

The Relationship Between Spirituality Level And Quality Of Life Of The Elderly In Social Associates Tresna Werdha X

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ABSTRACT

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Background: Elderly is the final phase in the human life cycle that cannot be avoided. The decline in quality of life in the elderly generally occurs due to degenerative processes and various psychological problems, especially when spiritual needs are not optimally met. The elderly are expected to be able to increase their spirituality in order to feel peace and satisfaction in life. The purpose of this study was to determine the level of spirituality with the quality of life of the elderly at the Tresna Wredha X Social Home. This research method is quantitative using a correlational analytical design, namely cross-sectional with variable measurement only once at a time. Data collection with an instrument in the form of a questionnaire and analyzed using descriptive statistics. The instrument contains 42 indicators that represent the level of spirituality and quality of life of the elderly. The results of the study using the Chi Square Test with Likelihood Ratio showed a significant correlation of (18.688 with $p = 0.001 < 0.05$). Thus the proposed hypothesis can be accepted, The conclusion is that there is a significant relationship between the level of spirituality and the quality of life of the elderly at the Tresna Wredha X Social Home.

Keywords: Quality of Life, Elderly, Spirituality.

INTRODUCTION

The quality of life of the elderly has become a crucial issue as the elderly population increases worldwide, including in Indonesia. As they age, they experience degenerative processes that include physical, psychological, and social decline (Rachmawati, 2023). If these changes are not balanced with adequate spiritual needs, the elderly are susceptible to stress, such as anxiety and depression, which can negatively impact their quality of life (Siallagan, 2023). When quality of life is low, the elderly tend to live in conditions of poverty (Anitasari & Fitriani, 2021).

Elderly is the final stage of the human life cycle that cannot be avoided by every individual (Anggraini, 2023). The World Health Organization (WHO, 2022) defines

elderly as someone who has entered the age of 60 years and above. According to WHO (2024), the number of elderly will increase threefold from around 260 million in 1980 to 761 million in 2021. The elderly population is projected to increase from the previous 10% to 17% in 2021 and 2050. According to the Central Statistics Agency (BPS), the elderly population will increase from 18 million people (7.8%) in 2010 to 27 million people (10%) in 2020 and will continue to increase to 40 million people (13.8%) in 2033 (Ministry of Health of the Republic of Indonesia, 2022).

Spirituality is a basic human need that reflects each individual's belief in God (Andriyanto, 2024). Properly meeting the spiritual needs of the elderly can help them cope with the changes they experience, which can impact their quality of life (Harwati & Murtiningsih, 2023). However, a common problem in meeting the spiritual needs of the elderly is spiritual distress, a condition where individuals or groups are at risk of experiencing disruptions in the beliefs that provide strength, hope, and meaning in life (Anitasari, 2021). This often occurs when the elderly have to move to a new residence, such as a nursing home, where they often experience difficulty adapting, resulting in stress, loss of control over their lives, and loss of identity, which negatively impacts their quality of life (Anggraini, 2023). Spiritual needs consist of two interrelated aspects: a vertical aspect, reflecting the relationship between the individual and God, and a horizontal aspect, reflecting interactions between fellow human beings (Octaviani, 2022). As people age, they tend to draw closer to God, indicating a close relationship between spiritual needs and their life journey (Hartiningsih, Oktavianto, 2021). Spirituality in the elderly is related to old age, which is full of limitations and difficulties. Therefore, a good level of spirituality has the potential to improve the overall quality of life of the elderly (Alnaseh et al., 2021).

Based on a preliminary study conducted at the Tresna Werdha X Social Home in February 2025, the results of a survey using a questionnaire showed that the elderly population was 288 people, consisting of 129 male elderly and 159 female elderly. After being given several questions with a questionnaire about quality of life and spirituality, it was found that 10 elderly people had a poor quality of life and spirituality with less activity in religious activities, less social interaction, less gratitude for themselves and less concern for the environment and nature around them.

The general objective of this study is to identify the relationship between the level of spirituality and the quality of life of the elderly at the Tresna Werdha X Social Home.

