

CHAPTER V CONCLUSIONS AND RECOMMENDATIONS

A. Conclusion

This study used a quantitative descriptive analysis method with 266 first year students of the Faculty of Health Science Universitas Jenderal Soedirman as respondents. This research resulted in:

1. Respondents were aged between 17-20 years, dominated by women and came from the nursing department.
2. A total of 184 students living in dorms (69.2%), 244 students coming from senior high schools (91.7%), and 138 students participating in organizations/committees (51.9%).
3. First-year students have a better purpose in life, but they have less self-acceptance with detail as follows: the top three highest scores in psychological dimensions were purpose of life dimension, positive relation with others dimension and personal growth dimension (Meanwhile, first-year students had the lowest score in autonomy and self-acceptance dimension).

B. Suggestion

Based on the results of the research, the suggestions that can be given are:

1. For Students

The results of this study can help first-year students to become more familiar with psychological well-being and participate in activities to improve their psychological well-being such as participating in student activity units, organizations, and committees. In group discussion activities, students must also learn to appreciate the work of others in the group so that the role of individuals in groups can be improved and improved to increase the dimensions of autonomy and self-acceptance.

2. For Educational Institutions

Academic supervisors and counseling supervisors in departments or faculties can provide interventions or actions to increase the

dimensions of autonomy and self-acceptance for students because this can help students go through the transition from school to university. Forms of intervention that can be done are counseling and discussion groups in learning activities.

3. For Further Research

Future research can examine the factors that can affect psychological well-being and conduct intervention research to improve psychological well-being in college students, especially first year students.

