

CHAPTER VI

CONCLUSION AND SUGGESTION

In this chapter, researcher gives the conclusion from the research result to answer the research question and also gives suggestion in improving the quality of the topic for the next researcher.

6.1. Conclusion

Based on the discussion that researcher has explained to answer the research question of how do the elderly women in Kasih Karunia Nursing Home self-disclose with their family compare elderly that lives with their family, researcher has find the answer how do the elderly in Kasih Karunia Nursing Home disclose themselves compares with elderly at home with their family.

From the four stages of self-disclosure, it can be concluded that elderly in a nursing home withdrawn themselves in affective stage because they feel alone, they don't have anyone to talk to. As much they want to rant about how they are feeling unfortunately they can't, their family is far away from them and only visits once a month, even though there are nurses however they are there just to fulfill their medical needs. Through praying is how they overcome their feeling of longing or wanting to say what's on their mind. While elderly that lives with their family, they are able to reach the stable stage through a constant communication. Whenever they are sad or disturbed

by something, family is where they go to also and they are more open with one and another also no one knows the elderly better than the family.

Caregivers in Kasih Karunia Nursing Home may be well-trained when it comes to taking care of the elderly unfortunately they are unable to be the 'friend' that elderly needs. Even though communicating with the elderly is easy because of their openness with people but it's still hard for elderly to even talk about their personal problems or past experience.

6.2. Suggestion

Based on the conclusion above, researcher now will give suggestion in improving the quality of the topic. Considering there is not any topic about comparing elderly that lives in a nursing home and elderly that lives with their family, then researcher hope that this research can be guidelines for the next researcher to research about self-disclosure among elderly and the family. Researcher suggest for the next researcher to research about the comparative study of the self-disclosure of elderly who was once live in a nursing home and now living with their family, compare how the living situation makes a difference. Which means the research can be done from the perspective of the family of the elderly or the person who place the elderly into the nursing home.

From this research, communication is very important to make a relationship stronger and it can happen verbally or non-verbal. Which is why researcher suggests families must always communicate with their elderly.

Elderly are aware of the problems they have to deal with everyday, they are aware that they can be a 'burden' at most times, stubborn, very demanding, and they are aware of how hectic our lives can be but just remember that they were once in a position where they are extremely busy yet they always make the time to take care of us even when we can stand with our own feet but they still watches over us. Which is why before placing elderly into a nursing home it is better to be open with one and another to solve the issue as a whole.

The next suggestion is for Kasih Karunia Nursing Home that is to always improve the service for elderly. Providing activities to keep elderly entertain and active throughout the day is needed. As from the care-point of view, making sure all the nurse that is hired are professionals, because qualified nurses understands elderly more and from there they know how to face elderlies with their certain characteristic. They are able to engage more with the elderly and it would be very helpful that nurses help elderly to get through the transitions that the elderly are facing.

Last suggestion, researcher understands that every family have different reason as to why they take their elderly to the nursing home but for whatever the reason is, at least do check on them and imagine being in their shoes. They are away from their family, missing them everyday and it is hard for them because they can't see their own family grow. There are many ways to check elderlies; it can be through letters, phone calls, or even sending the smallest gift as a reminder that they are remembered.