MATERIALS AND METHODS

This research design was systematically designed to collect, process, analyze, and present data to solve problems or test hypotheses. The study population was all 288 elderly people at the Budi Mulia 3 Social Home for the Elderly, South Jakarta, with a sample of 76 respondents using the Slovin formula. The study was conducted from April to June 2025. Univariate analysis was used to describe each variable, while bivariate analysis used the Chi-Square test to see the relationship between the independent and dependent variables with a significance level of 5% ($\alpha = 0.05$).

RESULTS

This research was conducted at the Tresna Wredha X Social Home and the research results are as follows: Based on table 1 the characteristics of elderly respondents at the Tresna Wredha X Social Home are that the majority of respondents are Muslim, namely 58 people (76.3%). In terms of gender, more than half of the respondents are male, namely 41 people (53.9%). When viewed from the level of education, the majority of respondents have an education from elementary school to high school, namely 54 people (71.1%). In terms of marital status, more than half of the respondents are widows or widowers, namely 43 people (56.6%).

Table 1: Frequency Distribution of Respondents

Characteristics	Frequency (n)	Percentage (%)
Religion		
Islam	58	76,3
Non-Islam	18	27,3
Gender		
Male	41	53,9
Female	35	46,1
Education Level		
Elementary to High School	54	71.1
Higher Education	8	10,5
No Formal Education	14	18,4
Marital Status		
Married	22	28.8
Widowed/Divorced	43	56.6.
Never Married	11	14.5

Table 2 It is known that the number of valid respondents for the spirituality and quality of life variables was 76 people each, with no missing data (0). The spirituality

variable had a mean value of 1.55 and a standard deviation of 0.661. These results indicate variations in spirituality levels among respondents, with more than half of the respondents, 41 people (53.9%), falling into the high spirituality category.

Table 2: Distribution of research variables

Spiritualitas	Frekuensi (f)	Presentase (%)	Mean	Std. Deviation
High	41	53,9"		
Moderate	28	36,8"	1,55"	0,661"
Low	7	9,2"		
Total	76	100,0>		

Table 3 The quality of life variable has a mean value of 1.07 and a standard deviation of 0.250. It is known that of the 76 respondents, the majority of elderly people, 71 people (93.4%) have a good quality of life.

Table 3: Distribution of quality of life variables

Quality of Life	Frekuensi (f)	Presentase (%)	Mean	Std. Deviation
Good	71	93,4		
Poor	5	6,6	1,07	0,250
Total	76	100,0		

Table 4 The statistical test results showed a significance value (p-value) of 0.001, which is less than the alpha of 0.05. Two relevant significance values were found: the Person Chi-Square and the Likelihood Ratio. The Person Chi-Square value was 32.419 with a significance (p) of 0.001, and the Likelihood Ratio was 18.688 with a significance (p) of 0.001. These results revealed that three cells (50%) had an expected count of less than 5, indicating that the Pearson Chi-Square assumption was not fully met. In this case, the Likelihood Ratio value will be used because it is more stable against violations of the low expected count assumption. Therefore, it can be concluded that there is a significant relationship between the level of spirituality and the respondents' quality of life. The OR value of 39.662 indicates that elderly with high levels of spirituality are 39.66 times more likely to have a good quality of life than elderly with low spirituality, after controlling for other variables. Thus, spirituality plays a significant role in improving the quality of life of the elderly in social care institutions. From the above description, it can be concluded that there is a significant relationship between the level of spirituality and the quality of life of the elderly in the Tresna Wredha X Social Care Institution.

