

## CHAPTER 5

### CONCLUSIONS AND RECOMMENDATIONS

This descriptive study was conducted to identify self-concept of schizophrenic patients during rehabilitation period. The subjects were 130 Chinese rehabilitative schizophrenic patients who met selective criterias and admitted in the psychiatric department of West China University of Medical Sciences and The Fourth Mental Hospital of Chengdu City, Si Chun, China. The instrument used for data collection was a self-administered questionnaire. Data collection was done during Dec, 1997 to Feb, 1998. Descriptive analysis in terms of frequency, percentage, mean, and standard deviation were used to describe the subjects' demographic data and self-concept.

#### Conclusions

Based on the findings from the present study, conclusions were drawn as half of subjects had high score of self-concept as well as its components, except on self-ideal/self-expectancy, majority of subjects showed high score of self-concept concerning self-ideal/self-expectancy.

### **Implication of findings**

Findings of this study provided important implications for nursing practice, nursing education, nursing administration, and nursing research.

### **Implication for nursing practice**

Findings of this study provided important implications for nursing practice. The findings supported the needs for clinical nurses to be knowledgeable about self-concept of rehabilitative schizophrenic patients. Understanding the psychological manifestations of rehabilitative schizophrenic patients and providing an accurate assessment of components of self-concept will assist nurses who work with clients to formulate realistic goals. These findings suggested that attention should be paid to those subjects who had relatively low or negative self-concept. These findings highlighted the importance of clinical nurses to provide patients with psychological nursing intervention aimed at improving their low self-concept. Nurses can use these findings as guiding to make appropriate nursing care plans to encourage positive self-concept of these patients.

#### **Implication for nursing education**

Findings of this study provided implications for nursing educators to emphasize roles of nurses in enhancing positive self-concept of rehabilitative schizophrenic patients. Results of this study as a reference for patients' care and for nurses and patients' teaching of self-concept. Nursing educators should instruct their students that self-concept should be considered as a major concern in planning and implementing therapeutic programs for rehabilitative patients. Base on the results, nurses can provide educational plan for promoting patients' self-concept and take cognitive education for patients.

#### **Implication for nursing administration**

Nursing managers can use the findings to establish an evaluation form for assessing self-concept of rehabilitative schizophrenic patients.

#### **Implication for nursing research**

The study had provided basic information on self-concept of rehabilitative schizophrenic patients. For further nursing researches, the results of this study can be used as a supportive evidence or guideline for establishing some educational programs to enhance patients' positive self-concept and provide references for a study on self-concept.

The Self-concept Scale may be further adapted and tested for appropriateness of other subjects.

#### **Limitations of the study**

The following limitations were existed in this study:

1. Subjects of this study were drawn from inpatients rehabilitative schizophrenic patients of psychiatric department of West China University of Medical Sciences and The Fourth Mental Hospital Chengdu City, Si Chun, China, therefore the sample size of this study was relatively small and these subjects could not be considered as representative of Chinese schizophrenic patients.

2. Subjects were obtained through purposive sampling and only these patients who agreed to participate and met the inclusion criteria, therefore, generalization of the findings is relatively limited.

#### **Recommendations**

The results of this study provided a basis for further exploration and analysis of self-concept of Chinese schizophrenic patients. Nevertheless, several recommendations are suggested for further researches as follows:

1. It is recommended to have a larger sample size in order to generalize the findings.

2. The Self-concept Scale was a new scale and first

used in Chinese rehabilitative schizophrenic patients. It needs to be used and tested in other types of clients to make it more valid.

3. A comparative study on self-concept of schizophrenic patients with other kinds of mental illness or normal people are also recommended. It will provide more information for these patients and more suggestions for nursing intervention.

4. A study of self-concept of schizophrenic patients with specific type (type I and type II schizophrenia) is also recommended to be done to provide more information in schizophrenic patients and nursing intervention.