

CHAPTER VII CONCLUSIONS AND SUGGESTIONS

A. Conclusion

1. The characteristics of *Ca mammae patients* who underwent chemotherapy at Dr. M. Yunus Bengkulu Hospital with the highest frequency were >50 years old (52.3%), with high school education level (41.9%), with the 5th chemotherapy cycle (33.7%).
2. The spiritual meaning of *Ca mammae patients* who underwent chemotherapy at Dr. M. Yunus Bengkulu Hospital was mostly high as many as 61 (70.9%), the spiritual meaning was low as many as 25 respondents (29.1%).
3. Social support for *Ca mammae patients* undergoing chemotherapy at Dr. M. Yunus Bengkulu Hospital mostly had high social support as many as 58 respondents (67.4%), low social support as many as 28 respondents (32.6%).
4. The depression rate of *Ca mammae patients* undergoing chemotherapy at Dr. M. Yunus Bengkulu Hospital was mostly in mild depression as many as 73 respondents (84.9%), severe depression as many as 13 respondents (15.1%).
5. There is a significant relationship between spiritual meaning and the level of depression in *Ca mammae patients* undergoing chemotherapy at Dr. M. Yunus Bengkulu Hospital
6. There was a significant relationship between social support and depression levels in *Ca mammae patients* undergoing chemotherapy at Dr. M. Yunus Bengkulu Hospital

B. Suggestions

Based on the results of the research, several suggestions were conveyed as follows:

1. For Patients

It is expected to maintain and enhance spiritual meaning and utilize social support from family and the environment to be able to help maintain depression at a mild level.

2. For Nurses And Hospitals

It is hoped that nurses in hospitals can optimize nursing care by paying attention to the spiritual aspects and social support of patients through holistic approaches, therapeutic communication, and motivation and are also expected to improve services that support psychosocial and spiritual aspects such as counseling, spiritual assistance, cancer patient support programs, and conducting regular depression screenings in order to detect and treat depression early.

3. For Families

It is expected to continue to provide social support to patients and maintain them, as good social support can help maintain the patient's psychological condition and prevent an increase in depression.

4. For the Next Researcher

It is recommended to examine other factors such as coping mechanisms, anxiety, and quality of life that affect depression in *Ca mammae patients* as well as using multivariate analyses or stronger designs such as longitudinal or interventional. In addition, further research is recommended to take respondents at the initial chemotherapy stage, because in this study most of them are in the 5th and 6th cycles, so that it can provide an overview of the patient's psychological condition in the early stages of treatment.