

REKOMENDASI

Rekomendasi dalam penelitian ini diberikan kepada beberapa pihak sebagai berikut:

1. Kepada partisipan diharapkan untuk terus melanjutkan latihan-latihan meditasi *mindfulness* secara mandiri di rumah sesuai petunjuk latihan meditasi yang telah diberikan peneliti, khususnya jenis-jenis meditasi yang aplikatif pada kehidupan secara umum dan pekerjaan sebagai perawat.
2. Kepada Bagian Keperawatan dan Mutu, Bagian Diklat dan Pengembangan Sumber Daya Manusia (SDM), dan Bagian Kepegawaian Rumah Sakit disarankan untuk mempertimbangkan ProMuP sebagai salah satu program pengembangan SDM perawat;
3. Kepada peneliti selanjutnya diharapkan untuk mengembangkan penelitian dengan melakukan penelitian replikasi di rumah sakit lain dengan mempertimbangkan waktu pelaksanaan intervensi yang lebih lama dibandingkan dengan penelitian ini dan tidak dilakukan di bulan puasa, serta melakukan pengukuran kepribadian pada partisipan.

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