the DOTS strategy, so that patients are able to complete treatment successfully. In addition, family involvement in supporting and accompanying patients should be enhanced to support the success of therapy.

2. For tuberculosis patients

The results of this study are expected to increase patients' awareness of the importance of undergoing tuberculosis treatment regularly and

completing it as prescribed. Patients are encouraged to remain adherent to medication, attend routine follow-up visits, and maintain communication with healthcare providers to ensure optimal recovery and prevent relapse as well as transmission to others.

3. For educational institutions

The findings of this study are expected to serve as learning material and references for educational institutions, particularly in the field of community nursing, regarding factors influencing tuberculosis treatment adherence. Educational institutions are encouraged to develop community-based health education programs and enhance the role of students in promotive and preventive efforts for tuberculosis control within the community.

4. For future researchers

Future researchers are recommended to examine other factors that may influence tuberculosis treatment adherence, such as family support, knowledge, motivation, stigma, medication side effects, and the role of healthcare providers.