Table 4: Bivariate Analysis Results

	Variabel	Quality of Life				Total		Sig. P value	OR value
		Good		Not Good		f	%		
		f	%	f	%				
Spirituality	High Spirituality	41	53,9	0	0,0	41	53,9	0,001	39,662
	Moderate Spirituality	27	35,6	1	1,3	28	36,9		
	Low Spirituality	3	3,9	4	5,3	7	9,2		
	Total	71	93,4	5	6,6	76	100,0		

DISCUSSION

Based on the results of the study conducted at the Tresna Wredha Budi Mulia 3 Social Institution in South Jakarta, the characteristics of the respondents revealed that the majority of the elderly residents were Muslim (76.3%). Religious affiliation plays a vital role in shaping spirituality, which in turn positively influences the quality of life among the elderly. Studies by Wibowo and Harsono (2022) as well as Nuraini et al. (2021) affirm that religious practices such as prayer and regular worship enhance life's meaning, strengthen spirituality, and provide inner peace among older adults. In terms of gender, most of the respondents were male (53.9%). However, studies such as those by Siregar and Wahyuni (2020) indicate that elderly women tend to have a higher level of spirituality due to their more active participation in religious activities. Nevertheless, spirituality also develops in elderly men as they age, demonstrating a strong spiritual involvement in both groups.

Regarding education, most respondents had a primary to secondary level of education (71.1%). According to Putri and Supriyadi (2021), higher education may enhance the understanding of spiritual values, yet spirituality can also flourish in individuals with lower educational backgrounds, as it largely depends on life experiences and the influence of the social environment. In terms of marital status, over half of the elderly were widowed (56.6%). The loss of a spouse often leads to loneliness but also encourages individuals to seek life meaning through spiritual approaches (Fitriani & Widodo, 2020; Harahap & Suryani, 2021). Elderly individuals without partners tend to use spirituality as a coping mechanism to manage psychological stress.

Analysis of spirituality levels showed that more than half of the elderly (53.9%) had a high level of spirituality, while 36.8% had a moderate level, and 9.2% were categorized as having low spirituality. Those with high spirituality actively engage in religious

practices and are generally more at peace, have stronger life purpose, and greater emotional resilience (Hoetomo & Karnadhi, 2021). They are better equipped to handle stress and life challenges. Meanwhile, those with moderate spirituality still benefit from spiritual practices, although inconsistently (Setiawan & Nurhasanah, 2021). Elderly individuals with low spirituality are more prone to feelings of emptiness, helplessness, and loneliness. Research by Munawarah et al. (2021) emphasizes that low levels of spirituality can negatively impact quality of life, especially in terms of mental health and a sense of meaning in life.

The quality of life among the elderly in this social institution is generally good, with 93.4% of respondents reported as having a positive quality of life. This reflects the fulfillment of essential needs such as adequate food, shelter, and healthcare access. Additionally, a supportive social environment and participation in spiritual activities contribute positively to their emotional and psychological well-being. In line with research by Sari and Purnama (2021) and Dewi et al. (2020), a good quality of life in elderly care institutions is closely linked to the presence of social support, health services, and regular spiritual engagement. Elderly individuals who are actively involved in religious activities such as communal prayers, spiritual study groups, or regular worship exhibit greater acceptance of the aging process and maintain healthier social relationships.

Furthermore, statistical analysis revealed a significant relationship between the level of spirituality and the quality of life among the elderly. The Likelihood Ratio test yielded a p-value of 0.001, indicating a highly significant association between the two variables. This finding is supported by Fitriyani and Wulandari (2021), who found that elderly individuals with high spirituality are more likely to experience a better quality of life. Spirituality serves as an effective coping mechanism in dealing with stress, illness, loss, and physical limitations. Similarly, Suryani et al. (2020) emphasize that participation in spiritual activities such as prayer, worship, and self-reflection contributes to a deeper sense of life meaning, inner peace, and overall psychological support for the elderly. In conclusion, spirituality plays a crucial role in enhancing the quality of life among older adults. A high level of spirituality supports psychological, social, physical, and existential aspects of aging. Therefore, strengthening religious activities, spiritual development, and a conducive social environment is essential to improve the well-being of the elderly in social care institutions.

CONCLUSIONS

The majority of older adults at PSTW Budi Mulia 3 Jakarta Selatan are Muslim, male, have an education level of elementary to high school, and most are widowed. More than half (53.9%) have a high level of spirituality, and the vast majority (93.4%) have a good quality of life. The analysis revealed a significant relationship between spirituality level and quality of life among the elderly ($p < 0.001$).

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